From the Principal

A Positive Start to 2013!

I thought it was very encouraging to see students, staff and parents return to the routine of school so well and happily last week! Our 150 new students have by and large settled very well into their new classes and surroundings and appear to be making new friends each day. Our new teachers survived the week with a smile and I know they will make many positive contributions to the College during their time here! I once again acknowledge the P&F and thank them for the morning teas that they organised on behalf of the College to welcome new parents to the Trinity community!

Well done to everyone! I know that there will be days when not everything seems right but the positive start to the 2013 school year reflects the very positive learning environment we have at Trinity and the strength of the relationships that exist between students, staff and parents!

Having said this, the staff at Trinity are conscious that the transition from Junior to Senior Schools can be challenging and quite daunting for some students (and their parents)! To assist, I offer the following excerpt from Michael Grose’s ‘Parenting Ideas’ website and hope that there might be a few useful strategies for some:
“Making a smooth start to secondary school”

Getting used to new subjects and new teachers, as well as forming new friendships are just some of the requirements of this period.

Starting secondary school is a time of change and uncertainty, which places new demands on young people. Being at the bottom of the pecking order where they are unsure of the playground hierarchies is just one adjustment that they need to make.

Some kids take these new experiences in their stride but it is natural to experience some difficulty, particularly when it’s accompanied by the potentially unsettling transition from childhood to adolescence. It’s no coincidence that many research projects indicate that children’s learning levels out in the transition year, presumably because the social tasks of adjustment take precedence over academic performance. It helps to remember the Four P’s to help your young person settle in:

1. Promote friendships: The quicker kids form new friendships the sooner they’ll feel comfortable in their secondary school surroundings. Encourage your young person to be open to forming friendships with all sorts of kids; to be accepting of others who may be different to them; to take social risks by joining in activities even though they may feel uncomfortable; and to be friendly, approachable and positive!

2. Practice patience: Patience and understanding in the early weeks is essential. Brush up on your listening skills as you help your young person adjust. Talk to your young person about change and reassure them that it is normal to feel unsure or nervous in new circumstances. Let them know that many difficulties they face will be temporary.

3. Pursue a positive attitude: Confidence is catching so make sure you see this transition time as an exciting challenge that your child can handle rather than an event to be feared. Ask them about the new subjects or interesting activities they are doing, and try to shift their focus to the positive aspects of school. Discuss settling in issues with the appropriate person such as a pastoral care tutor, but give your young person time to handle them on their own before seeking help.

4. Process their day: Some young people may come home with fairly exaggerated accounts of secondary school and may not always paint a fair picture. They may become sensitive to things that they might have shrugged off
in primary school. Listen without judgment and show a real interest in their new school, while providing them with the space they need to get away for a while. Expect some behaviour blowouts as many kids let off steam in the relatively safe and stable environment of a loving family.

If your eldest is starting, then secondary school will be a relatively new experience for you too. It will take some time for you to adjust to the school’s culture and communication methods.

Although secondary schools may seem a little foreign for those used to the relative intimacy of primary schools, one aspect is the same – outcomes for students are maximised when schools and parents work together in the best interests of the student.

One way to support your young person’s school is by actively promoting the school’s values. For instance, if respect is a prominent school value then you can discuss this in relation to the way your young person behaves around friends, relatives and family.

Most importantly, talk up your young person’s new school, rather than talk it down, as kids of all ages take their cues from the most significant adults in their lives – their parents!

**Careers at Trinity**

A short note to advise parents that Mrs Kathy Fletcher has taken over the important role of Careers Advisor at the College following Ms Mary Widdicombe’s decision to retire at the end of last year. As most would know, Mrs Fletcher has been on staff for several years, is well respected for her work and is keen to put her stamp on careers at Trinity. Mrs Fletcher’s office is located in the MPH and I would encourage students in Years 10, 11 and 12 in particular, to call in to see Mrs Fletcher early in the year. Mrs Fletcher has already put in place a careers website for Trinity students and I commend her for this initiative as it looks to offer many valuable resources to students who are considering their career options!

**Sporting Success**

This week, the College was informed that Ella Maclean (Year 8) has been selected in the School Sport Victoria Triathlon Team which will compete in the annual School Sport Australian Triathlon Championships, to be held in Penrith from 2 to 5 April. It has been a great performance by Ella following a selection process that began in November, to make the final team of 36. The team comprises 6 divisions each with six athletes – three for girls in 14 years, 16 years
and 19 years and three for boys in the same age groups.

