



COBDEN TECHNICAL SCHOOL

Committed to Students, Committed to Success

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Ph: 5595 1202

Term 4 Week 4
2 November, 2018

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.

Inside this Issue

Principal	1
Assistant Principal	3
Legal Aid Presentation	5
Facts about Sleep	6
Calendar	8
Snow Trip	9
Great Outdoors Survey	10
VCE Matters	10
VCE Timetable	11
Where Are They Now.....	12
Mock Job Interviews	13
Careers	13
Vic Roads Information	16
Spring Festival Colour Fast	17
Parents Lunch – Year 7	17
Indonesian News	18
Sport	19

School Council Parent/Student Representatives:	Jodie Watson (President)	Sue Clarke (Vice President)
Liz Roberts Rae Bellman Rebecca Perriss	Amy Veenstra	Matt Clarke

Principal

Rohan Keert

Tuesday 6th November
Melbourne Cup Holiday

Year 12 - The final assembly led by/and for our Year 12 students was held in Johno’s Shed on Wednesday 24th during Session 4. In my 34 years working in education, this was simply the best Year 12 final assembly I have been privileged to be a part of. It was very professional, and it had a great feel about it. I would like to thank all staff and students who contributed to planning and running the event, and to the parents and relatives who took time out of their busy days to attend.

Here is a short excerpt from my speech.

“It’s going to be pretty easy to say nice things about your year level. You are an awesome bunch of decent young men and women who have reached a significant milestone in your life. On behalf of the staff at Cobden Tech, I feel privileged to say that we are all proud of you for achieving the completion of Year 12.

At our school we place equal emphasis on the three senior school pathways of VET, VCAL & VCE. Some of you will enter the workforce straight after Year 12 (many of you are already in the workforce), some of you will continue your vocational training and secure apprenticeships, and others aspire to higher education options at university.

Whichever pathway you have chosen, we wish you all the success in the world. Many of us will follow your careers with great interest. You will always belong to the Cobden Technical School alumni and are welcome back to our school at any time."

The assembly was followed by an afternoon tea in the staff room for Year 12 students, their families and CTS staff. The tradition of 'cutting the cake' continued at the afternoon tea. After seeking input from staff, Sarah Cook and myself selected Gary Williams and Maddi Cunnington to cut the cake. This honour is reserved for students who consistently do the right things (usually flying under the radar).

This year we saw a departure from the notion of a 'muck up day' to a 'celebration week' for our Year 12 students. It has been a significant shift towards empathy and acknowledgement of the good things our Year 12 students and their teachers have achieved. I would like to thank Stacey Henderson for setting the course twelve months ago, and Sarah Cook for bringing it home. We had dress up days, a wonderful assembly, and a celebration day activities bus trip to Warrnambool led by Sarah Cook and Neal Simmonds. Thank-you!

Spring Festival - It was pleasing to participate in the Cobden Spring Festival activities. On Saturday Luke Perriss, Neal Simmonds, Agung and I walked in the parade with CTS students (all dressed in batik) to celebrate our Indonesian sister school relationship. Thanks to Liz Formby for her organisation. We also had a display of student projects in the foyer of the former Dr Griffiths rooms. I would like to thank Michael Nowell for the use of the building, and Jacqui and Steve Nowell for the use of their van to transport the projects. On Sunday, more than 100 people from the Cobden community participated in the 'Colour Blast' organised by our VCAL students.

Gym Works – This week we commenced planned maintenance works to the Gym. The scope of works include: A new roof on the small gym and significant refurbishment of the male and female showers, change and toilet facilities including asbestos removal, painting, new shower partitions (male) and tapware, new vinyl floor coverings, window re-glazing and two hot water services for the showers. We apologise to staff, students and community users for any inconvenience. We look forward to the benefits of the upgrades that will be completed before school returns in 2019.

Parents Club – This week I hosted a start-up meeting to re-establish the Cobden Technical School Parents' Club. The first steps will be to seek nominations from interested parents or guardians. Please contact me at the school 5595 1202 or via Compass email if you would like to know more or request a nomination form. I look forward to working with the CTS Parents' Club on a range of exciting fundraising and community engagement events over the coming years.

Uniform

Polo shirts – See box

Shoes and hats – I am getting in early with a reminder to families when purchasing new school shoes over the summer, that the only approved footwear for boys and girls is black polishable leather lace-up shoes.

Staffing changes

Phyllis Finlayson – There comes a time in all of our lives when we know that we are ready for a new challenge. Our much-loved Phyllis

Uniform change

School Council has approved a new look polo top. It is still a white Midford polo top but it will now feature the Cobden Technical School name. There will be a 12 month change-over period. Cost of tops will be \$29.50 and they are available from Reichas. Students with good quality shirts can have them embroidered at a cost of \$6.60.

Finlayson has decided to take a twelve-month break from her role as CTS receptionist, admin support and bus coordinator to take up a new role at Warrnambool Radiology. Staff will acknowledge Phyllis' contribution to our school at a morning tea.

Cassandra Crevole - We are delighted to announce that Cassandra Crevola will join our staff as Assistant Principal in 2019. Cass comes very well prepared for the role. She is currently a House Leader at Warrnambool College responsible for over 200 students in Years 7 to 12. She has sound experience in school leadership including 12 months as Acting Assistant Principal and six weeks at CTS in the role of Acting AP while Michael Smart was on leave earlier this year. Her teaching areas are English and Media Studies. Cass will teach our Year 12 English class in 2019. As Assistant Principal, she will be responsible for student wellbeing and engagement and will coordinate our Program for Students with Disabilities (PSD).

Michael Smart - I would like to acknowledge the leadership provided by Michael Smart as Assistant Principal over the past five years. Michael will have a new role in our school commencing in 2019 as Leading Teacher responsible for Student Achievement.

I am delighted to announce the 2019 Student Leaders

GLENFYNE House Captains – Emma Harrison & Skye Leith
SHENFIELD House Captains – Gemma Kelly and Tess McKenzie
TANDAROOK House Captains – Chelsea Ketelaar & Archi Perriss

TANDAROOK Community/SRC role – Dexter Barron

SCHOOL CAPTAINS – SKYE LEITH & ARCHI PERRISS

**PUPIL FREE DAY
NOVEMBER 21ST
FOR STAFF
PROFESSIONAL
DEVELOPMENT**

Assistant Principal

Michael Smart

Interim report cycle

Hopefully all families are now aware that for more than a year now we have had a more frequent cycle of reporting to students and parents, involving a series of online interim reports and the formal end of semester summary report.