Ella successfully competed in a series of Triathlon events run by Triathlon Victoria to gain selection in the Victorian team. Many students go on to compete in Triathlon events at higher levels.

Congratulations, Ella – and the best of luck when you compete at the national level in April!

2014 Enrolments
We continue to enjoy strong enrolments for 2014, particularly in Kinder/Prep and Year 7, our major intake year levels. The College will commence its advertising for 2014 enrolments very soon in the media and I take this opportunity to alert current parents who might have a younger son or daughter who they would like to enrol at the College next year that we do not have automatic sibling entry. Numbers are already very strong for Kinder and Year 7, so I would encourage any current parents looking to enrol another child at the College next year to contact the Registrar and Marketing Officer, Ms Rowena Newcomen to discuss this and the enrolment process.

I am very keen to avoid any disappointments with current families and therefore it is very important that we hear from you as soon as possible regarding 2014 enrolments!

Steven J O’Connor
Principal

From the Deputy Principal

Parent/Teacher Interviews

Junior School Albury interviews will be conducted on Wednesday 6 and Thursday 7 March. The interviews will run from 3.30pm-6pm and 7pm-8pm on Wednesday and 3.30pm-5.30pm on Thursday. The booking code is MDV7D.

Junior School Wodonga interviews will be conducted on Monday 4 and Tuesday 5 March. The interviews will run from 3.30pm-6pm and 7pm-8pm on Monday and 3.30pm-5.30pm on Tuesday. The booking code is UMVV6.

Years 7-10 will be held on Tuesday 12 March and Thursday 14 March. Both days have interview times available from 3.30pm-8pm. The booking code is XLFNU.
The online booking system is now available and open for parents to make bookings. Please use the code supplied and follow the steps outlined. A link to the booking service is available from the College website.

Peter O’Neill
Deputy Principal

From the College Chaplain

What is in Front of You?
Whatever happened yesterday, it’s gone. It’s finished. Whatever happens tomorrow is null and void because you’re not there yet. Today is a brand new day that God has made for us to enjoy. You can live your life in a whole new way by sticking with this attitude: scrap two days from your mind – yesterday and tomorrow - and focus on today.

What’s right in front of you today? Can you learn patience, gentleness, kindness from your experiences, even in the next few hours? Will you look closely at what’s in front of you each day?

If you do, maybe you’ll see familiar situations and people in a new light. You might find yourself starting to understand how you can make a difference. You will even find that living the right way today takes care of a surprising amount of tomorrow.

The exhortation to ‘seize the day’ simply means taking a careful look at what’s already around you, who is near you, and what situations you’re already involved in. Invest time and character into them, and you won’t go to bed feeling like you have wasted a day. Each day, as we start, we can remember what the psalmist has said, ‘This is the day the Lord has made’. (Psalm 118:24)

Rev Lee Weissel
College Chaplain

From the Bishop

ABM Pilgrimage to Papua New Guinea
I commend this pilgrimage to you. The leader is Meagan Morrison who has recently returned from PNG after working with the Anglican Church of PNG.

What does it mean to be partners in mission? The Anglican Board of Mission (ABM) Modawa Pilgrimage to PNG in August 2013 offers a unique opportunity
to experience mission in its broadest sense by seeing the fruits of mission in the people and church in PNG.

Meagan Morrison (All Saints’, Ainslie) will lead the 2013 Pilgrimage to Dogura, Milne Bay Province, the birthplace of the Anglican Church in PNG. Places are still available. Please contact Meagan on 0424 108 064 for more details and to register your interest.

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**Senior School News - Albury**

Welcome to all returning families and those who have joined us for the first time in 2013. The start of the school year is always very busy, however, the planning and effort that staff had made before the students returned has ensured that we had a smooth start to the year.

Year 7 and Year 12 had a valuable day at the College before other students returned. The feedback I received from the Year 7 Pastoral Care Tutors was very positive. They appreciated the time they were able to spend with their students organising timetables, lockers, diaries, locating rooms and getting to know the students in their Pastoral Care Group.

Year 12’s first day included a visit from a group of Year 12 students from 2012 who gave them some valuable advice on how they approached Year 12. Sessions were also run on dealing with stress and how having a positive mindset influences your response to successes and failures that are invariably a part of Year 12. The students’ responses to the sessions have been very positive and I have been impressed by the manner in which they have approached their study periods.

Parents will hopefully have noticed the changes to the Senior School Diaries. There are lots of relevant information in the diary that Pastoral Care Tutors will use with their group this year. Can I remind parents that the diary should be sighted and signed every day for students in Year 7. Year 8 and above need to have their diaries signed once a week. The diary is not only used for student organisation but a method of communication between teachers and parents.

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John
Bishop of Wangaratta

Malcolm Thomas
Head of Senior School
Junior School News - Albury

Clean up Australia Day Friday 1 March

Clean up Australia Day is fast approaching. Clean up Australia is scheduled to take place at Trinity Junior School on Friday 1 March. On the day the staff and students will be downing their academic tools to roll up their sleeves, slop on some sunscreen, pull on their gloves and don their hats to work together to make our school clean and free of litter.

The children will learn a valuable lesson about the importance of a clean environment, sustainability and how working together makes a tough and sometimes unpleasant job fun and much easier to manage.

For hygiene purposes it would be appreciated if you could supply rubber or garden gloves for your child to wear during the clean-up. The students are required to wear their Sports Uniform for the day.

For more information go to http://www.cleanupaustraliaday.org.au/

Ian Kiernan AO, Chairman and founder Clean Up Australia showing the way.

Chris O’Loan
Head of Junior School

Wodonga Campus

Welcome back to all students, family, and staff of Trinity College to what promises to be a positive 2013. We welcome a large number of new families into the Wodonga campus Junior School and ELC community. It has been pleasing to see how quickly each of our students has settled into the College and it is a great reflection of not only those students, but the welcoming nature of our student body.

We welcome Mrs Craig, Mrs Wilson, Mrs Bradford and Mr Mancer to our academic staff in 2013. Each teacher brings a wealth of experience and ideas to their subjects and will be fantastic additions to our teaching team.
It has been great to see the students return in such a positive manner. I have been happy with the way the students have presented – with uniforms, hair and general presentation. I do remind parents and students to read the front of the students’ College diary so that all members of the College are clear on our rules. I ask all parents to support the College and make sure your child is complying with our expectations.

**Active After School Sports**

Our Active After School Sports program commences on Monday, 11 February and will run on Mondays and Wednesdays from 3.30pm to 4.30pm. Our sessions will be dance on a Monday night with coaches from the Riverina Dance Academy and Karate on Wednesday with Andrew Boyd.

This year we will also be running an additional co-curricular activity on Thursdays from 3.30-4.30pm. This session will be cooking with Mrs Craig. The initial sessions for Thursdays will be for students Years 3-6 with sessions planned for P-2 later in the term.

**Correspondence**

A number of correspondence items have gone home to start the year and I remind parents of the importance of checking their child’s diary and bag to make sure they are getting all the information the College is sending home. It is important that letters containing permission slips, medical details or family verification information are returned as soon as possible so that we can make sure our records are accurately maintained. It is also important to advise the school immediately if any of your details change. This also includes emergency contacts details.

**Parent Helpers and Induction**

We are looking for parent helpers to assist with a range of classes across the Junior School, but particularly in the Prep class and Year 4-6 Food Technology sessions. A parent Induction session was held on Wednesday 6 February which was well supported. Any parent who missed this session and is still interested in becoming a parent helper can speak to me or contact me via email to arrange a time to complete the College induction session.

**Carpark**

With additional families and more students joining the College, we have seen an increase in the amount of traffic in the carpark. I ask parents to drive slowly in the carpark and use caution during the before school and after school pick-ups.
No cars should access the dirt road leading to the Junior School P-4 classrooms. I also remind parents that Ellen McDonald Drive is a 40km zone.

**Bus Travel**

If you require a bus pass for your child/ren to travel to and from school, please see Mrs Phillips in the office for an application form.

**Calendar**

With Term 1 well under way, I encourage families to continually look at the College calendar to see events that are coming up this term at the Wodonga campus. I also encourage parents to speak with staff to ask questions about your child’s progress or pass on encouragement for the work your child’s teachers are doing at the College. We have a fantastic parent-teacher-student relationship at Trinity and I look forward to developing and improving this throughout 2013 and beyond.