We have another cycle of interim reports coming in Week 7 for our Year 7 to 10 students only, as by that time our VCE classes will all be finished for the year.

End of year arrangements

Our Year 12 classes have concluded for the year, and the VCE examinations commenced on Wednesday this week with the English exam. These exams will continue for the next two weeks, and we will finally farewell our Year 12 students at the Valedictory Dinner on Friday 16 November.

Our Year 11 classes finish this week, on Friday 2 November. In Week 5, Year 11 students have one study day at home, and after Melbourne Cup day we have a three-day examination period across Wednesday 7 to Friday 9 November.

In Weeks 7 and 8, from Monday 19 to Friday 30 November, Year 11 students will attend upgrade classes to get a head start on their Year 12 studies. Any current Year 10 students that will be undertaking a Unit 3 & 4 VCE study in 2019 will also attend the upgrade classes for relevant subjects.

In Weeks 9 and 10, from Monday 3 to Friday 14 December, current Year 10 students will attend upgrade classes to get a head start on their Year 11 VCE studies. VCAL students will not be required for upgrade,

except for any VCE subject they may be studying. Any current Year 9 students that will be undertaking a Unit 1 & 2 VCE study in 2019 will also attend the upgrade classes for relevant subjects.

The upgrade periods are critical for getting an overview of subject requirements, a taste of the content and workload, and some independent work tasks for students to complete before returning to school in late January.

Our Year 7, Year 8 and Year 9 students will continue normal classes until Friday 14 December. This will be followed by our 'End of Year' program on Monday 17, Tuesday 18, and the first half of Wednesday 19 December.

The SRC have a family BBQ planned for Wednesday 19 December, and this will lead in to the Presentation afternoon that will conclude our school year.

As has been the case for the past two years, our presentation of student awards will be an afternoon event. We understand that some families have concerns about being able to attend in the afternoon, and have weighed this against the opportunity for a large proportion of our student body to be present, and in correct uniform. We aim to have our younger students witness the successes of our senior students across a range of areas, and to hear directly from our leading senior students, in the hope that this may inspire them to strive for greater achievement.

PIVOT survey

As part of striving to improve the quality of teaching and learning at our school, we have subscribed to the PIVOT teacher survey. This is a survey that teachers will use twice each year to get feedback in all of their classes about what the students see as the strengths and weaknesses of their teaching practice. The survey is a quick, online survey.

We are currently in a PIVOT survey window, so students can expect to do a survey in each of their classes during the two week window that ends on Friday 9 November.

Once the surveys have been completed, teachers will receive feedback and use it to analyse their practice.

Teacher Professional Development Day

On Wednesday 21 November all teachers and support staff will be attending a professional development day at school. The focus of the day is on student wellbeing, and will help set the scene for 2019, a year in which we will have a very strong focus on wellbeing and student voice. The school will be closed to students for the day.

Facts About Sleep

A Safe Minds Fact Sheet about sleep has been included with this newsletter. Sleep is a critical element for a healthy mind and body. We hope you find this sheet informative and helpful as a student, parent or carer.

UV Protection / Sun Smart policy

We have had a UV Protection / Sun Smart policy in place for two years now, and it is most evident in Terms 1 and 4 when students are required to wear the school hat when outdoors.

The school hat is part of the uniform and must be worn during recess and lunchtime when outdoors. We have experienced some inconsistency in the implementation of the policy, so the following information will clarify what is expected of students.

Any student not wearing a school hat in the yard at recess or lunchtime will be sent to sit in the undercover area near the school canteen.

We will implement this quite strongly, as part of our duty of care to students. Students have already had the opportunity to purchase a school hat to wear outdoors, so when they choose to be outdoors without a hat,

that is their second choice. At this stage they will be directed to the shade area. Any refusal of the instruction at this stage will see the student sent indoors to sit at the Assistant Principal's office. Any further refusal will result in harsher consequences.

My advice to all students is to have your hat, as that will help you avoid any potential conflict.

Sunscreen is also available in the A-Wing foyer, and the school canteen, for students to use.

Lions Youth of the Year Award

This is a challenge to our current students in Years 10 and 11. The Lions Youth of the Year is a program that challenges young people to put their best foot forward in conversation, and in public speaking. I hope that some of our students will take this challenge on for themselves.

Lions Youth of the Year is designed to encourage, foster and develop leadership in conjunction with other citizenship qualities in our youth, at the age when they are about to enter the fields of employment or higher education, and provides students with the incentive to pay greater attention to the general qualities, so vital in developing our youths into first class citizens.

The qualities sought, apart from academic attainments are those of leadership, personality, sportsmanship, public speaking and good citizenship. The students meet in fellowship and have the opportunity of open discussion, exchange of ideas and meet professional people of a community service club organisation.

Lions Youth of the Year is an excellent means of assisting Australia's youth and promoting the essential role of leadership development and community service organisations in maintaining Australia's high standard of living.

If you would like to find out more about what this challenge involves, please see Mr Smart.

Legal Aid Presentation

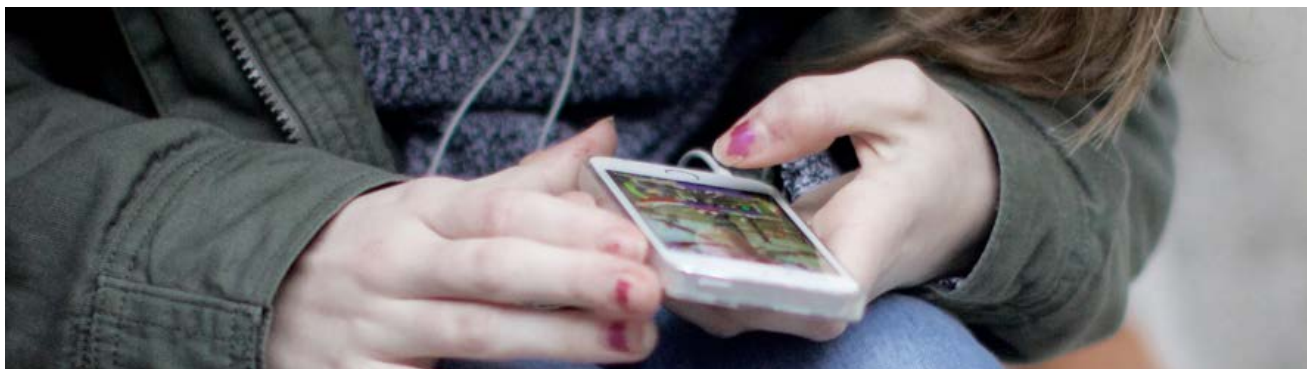
Jane Hammer

On the 14th September a solicitor from Legal Aid Victoria delivered two presentations to all students in year 7-10 to help improve their understanding of the law in relation to cyberbullying, esafety and sexting. Year 9 and 10 students were also informed about the age of consent and what consent actually means.

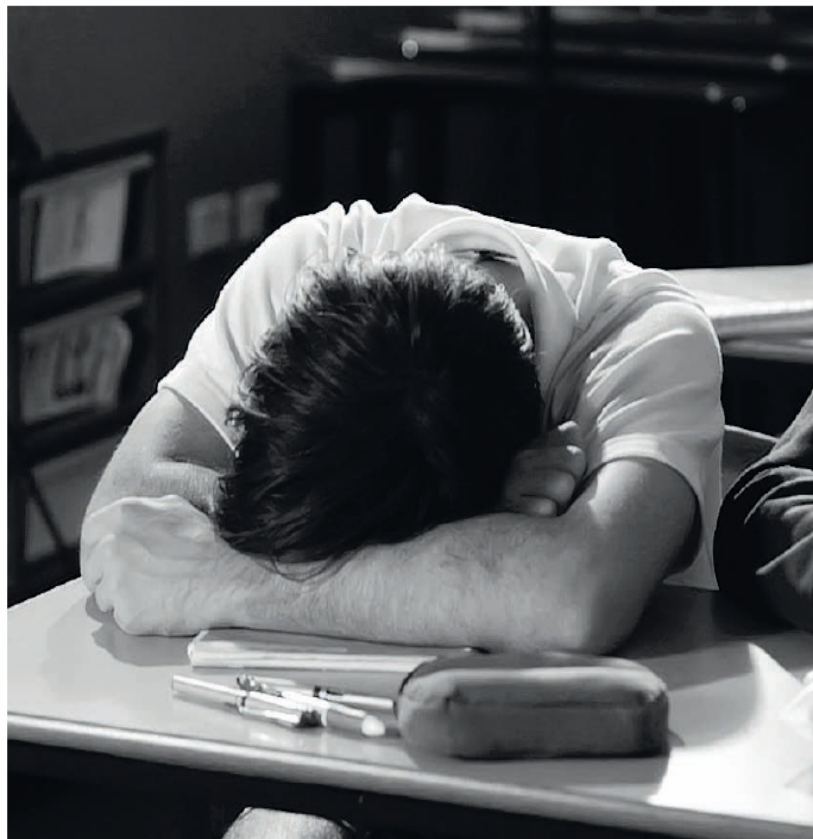
The Office of the Esafety Commissioner website www.esafety.gov.au has resources and information for parents and students relating to cybersafety.

Legal Aid Victoria website link below provides free information about consent and other common legal issues for young people;

<https://www.legalaid.vic.gov.au/find-legal-answers/free-publications-and-resources/am-i-old-enough-common-legal-issues-for-young-people>



THE FACTS ABOUT SLEEP



THE IMPORTANCE OF SLEEP

- Sleep is important for physical and mental health. All body systems involved in either physical or mental health do not function well without sleep.
- Sleep is important for the body to rest and repair its systems.
- Sleep happens in two stages, non Rapid Eye Movement (non-REM) sleep and REM sleep.
- Non-REM sleep occurs in four stages and is vital to get the body systems rested, this process is called homeostasis. A growth hormone is also produced during non-REM sleep, which causes children to grow and develop.
- REM sleep allows us to dream and studies have shown that dreaming allows us to learn. People who don't dream or get REM sleep will not learn as efficiently.



EFFECTS OF SLEEP DEPRIVATION

Sleep deprivation may affect the following areas:

- Physiological/Physical health (cardiovascular and endocrine systems).
- Psychological (emotional and mental health).
- Psychosocial (behaviour, peer relations, family relationships).
- Cognitive (learning, attention, problem solving).



HOW MUCH SLEEP DO YOUNG PEOPLE NEED FOR OPTIMUM PHYSICAL AND MENTAL HEALTH?

The current thoughts are that teenagers need about nine hours per night. Most teenagers get between 7-8 so they are in 'sleep debt'.



POSSIBLE REASONS FOR DISRUPTED SLEEP PATTERNS IN YOUNG PEOPLE

1. Circadian (sleep/wake) rhythm factors

During adolescence there is a delay in the time when melatonin (one of the hormones which makes us sleepy) is released from our brains to our bodies. This may mean that adolescents are not tired until later in the evening and may then find it hard to get up in the morning.

2. Social changes and pressures

Adolescents have a lot going on in their lives (phone, TV, jobs, social activities, school, sports, more homework, worry). Sleep is sometimes low on the priority list and is often given up for these other things.

THE FACTS ABOUT SLEEP



PHYSICAL EFFECTS OF SLEEP DEPRIVATION

- An increase in accidents, resulting from clumsiness.
- Increase in obesity; lack of sleep mixes up your appetite hormones so you feel hungry when you shouldn't.
- Sickness; the immune system cannot be repaired and rested, resulting in decreased efficiency.



PSYCHOLOGICAL EFFECTS OF SLEEP DEPRIVATION

- Depression
- Anxiety
- Mood swings and changes
- Increase in frustration
- Decreased ability to concentrate resulting in the decreased ability to learn



TECHNIQUES TO IMPROVE SLEEP

1. Psychological – *Are they worried, stressed, anxious or depressed?*

This can be addressed by talking with a mental health professional, school counsellor or even a good friend. Relaxation and exercise are excellent ways of learning to relax the mind and the body so sleep is easier. Routine is important – going to bed and waking at the same time every day helps establish a pattern.

2. Physiological – *(Body and physical health)*

Are they sick? If so, it is important to see a health professional.

There are other physiological reasons for poor sleep – it is worth speaking to a health professional if other factors have been ruled out.

3. Environmental and behavioural – *Are they ready for sleep?*

Is the room too dark or light or noisy or hot?

Have they had too much coffee/energy drinks throughout the day?

Avoid heavy exercise three hours prior to bed.

Turn off all screens at least 30 minutes prior to sleep.