Simon Fairall
Campus Coordinator Wodonga

**From the Director of Studies**

Whilst it is still early in the New Year, the students - fresh-faced and ever-ready – are engaged and keen to forge forward and present their best work. The business – and busyness – of the year is well underway!

**Acknowledging Academic Excellence**

Traditionally we celebrate academic achievement at the end of the school year. I would like to take this opportunity to acknowledge the award of Academic Excellence that Carl Pille, currently in Year 11, has earned from Karabar Distance Education Centre for his study in German. Carl is an accelerated student who is completing his HSC for German this year while in Year 11. We wish him well as he works toward this goal.

**Year 12 Mid-Course Exams**

Many of our Year 12 students are impressing their teachers with their drive and focus. It is wonderful to see them trying to beat Mrs Trebilcock to the library as they jostle for prime study space. All of this study is helping them prepare for the Year 12 Mid-Course Exams. These take place across Weeks 8 and 9 of this term, commence on Friday 22nd March and conclude on Thursday 28th March.

**Disability Provisions for HSC Examinations**

The Board of Studies offers special consideration for the examinations of students who are experiencing significant disadvantage because of conditions
that impair their ability to perform in the examination setting. In order to access this consideration, students must undertake an application process. Students who think that they might be eligible are encouraged to speak to me.

**Year 10 Parent Information Evening**
This is the second year that students in Year 10 are working toward the new credential of the Record of Student Achievement. This credential differs from the old School Certificate in a number of important ways. In order to explain the key differences the school is conducting a Year 10 Information Evening on **Wednesday 20 February** from 7pm. Please note this important date in your diaries.

Please contact me if you have any queries about these matters.

**Kym Armstrong**
Director of Studies

**Southern Cross Cultural Exchange**

**Take Home a Big Brother or Sister**
Give your children the wonderful opportunity to have an international big brother or big sister by hosting one of the exceptional international students arriving in Australia in July 2013 for their 3, 5 or 10 month programs.

International students from France, Germany, Italy, Sweden, Norway, Denmark, Finland, Japan, and Spain will live as a local, attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Visit www.scce.com.au, email scceaust@scce.com.au or call toll free on 1800 500 501, request their international student profiles, and capture the spirit of family and friendship!

**Homework Club**

Welcome to 2013! Another exciting year with lots of opportunities for students to achieve great things. Just one of these is a weekly homework club offered to all students in Years 7 to 12 as part of the co-curricular program here at the College. It will run every Wednesday afternoon from 3.30 to 4.30.

The purpose of this is to enable students to complete homework tasks with teacher assistance when needed. With our busy lives today, it is an opportunity to complete some homework and/or assessment tasks before the students get home. This then takes some of the pressure off parents and also allows students
a bit more freedom to continue to participate in work or sporting activities, knowing that some of their homework has already been completed.

During this hour, students have the chance to ask for assistance with any written tasks that they may be struggling with or simply to sit in a quiet environment and complete homework tasks given throughout the day. I encourage all students to take advantage of this opportunity as this is a very busy term with many students already involved in a range of co-curricular activities.

As a parent myself, I appreciate this time offered by the College. Let’s get started on our homework tasks and keep up to date! Please contact Mrs Kate Millan at kate.millan@trinityac.nsw.edu.au if you have any further enquiries.

Kate Millan
Teacher

French News

New Caledonia
Last year we announced our trip to New Caledonia, to take place in the July holidays. There are two options offered:

6 nights hotel-stay option, $2680.00 (twin or triple share accommodation)
12 nights homestay option, $2690.00 (students normally stay in pairs)

For both options, students will be with the College group during the day, visiting museums, art galleries and having French lessons as well as shopping, swimming, kayaking, etc. Homestay students would return to their families at night, and for the weekend, while the others return to the hotel. The students will travel to Noumea together, with the hotel-stay group returning to Albury after 6 nights while the homestay students continue their stay with the families.

We are now looking to decide whether to go ahead with our trip in the July holidays. If you are still interested in travelling with us, your deposit is now due! Any new families who would like to join us and who need information should contact Mme Bennett as a matter of urgency. The deposits will lock in the airline seats and families will begin to be arranged so it may not be a simple matter to add you to the trip later on.