SLEEP DEPRIVATION AND SCHOOL BEHAVIOUR

The prefrontal cortex is an area in the brain that controls important tools in the body that affect learning.

This particular part of the brain needs lots of sleep to function efficiently. When the prefrontal cortex is affected by a loss of sleep, people can find it difficult to:

- regulate learning
- regulate emotions and behaviour
- remember or concentrate on information
- plan ahead.

These effects are cumulative, meaning that a person will not just suffer from one effect of sleep deprivation, they will all pile up, decreasing their knowledge base.

If learning becomes difficult due to lack of sleep a young person may become frustrated and lose motivation to continue.

Sources

This information has been adapted from Dr Sarah Blunden's *Adolescent Sleep Facts Sheet*, sleepeducation.net.au/Docs/Adolescent's%20Sleep%20Facts%20Sheet.pdf

Calendar

WEEK	DATE	EVENT
	TERM 4	
5	Monday, 5 November	<ul style="list-style-type: none"> Private Study Day – Yr 11
	Tuesday, 6 November	<ul style="list-style-type: none"> MELBOURNE CUP – Public Holiday
	Wednesday, 7 November	<ul style="list-style-type: none"> Exams Yr 11
	Thursday, 8 November	<ul style="list-style-type: none"> Exams Yr 11 Year 9 & 10 Fitness Challenge
	Friday, 9 November	<ul style="list-style-type: none"> Exams Yr 11
6	Wednesday, 14 November	<ul style="list-style-type: none"> Final VCE Exam Year 9 Science Excursion to Werribee Zoo
	Friday, 16 November	<ul style="list-style-type: none"> Valedictory Dinner – Yr 12
7	Monday, 19 November	<ul style="list-style-type: none"> Upgrade Yr 11-12 Fareshare
	Tuesday, 20 November	<ul style="list-style-type: none"> Upgrade Yr 11-12
	Wednesday, 21 November	<ul style="list-style-type: none"> PUPIL FREE DAY – Staff PD
	Thursday, 22 November	<ul style="list-style-type: none"> Upgrade Yr 11-12
	Friday, 23 November	<ul style="list-style-type: none"> Upgrade Yr 11-12
8	Monday, 26 November	<ul style="list-style-type: none"> Upgrade Yr 11-12
	Tuesday, 27 November	<ul style="list-style-type: none"> Upgrade Yr 11-12 You the Man performance
	Wednesday, 28 November	<ul style="list-style-type: none"> Upgrade Yr 11-12
	Thursday, 29 November	<ul style="list-style-type: none"> Upgrade Yr 11-12
	Friday, 30 November	<ul style="list-style-type: none"> Yr 11-12 Upgrade Final Day of Classes - Yr 10
9	Monday, 3 December	<ul style="list-style-type: none"> Upgrade – Yr 10-11
	Tuesday, 4 December	<ul style="list-style-type: none"> Summer Sports – Yrs 7-9 Upgrade – Yr 10-11
	Wednesday, 5 December	<ul style="list-style-type: none"> Upgrade – Yr 10-11
	Thursday, 6 December	<ul style="list-style-type: none"> Upgrade – Yr 10-11
	Friday, 7 December	<ul style="list-style-type: none"> Upgrade – Yr 10-11
10	Monday, 10 December	<ul style="list-style-type: none"> Upgrade – Yr 10-12 School Council
	Tuesday, 11 December	<ul style="list-style-type: none"> Upgrade – Yr 10-11 Orientation Day – Yrs 6 to 7
	Wednesday, 12 December	<ul style="list-style-type: none"> Upgrade – Yr 10-11
	Thursday, 13 December	<ul style="list-style-type: none"> Upgrade – Yr 10-11
	Friday, 14 December	<ul style="list-style-type: none"> Upgrade – Yr 10-11 Final Day of Classes – Yrs 7-9
11	Monday, 17 December	<ul style="list-style-type: none"> End of Year Program
	Tuesday, 18 December	<ul style="list-style-type: none"> End of Year Program
	Wednesday, 19 December	<ul style="list-style-type: none"> End of Year Program – Morning Presentation Afternoon – Johnno's Shed
	Thursday, 20 December	<ul style="list-style-type: none"> Pupil Free Day
	Friday, 21 December	<ul style="list-style-type: none"> Pupil Free Day

Outdoor Ed – Snow Trip

Bronwyn Rantall

The Outdoor Education students at the snow.



HANDS ON LEARNING PRODUCTS FOR SALE

The following products are available for purchase, possibly as Christmas presents.



Garden or Work Bench \$75



Chopping Board
Stained \$12
Raw \$10



Kindling \$3



Planter Boxes
Large \$35
Small \$25

If interested please contact the General Office on 55951202 for more details.

Cubby House's available

Price on application.

For further information contact Cobden
Technical School
on 5595 1202

Great Outdoors Survey

Neal Simmonds

The year 9 and 10 Great Outdoors Students would like the help of our school community. As part of our studies we are looking at ways to reduce the amount of rubbish left on the ground, and the amount of plastic that enters the water ways. To help us we would appreciate it if you could take time to complete the survey located at this web address.

<https://www.surveymonkey.com/r/27QG8K3>

The survey will only take about a minute to complete and will help us with our work.

Thank you in advance, Great Outdoors students

VCE Matters

Sarah Cook

What a fantastic last week we had celebrating the Year 12 class of 2018 finishing off their formal schooling at Cobden Technical School. There were some great dress ups on the Monday and Tuesday by staff and students in the theme of Disney and Op shop formal, on Wednesday a final assembly with parents where the students shared a creative video showing lots of great memories and an afternoon tea to celebrate.

On the Thursday we went to Warrnambool, had a bit of a challenge at McDonalds for breakfast, students completed an amazing race in Warrnambool, went tenpin bowling and had pizza for lunch at Lake Pertobe. Everyone enjoyed a flying fox ride from Neal Simmonds to finish off the day. The students are to be commended on their spirit and positive representation of the school in the wider community.



Exams begin this week; all students have been provided with an exam booklet and should know what items they are and are not allowed to bring. Reminder that it is full school uniform and mobile phones are not to be brought to the exam centre. They may be left at the school office if necessary. Teachers are still available to support students until their exams with any last minute study help. **Best of luck to all students completing a Unit 3 & 4 subject.**

The Valedictory Dinner

The Valedictory Dinner is fast approaching: reminder to RSVP and pay the \$35 to the office by the 2nd November, please.

Year 11 Students are currently organising jumpers for next year. Students will need to pay their money directly to the office by Monday 26th November as once the order is finalized, no changes can be made.

COBDEN TECHNICAL SCHOOL 2018 VCE TIMETABLE

Monday 5 November	9.00am – 10.45am Further Mathematics Examination 2	3.00pm – 5.15 pm Business Management
TUESDAY 6 November	MELBOURNE CUP PUBLIC HOLIDAY	
Thursday 8 November	9.00am – 10.45pm Product Design & Technology	11.45am - 2.00pm Health & Human Development
Friday 9 November	11.45am – 2.00pm Physical Education	
Monday 12 November	9.00am – 10.45am Studio Art	11.45AM- 2.00PM Outdoor & Environmental Studies
Wednesday 14 November	2.00pm – 4.15pm Legal Studies	

Where are they now?

ASHLEY OVENS

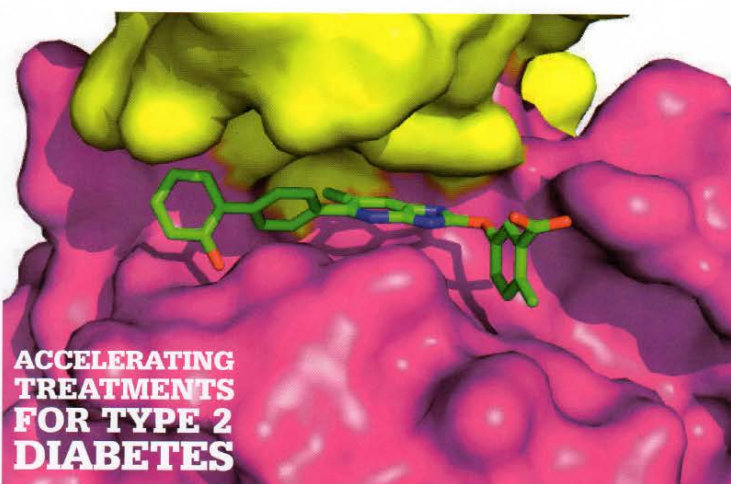
Attended Cobden Technical School from 2008 till 2013

In 2016 Ash completed his degree in Exercise & Sports Science at Deakin University.

In 2017 he completed his Bachelor of Science (Degree with Honours) at Melbourne University & St Vincent's Institute of Medical Research.

In 2018 he began his PhD at St Vincent's Institute of Medical Research with a three year scholarship from ACU University which should hopefully enable him to complete this by the end of 2020.

The article below is one that he contributed to.



ACCELERATING TREATMENTS FOR TYPE 2 DIABETES

SVI's Associate Professor Jon Oakhill was recently awarded funding from the 2018 round of the Victorian Medical Research Acceleration Fund (VMRAF).

Jon's research is focused on finding new ways to treat type 2 diabetes. His project revolves around a molecule called SC4, which is a promising type 2 diabetes treatment.

A long-term metabolic disorder, type 2 diabetes is characterised by high blood sugar, insulin resistance, and relative lack of insulin. It can lead to life-threatening conditions and long-term complications associated with damage to kidneys, eyes, nerves and blood vessels. Recent work from Jon's lab represents a significant advance in the effort to design a type 2 diabetes drug which one day could be used to treat the more than 500 million people affected by the condition.

One of the proven ways to lower blood glucose is via exercise. Exercise's effect is mediated by an enzyme called AMP-activated protein kinase (AMPK). AMPK is sometimes called the body's fuel gauge – when it recognises that fuel levels are low, as in the case of a muscle after exercise, it switches on, prompting the cell to find ways to replenish its reserves,

for example, by absorbing the glucose found in the bloodstream. AMPK has long been pursued as a drug target for type 2 diabetes. A drug which could specifically activate the enzyme in muscle would artificially mimic the effect of exercise and reduce blood sugar levels. However, Jon says that the work has been complicated by the fact that there are many different forms of the enzyme present in different tissues at different levels throughout the body.

"Our breakthrough came when we found SC4, after sifting through hundreds of existing activators of AMPK, and could show that it was able to specifically activate the type of AMPK present in skeletal muscle. It was a bit like finding a needle in a haystack," says Jon.

After identifying SC4 as a promising candidate, the team made another breakthrough, thanks to the expertise of resident crystallographer, Dr Chris Langendorf. Chris used a technique called X-ray crystallography to determine the three-dimensional structure of the SC4 compound physically bound to AMPK.

"Without the three-dimensional structure you're driving blind," says Jon. "The structure gives

you a map – you're able to see how your compound structure fits into the protein and understand how you can increase its potency or specificity. It's an essential part of refinement in the drug development cycle."


The VMRAF scheme was established to fast-track innovative projects from research to reality – leading to better treatment for patients in Victoria and across the world. Jon's project, in collaboration with Monash University's Professor Jonathan Baell, was one of 30 projects funded.

The next step for the team, and the goal of the project funded by the VMRAF is to improve the compound to make it a better drug candidate. The group will then test the resulting compounds in animal models of type 2 diabetes. They already have promising results showing that the presence of SC4 helps skeletal muscle absorb more glucose, thus lowering blood glucose more effectively.

"In the long run this has the potential to lead to an alternative to insulin injection for people with type 2 diabetes and could be particularly useful for people who have difficulty exercising. It's not at clinical trial stage yet, but we're on the right track."

Image: Different subunits of the AMPK enzyme shown in yellow and pink, showing the binding site of the SC4 compound

STUDENT SCHOLARSHIPS



“ I will forever be indebted to SVI's supporters for their generosity and commitment to promoting the education of young researchers. My top-up Scholarship has a huge impact on my PhD and greatly increases the amount of time I can dedicate to it each day. ”

Ashley Ovens, PhD student

MAKE A GIFT

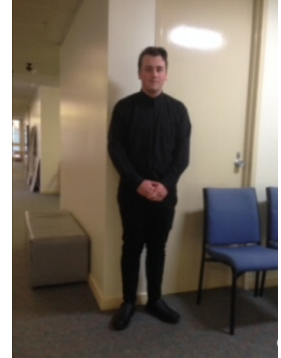
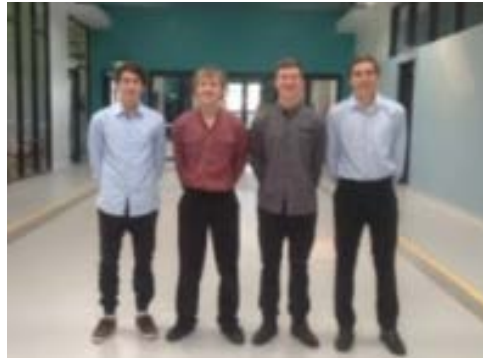
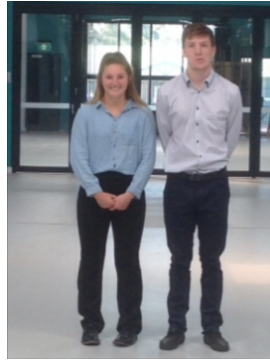
In FY 2017-2018, SVI raised more than \$3million to fund transformational scientific research and discovery. Make a gift today and help to define the future of medical research.