Technology Reminder
All French students from year 7 to 10 have been registered with Language Perfect, the online website which underpins the French courses by providing
practice in all the macro skills. This will be set as homework as well as being used in class. Students who are unable to access it at home should notify their teacher as soon as possible so that problems may quickly be resolved. In the meantime, homework can be completed on the computers in the Library which is open before and after school.

Students in Years 7 and 8 should also ensure that they activate their Tapis Volant registration to the website. Details have been sent home.

**Alliance des Jeunes After-School French**

Madame Zitzlaff and Madame Bennett will be available after school on Wednesdays until 4.30pm in the French Room and Tech Room (old Com Lab 3). This will start on Week 2 for Years 10 – 12, and in week 3 for year 7 -9 also. If Parent-Teacher meetings or other events call for cancellation, notice will be given in the morning announcements at the start of that week. This is offered to help students with difficulties or who would like extra practice. It is highly recommended for students new to the College. Feel free to contact Mme Bennet or Mme Zitzlaff for further details.

**Mme Bennett**  
Head of Languages

**In The News**

Trinity College has been in the news for all the right reasons recently with a record breaking enrolment of over 800 students and lots of new Kinder children starting their school life.

The Border Mail ran a story in their Tuesday Education Mail section about Kinder student Chloe Sproule who finally got to join her brothers, Zach, Lucas and Sebastian at “big” school. Chloe and her family were very cooperative for the camera, so thank you. The photo and story ran with other stories about Kinder children across the Border starting out at school.

On Friday’s nightly news, WIN TV ran a piece about the Piltz cousins who started together in Kinder at the Albury campus. Charlie, Riley and Hannah didn’t seem to mind the cameras capturing their first day in the classroom with one of the Kinder teachers Deb Price. Their fathers are brothers Brad, Jason and Scott, who grew up in Holbrook. Cassie, in the front office, is mum to Riley.
Of course, it was hard to miss the gregarious Ben from the Ben & Kristie breakfast show at Star FM when he came “Back to School” on Friday, joining Mr Clark’s Year 6 class.

Star FM ran the Back to School segment on their morning show all week, building anticipation for his day in the classroom. In the lead-up, they interviewed Mr O’Connor who got into the spirit and warned Ben he would have to toe the line when he came to school.

Ben and Kristie were here from 8.15am on Friday and much of their banter went to air on Friday’s show. As expected, Mr O’Neill had to speak to him about his uniform and he was later sent to the Principal for not acting on that advice – all in good fun. Ben had a very full day: he joined the “cool crowd”, played, had lunch with the gang and even ran for school captain. He was a big hit with everyone and he confided afterwards he had forgotten how much fun and how carefree were his school days. Follow this link to see some of Ben’s antics during the week:

http://www.youtube.com/watch?v=deh0mLKJ7hs&feature=youtube_gdata

Rowena Newcomen
Registrar and Marketing

Careers News

It is my pleasure to take on the new responsibility of Careers Adviser this year. I look forward to working with both the students and their parents at Trinity in this important and challenging area.

My contact details are: kathy.fletcher@trinityac.nsw.edu.au My office is located at the entrance to the Multi-Purpose Hall and I can be contacted through the College Office on 6049 3433.
This position involves the communication of a wealth of information. To make this process easier I have set up a Trinity Careers Website. There is a link to this website in the Quick Links on our College website (www.trinityac.nsw.edu.au).

It also can be located at www.trinitycollegealburycareers.com.

I encourage all parents and students, particularly in Years 10-12, to become familiar with this site. Please feel free to sign up to the newsletters via the home page. This website is still in its early stages, but will be updated regularly with information relevant to students considering career options.

Kathy Fletcher
Careers Adviser

P & F News

Scholastic Book Club
Scholastic Book Club catalogues have been distributed to all the Junior School classrooms. Could any orders please be returned to their classroom teacher or office by the due date. Please ensure that payment has been made prior to returning the completed order form via cash, cheque (make any cheques payable to Scholastics Australia) or credit card (as per instructions on the order form).

Please ensure that you child’s name and class are clearly marked on the order form. Phone numbers are not required. All orders will be returned via classroom teachers as soon as they are delivered to me.