Mock Job Interviews

Jo Brooks

Year 11 Mock Job Interviews – Friday 12th of October

We had a great report from the mock job interviews. Our interviewers were Cr Jo Beard, Wayne Gibson (GreenCon), Linden Brown from Cobden Health Service (SWARH), Catherine Lourey and Anthony Smith from Westvic Staffing Solutions, and Louise Thomas from Louise Thomas Writer. Students presented well and just like last year, our students really did us proud. All students will receive a feedback sheet for their interview and application paperwork. An overall fantastic experience for our students.



Careers Matters

Jo Brooks

Careers/Work Education Coordinator

www.cobdentechcareers.com

We have a School Careers Website.
It's a "One Stop Shop" for everything you need with Career Planning and help.

Careers Education Program/MITT

We have been moving along swiftly in our program. Fonterra in Cobden gave our group a tour of the facility. Students were taken through the steps of the vast milk production that occurs 24 hours a day, 7 days a week. Students learned about the process of becoming an employee and the breadth of trades that Fonterra utilized every week.



Our other big news is that our community BBQ trailer project is starting to take shape. Westvic have generously donated a trailer and BBQ to our group, who will design, plan and build a BBQ trailer for community use. We will be working under the expert guidance of Pat Wallace. This is a terrific collaborative project with Westvic Staffing Solutions and our thanks goes to Wayne, Julie, Darren and the team at Westvic.



Deakin University VCE Revision Lectures 25th & 26th September 2018

Students attended the Access Education Revision Lectures hosted by Deakin University. Thank you to Luke Cann from Deakin provided free tickets for our students to attend lectures, some up to three free tickets (value \$135). Deakin generously provided extra tickets this year as a way of supporting our students and acknowledging the impact the St Patrick fires had on the students' VCE program.



Applying for scholarships? – see Ms Brooks anytime for help.

There are still scholarships available for students. Many individual institutions and universities offer scholarships, as well as financial institutions and private enterprises. Check out our Facebook page or call in to see me.

What if I don't want to go to Uni when I leave school?

There are load of options for you, from gaining full time employment, taking on tertiary study at a TAFE, part-time work. A good start is to contact organisations such as Westvic Staffing Solutions <http://www.westvic.org.au/> , MEGT <http://www.megt.com.au/> and Vic Group Training <http://www.vgtrc.org.au/> to see what is available for your future career. There are also two Facebook sites, [/southwestjobs](https://www.facebook.com/southwestjobs) and [/southwestjobsvictoria](https://www.facebook.com/southwestjobsvictoria). See Ms Brooks if you would like to update your resume before you leave school.



South West TAFE offers a range of courses, both short and long, and will definitely help with your future career. In fact, Most major centres have a TAFE, such as in Geelong & in Ballarat. Victorian Skills Gateway has a list of places:



www.skills.vic.gov.au/victorianskillsgateway/Students/Pages/default.aspx

FREE TAFE for lots of Jobs. The Victorian Government has an initiative for 2019 to make available Free TAFE for Priority Courses. It aims to reduce the financial barrier for students wanting to train in courses that lead to jobs in demand from Victorian employers. Find out what courses are being offered for 2019 by clicking the link below. <https://www.vic.gov.au/freetafe>

WHAT IS VTAC? The Victorian Tertiary Admissions Centre (VTAC) is the central hub for applications to study courses at Victorian tertiary institutions. VTAC receives, collates and forwards applications to universities, TAFEs and independent tertiary colleges. These include requests for special consideration (SEAS), scholarship applications and other supporting documentation that may be required by institutions. After selection decisions are made by the institutions, VTAC sends messages of offer to successful applicants.



Important Dates <http://www.vtac.edu.au/dates.html>

APPLICATIONS	OPEN	CLOSE	FEES
Timely course application	9am)	27 September (5pm)	\$36.00 Currently enrolled Year 12 ¹ timely processing fee \$54.00 All other applicants (timely fee)
Late course applications	27 September (5.30pm)	2 November (5pm)	\$105.00 Late processing fee
Very late course applications (not available for graduate-entry teaching courses)	2 November (5.30pm)	7 December (5pm)	\$137.00 Very late processing fee
SPECIAL ENRY ACCESS SCHEME (SEAS)			
SEAS application and supporting documentation	6 August (9am)	12 October (5pm)	SEAS application and supporting documentation
PAYMENTS			
Payment deadline ² for early offers in Nov 2018		31 October (5pm)	refer to fees above
CHANGE OF PREFERENCE			
Undergraduate domestic courses and International courses	6 August 2018 (9am)	31 October 2018 (5pm)	
VTAC Personal Statement and supporting documentation ³ for course applications			
Submission date to be considered for early offers		27 September (5pm)	
Submission date for supporting documentation for Graduate Entry Teaching courses		7 November (5pm)	
Final submission date to be considered for all other offers		7 December (5pm)	
Final date to edit VTAC Personal Statement for round 1 offers		2 January 2019 (5pm)	

GARDINER FOUNDATION



Tertiary Scholarships

Up to seven scholarships of \$10,000 per year.
Applications close at 5pm on Sunday 28 October, 2018.

Gardiner Dairy Foundation is proud to offer tertiary scholarships to up to seven individuals residing in Victorian dairy communities, commencing studies in 2019 to pursue a career that will either directly benefit the dairy industry and/or benefit dairy communities. Each scholarship is worth \$10,000 per year and is available for the first three years of a scholar's University or TAFE course.

Online applications open: August 2018

Applications close: 5pm on Sunday, 28 October 2018

VIC ROADS INFORMATION

RE LAVERS HILL COBDEN ROAD

Making Lavers Hill-Cobden Road safer

October 2018

We're rebuilding 11km of Lavers Hill-Cobden Road, from north west of Gellibrand River through to Jancourt East.

The Victorian Government is investing \$6.4 million to improve the safety and reliability of five sections of Lavers Hill-Cobden Road.

Benefits of the work

The investment will:

- improve safety and reliability
- create a better driving experience
- widen and improve road shoulders
- support higher traffic volumes
- improve drainage
- add new line marking
- improve the longevity of the road.

Schedule of works

From 22 October, we will repair 900 metres of road, starting approximately 2.5 km north west of Gellibrand River Road. Once completed, works will begin on a five-kilometre section south west of Kennedys Creek Road, finishing in early 2019.

From 20 November, we will rebuild a 900-metre section of road from north of Timboon-Colac Road and Scotts Creek Road, finishing by 17 December.

From Jan – March 2019, we will be rebuilding a 2.6 km section between Kennedys Creek and Simpson, and a 1.1 km section from Scotts Creek to south of Timboon-Colac Road.

All work will be suspended over the Christmas/New Year period to minimise disruption.

To undertake this work safely and efficiently, traffic will be reduced to one lane, with a 40 km/h speed limit in the work zone. Delays are expected and drivers are asked to add five minutes to their journey.

The above schedule is subject to weather.

The road treatment will require a 24-hour speed restriction across the worksite. Please observe and comply with the changed traffic conditions for your own safety, the safety of other road users and the safety of our workers.

Cobden Spring Festival Colour Blast

Garry Williams / Annette Hickey

As part of our Senior VCAL Personal Development unit we must make links with our community, so we decided to run an event as part of the Cobden Spring Festival. After much discussion with Mrs. Hickey we knew we wanted a different event that hadn't been run before; and something that involved school students. Colour Blast was the answer.



After weeks of planning we were ready with banners, coloured powder, registration forms and things to set up on the course. We met on Sunday morning at 10am and set up obstacles on our 1.6m track that would slow the participants down and the colour would fly! We started at 1pm and finished at 2.30pm.

VCAL students, Emmally O'Brien, Skye McKenzie, Jacob Hunter and myself ran the activities with the help from Bec Maslin, Lachie Hatherall, Zac Molan, Grace Molloy, Ash and Matt Clarke. Thanks to ex-student Megan Finlayson, Neal Simmonds and Belinda Savage, who all helped out too.

We had about 100 kids and some parents complete the course and we raised \$565 for drought affected farmers in NSW. A very successful day, great fun for all and we thank everyone who came along and supported us.

Parents Lunch – Year 7

Todd Baxter

On Thursday 25th of October our Year 7 students played host to their parents at the school. The students cooked a beautiful spread for the parents to dine on (some teachers may have taken advantage too). While the parents browsed on the banquet they were entertained by three guest speakers. Brianna Sinnott briefed the audience on her role as school councillor; Malcolm Ward, the school chaplain, spoke about adolescents' needs for increased freedoms coupled with increased responsibilities; and lastly Helena Walsh, Corangamite Shires youth development officer, discussed the issues students face during the transition phase from primary to secondary school and the effects that can continue through to Year 9.



A great spread cooked by yr. 7 students.



Malcolm Ward gradually giving an adolescent (Todd Baxter) some more freedom.

Indonesian Tour 2018

Liz Formby

At 5:00am on Tuesday September 18 fourteen students from CTS along with Mr Perriss, Veronica Hickey and I arrived at Tullamarine Airport to check in for our flight to Yogyakarta Indonesia. After many months of preparation the students were ready to go, complete with tour shirts, money belts with passports and money and suitcases full of presents for their hosts families. After an international and domestic flight in Indonesia, we checked in to the Peti Mas Hotel Yogyakarta. We all then braved the short walk up to Malioboro Mall to order our first of many amazing meals. We were lucky enough to watch a street band performing using bamboo instruments on our way back to the hotel and then we settled in for an early night after being awake and on the move for many hours.

The next day saw us head to our sister school SMP 5 Yogyakarta. We were met at the entrance by the students who would be hosting our students and then our school experience began. Over the next three days students took part in basket making, gamelan music lessons and tried lots of new fruits at snack time. Students also stayed with their host families, experiencing life for families in Indonesia. The families made our students feel very welcomed and they all had adventures together. Some students went to the beach, others sang during group karaoke at Happy Puppy and all of them continued to experience new and exciting food. On the weekend the host families took our students to various locations including Borobudur temple, an 850 year old structure near Yogyakarta. Sunday evening was our farewell dinner, held at restaurant overlooking rice fields and Prambanan temple. All of the students had new outfits to wear as their host families had purchased traditional clothing for them to wear. The night included a great meal, speeches, personal thanks to each of the host families and an awesome all in sing along featuring songs from Indonesia and Australia.



On Monday September 24 we attended the weekly school assembly at 7:00am. Students then had a final tour around the school and we all decided to head to a local mall for lunch before our flight to Bali. On arrival in Denpasar we were met by one of our hosts Mahar and his younger brother Wahyu. We then traveled to Ubud in central Bali for the last section of our Indonesian Tour. We stayed at Griya Kartini with our hosts Agung and Dewi and the place is amazing. Our activities during our five nights there included a visit to Monkey Forest, walks to the local shopping area and markets, watching the Kecak and Fire Dance, cooking, dance and self defense lessons and local sight-seeing tours. These included trips to a hot water spring and temple and a restaurant looking out over Mount Batur. We also visited Taman Nusa, which features houses from all over Indonesia. A trip to Nusa Dua included a visit to the beach and watching the Devdan Show, with various dances and music from all over Indonesia.

The Indonesian tour was an amazing success. The students made the most of the learning opportunities and had a go at all that was on offer. Thanks to Colleen Baynes and Nicole Morris for taking us to Melbourne and bringing us home. Special thanks must go to Mr Perriss and Veronica Hickey for their amazing support and crazy sense of humour.



Sport

Belinda Savage

Upcoming Events

Sunday 4th November – The Western District Interschool Equestrian Championships
Tuesday 4th December Year 7 – 9 Summer Sports Day

Victorian Schools Super Series Lawn Bowls

On Friday 7th September our State Bowls Team of Jack Hookway, Noah Mungean, and Rhys Ziegelaar and Coach Mr. Michael Nixon were invited to attend at the Victorian Schools Super Series Lawn Bowls Championships held at the MCC Bowls Club in Hawthorn.