Please Note: If the order is to be a present or surprise, please list a contact name and phone number (instead of class) so I can call you when the order has arrived to organise collection.

Issue 1 (February) due date for return is 15 February 2013.

Helen Trebley
Book Club Coordinator – Albury Campus

ACMA’s Cybersmart Outreach—Internet Safety Awareness presentations - Trinity College (MPH-Albury Campus), Thursday 14 February 2013, 7.00pm
Sports News

Senior School Swim Carnival – Albury Swim Centre
Monday, 11 February 9.30am-2.30pm

Program of Timed Events: This is a guide only. Events may run earlier or later than time specified, due to entry numbers. Students are to swim in the age group according to the age they turn this year. Seniors are 17 and 18 years old.

9:30am
11/12yr Boys 50m Freestyle
11/12yr Girls 50m Freestyle
13yr Boys 50m Freestyle
13yr Girls 50m Freestyle
14yr Boys 50m Freestyle
14yr Girls 50m Freestyle
15yr Boys 50m Freestyle
15yr Girls 50m Freestyle
16yr Boys 50m Freestyle
16yr Girls 50m Freestyle
Snr Boys 50m Freestyle
Snr Girls 50m Freestyle

11:40am
11/12yr Boys 100m Freestyle
11/12yr Girls 100m Freestyle
13yr Boys 100m Freestyle
13yr Girls 100m Freestyle
14yr Boys 100m Freestyle
14yr Girls 100m Freestyle
15yr Boys 100m Freestyle
15yr Girls 100m Freestyle
16yr Boys 100m Freestyle
16yr Girls 100m Freestyle
Snr Boys 100m Freestyle
Snr Girls 100m Freestyle

12:10pm
Open Boys 200m Individual Medley
Open Girls 200m Individual Medley

12:30pm
U13yr Boys Freestyle Relay
U13yr Girls Freestyle Relay
U15yr Boys Freestyle Relay
U15yr Girls Freestyle Relay
Senior Boys Freestyle Relay
Senior Girls Freestyle Relay
(Relay swimmers will be decided by their 50m Freestyle time)

1.25pm
Staff / Students/ Parent Relay

1:35pm
House All in Challenge

1.45pm
Presentations

2.00pm
Clean up House Areas,
Roll Call

2.25pm
Depart Swim Centre
CIS Nominations

The following CIS Nominations are being called for. If you are interested in being nominated can you please see me well before the closing date.

Friday 15 February
CIS Secondary Open Boys Tennis Nominations Close
CIS Secondary Open Girls Tennis Nominations Close

Come and Try Touch Football
Thurgoona Touch Football, free program, Wednesday 27th Feb, 4:30 to 6pm. Training begins Wed 13th February at Ernest Grant Park. Open to boys and girls aged 9 to 13 years old. For more information contact Mandy Wilson on 6023 8295 or 0409 468 848.

Come and Try Soccer
At Melrose Park (Corner Douglas Road and Webb St) Lavington, every Wednesday 5pm. For more information: Sue Rixon 0438 443 023

Vacation Care

December 2012 - January 2013
Vacation Care finished the 2012 year with a bang. We had eight great days of care in which we had enormous amounts of fun and the students began their holidays in an exciting way! We were lucky enough to have use of the Multi-Purpose Hall which provided the students with plenty of room to run and hopefully burn some energy (this did not happen!).

We kicked off Vacation care with the movie ‘Rise of the Guardians’. The students and carers alike loved it! When we returned to school we created chaos with finger, foot and hand painting. Much mess was made but much fun was also had by all.

The second day comprised of a fun game of
ten-pin bowling in which some amazing skills came out, as well as some not so
great ones. Due to the extremely hot weather we experienced it was a great
idea to finish the day by making some extra cool spiders back at school.

Wednesday of vacation care was a much anticipated day, not only by the
students. We headed out to the Snowy River Camp past Tallangatta where the
students (and some carers) participated in a MASSIVE flying fox across a gorge.

Although some students were hesitant to begin with, everybody participated and had an amazing day. While at the camp, we had a lovely and well-earned sausage sizzle and finished the day with a challenge course in which teamwork was essential. The students had a wonderful day and were extremely tired on the way home with some people falling asleep on the bus.