This event is between the top teams from the following schools:- Associated Catholic Colleges, Southern Independent Schools, Eastern Independent Schools, Associated Public Schools of Victoria, Associated Grammar Schools of Victoria, Christian Schools Event Network and the Ballarat Associated Schools.

We bowled our first game against St. Peters College (Southern Independent School) and were defeated 9 – 2. Then came a draw 3 – 3 in our second game against Assumption College (Associated Grammar Schools of Victoria); and won our third game – 8 – 3 against Mazenod College (Associated Catholic Colleges). This qualified us to compete in the Pool C

Consolation Final against Fitzroy which we won 8 – 6.

The boys gained great experience from this event, and it was an honour to compete against a lot of the bigger schools, and still do very well. From this event the top four teams then gained entry to represent Victoria at the Australian Schools Super Series, which we just missed out on.

Year 7 and 8 vs Brauer College, Warrnambool – Football and Netball

It was great to be able to compete socially against Brauer College on Thursday September 13th at Brauer College, Warrnambool.

Our Year 8 Girls had a great win 16 – 7. But the most exciting game was the Year 7 girls leading all game, to be just pipped on the post 19-18. Both were fantastic games played in great spirit. Thank you and well done to Year 11 student Ally Jeffery for coaching and providing great knowledge, energy and skills to both teams.

Best players for the Year 8's – Holly Duynhoven and Ella Baynes

Best players for the Year 7's – Abbey Robbins and Morgan Nelson



A combined Year 7 and 8 boy's team played a game of football against Brauer, but were a little undermanned and found scoring very hard. A big thank you to Year 10 student Bradley Gillingham for assisting Coach Mr. Neal Simmonds.

Best players: - Brodie Neale, Kayleb Bignell, Safari McVilly, Willoughby Perriss, Connor Stares and Bryden Newell.

Greater Western Region Track and Field Championships

On Monday 17th September at Brauer College, Warrnambool the following students competed in the Greater Western Region Track and Field Championships:-

Ally Jeffery – 1st U17 Discus and 3rd U17 Javelin

Kurt Merrett – 2nd in U15 Javelin

Holly Duynhoven – 4th U14 Javelin and 7th Triple Jump

Kayla Hunter – 4th - U16 Shot put

Brodie Neale – 6th - U14 Javelin

Willoughby Perriss – 11th U14 1500 m

Abbey Robbins – 7th in U13 – 800m

U14 Boys Relay Team – 4th Saf McVilly, Ryan Stares, Connor Stares and Brodie Neale



School Sport Victoria Track and Field State Championships

Congratulations to Ally Jeffery who qualified to compete at the School Sport Victoria Athletic Championships in Albert Park, Melbourne on Monday 22nd October, 2018. Ally came 5th in the State in the U17 Discus. Well done super effort.

Year 7 and Year 8 Boys and Girls Super 8 Cricket at Warrnambool

A big thank you to Mr. Neal Simmonds and Mr. Brett Taylor for coaching the Super 8 teams at Brierly Oval in Warrnambool. In what was a very cold Warrnambool windy day the teams all performed extremely well:-

Year 8 Boys

Kayleb Bignell
Jake Dooley
Brodie Eddy
Bailey Foster
Safari McVilly
Brodie Neale
Bryden Newell
Joaquin Wood

Year 7 Boys

Austin De Bie
Jesse Holster
Harrison Hunter
Troy Mora
Noah Nelson
Ryli Nelson

Year 7 and 8 Girls

Holly Duynhoven
Indee Smith
Zara Jones
Abbey Robbins
Karahliah Rodgers
Tara Watts
Sam Wilson

Year 9 and 10 combined Super 8 Boys Cricket Team at Terang

Well done to our combined Year 9 and 10 boys cricket team – superbly coached by Mr. Carl Trewin. The boys played four games for the day winning three to come away with a win in the final playing off against Terang College for third position. The only loss (by 30 runs) was to Warrnambool College who ended up playing in the grand final. So close but a great experience and a fantastic team effort by:-

Noah Mungean
Noah Ackerley
Stuart De Bie
Xavier Vickers
Ashley Clarke

Hunter Reynolds
Tanner Fratantaro
Daniel Wright
Rhys McLean
Blake Walsh



South West Middle Years 7 – 9 Clay Target Competition at Lake Gilllear

On Monday 29th October a group of boys travelled to Lake Gilllear to compete in the Middle Years 7 to 9 Clay Target Shooting competition. Attending were schools from Geelong Grammar to Derrinallum P12, even including some primary school students. Once the 'squads' were sorted and arranged, the paperwork approved and tallied, competition commenced just after 10 am. Our students behaved excellently, tried their very best under pressure and some produced their PB [personal best].



The day was a beautiful, mostly sunny day, with a slight but unrelenting breeze. The breeze seemed to favour targets being shot to the right, with less of a profile being offered when ejected to the left. Each round allocated 12 shots per competitor. Our best shooters for the day were Brodie Neale and Jasper Coverdale. A big 'thank you' to Ben Thow for organising and supervising participating students on the day. Thank you to Reinier Bouman for coordinating, our students at this event.

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COBDEN FOOTBALL NETBALL CLUB



An open invitation to all **new and returning netball players**, who intend on competing in the 2019 netball season for the Cobden Football Netball Club, to attend 'fitness skills and drills sessions', ending with tryouts for 13s, 14s, 15s, 16s and 17s.

- **Who:**
Under 13 born – 2006/2007
Under 15 born – 2004/2005
Under 17 born- 2002/2003

The sessions will be held on the following Thursday nights from 5:30 to 6:30 at the Cobden Recreation Reserve.

- **Fitness skills and drills**
8/11/2018
15/11/2018
- **Tryouts**
22/11/2018
29/11/2018 (Parent meeting)
- **Training with your team**
6/12/2018

For further information or apologies please feel free to contact:

Janelle smith: 0409423687

Helene Myers: 0400864865

Leah Buckle: 0418505373

L2P CORANGAMITE MENTOR DRIVER PROGRAM

The L 2 P Program is in urgent need of volunteers to mentor 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.

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.



L2P MENTORING

For a Handbook and Forms


Please Contact:
L2P Coordinator
Sally Buckland
at
Terang Hospital
 13 Austin Avenue
 Terang
 **5592 0222**
 Email: sibuckland@tmhs.vic.gov.au

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TERANG & MORTLAKE HEALTH SERVICE

CORANGAMITE MENTOR DRIVER PROGRAM