Thursday saw us going to the Lauren Jackson Sports Centre where we were given complete access to all sorts of sporting equipment including a massive tug of war rope and soccer ball. We then returned to school for some fun Christmas craft and many a Christmas tree decoration was made.

Friday allowed us to spring and bounce to our hearts delight while at gymnastics. There were definitely some aspiring gymnasts that emerged that day! We then came back for some incredibly messy stress ball making although I think the carers needed it more than the students.
Monday of the second week saw us experiencing what migrants of our local area experienced when first coming to Australia at the Bonegilla Migrant Camp. We then returned to create some pom poms although I think the yarn went to creating more than just pom poms!

Tuesday gave the carers the opportunity to exact some revenge on some students at Laser Tag. We all had a wonderful time shooting each other. We then continued back to school where we made some cute Christmas foods including some snow men, white rocky road and snowballs.

The final day of care on Wednesday 19 December gave us the chance to burn some energy at Rumble Tumbles. Then we returned to school for a nice relaxing afternoon.

All in all we had a wonderful week and a half. We would like to thank all parents and students for having fun with us. Please see this space next week for a report on the inaugural January Vacation Care which occurred two weeks ago.

For enquiries about Vacation Care please contact me on 0423 845 646.

**Stace Thompson**  
ASC Coordinator

**Uniform Shop**

What to do with your unwanted bras, cloth nappies and swimwear? The answer is the Uplift Project. This project collects new and second hand bras, cloth nappies and swimwear and sends them wherever there are requests. For women in disadvantaged communities a bra is often unobtainable or unaffordable.

You can find out more information by searching [www.upliftbras.org](http://www.upliftbras.org) and if you have any donations, please leave them in the collection box in the uniform shop or with Trudy O’Connor in Year 1.
Canteen News

Thank you to volunteers Ellen Uniacke, Karen McLean and Tracey Zauner.

If you are interested in helping out in the Canteen, please leave your contact details at the Front Office or drop in to the Canteen and let me know. All help is appreciated, and children of all ages love to see a family member helping out!

Thank you to the P&F for generously providing a new double bowl sink and tap for the Canteen over the holiday break – makes doing the dishes a pleasure!

Please see the back page of this newsletter for the latest menu, or alternatively find it on the College website. Note that prices are unchanged. There is the new option of pineapple or beetroot as additional salad fillings, 30c extra. Please encourage senior school students to order their lunch if possible. It is a great help in planning and minimising wastage, allowing costs to remain low.

**Gluten Free:** If you have a child requiring the gluten free menu option, could you please let me know so I can ensure I have sufficient stock on hand for the term.

### Roster Week 2, Term 1

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<thead>
<tr>
<th>Month</th>
<th>Day</th>
<th>Helper</th>
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<tbody>
<tr>
<td>February</td>
<td>Monday 11</td>
<td>Kylie Bridges</td>
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<td></td>
<td>Tuesday 5</td>
<td>Volunteer Required</td>
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<td></td>
<td>Wednesday 6</td>
<td>Ellen Uniacke</td>
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<td></td>
<td>Thursday 7</td>
<td>Volunteer Required</td>
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<td>Friday 8</td>
<td>Sam Vitolo</td>
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**Cathy Katsoolis**  
Uniform Shop Manager

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**Margaret Cochrane**  
Canteen Manager
Canteen Menu – Term 1, 2013

Please print Name, Class, Order & Money Enclosed, clearly on a Paper Bag.
Lunch Bags + 20c.  Strictly No Credit.
The Canteen provides lunch vouchers for children in the Junior School who forget their lunch and have been referred to the Canteen by their Teacher. Vouchers will be stapled into the student’s diary and it is requested that money is repaid promptly to the Canteen Manager. Menu prices are subject to change – notification via College Newsletter.

**SANDWICHES**  made fresh on site

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegemite</td>
<td>$2.50</td>
</tr>
<tr>
<td>Egg</td>
<td>$3.00</td>
</tr>
<tr>
<td>Egg &amp; Lettuce</td>
<td>$3.20</td>
</tr>
<tr>
<td>Cheese</td>
<td>$3.00</td>
</tr>
<tr>
<td>Cheese Salad</td>
<td>$3.80</td>
</tr>
<tr>
<td>Ham</td>
<td>$3.60</td>
</tr>
<tr>
<td>Ham &amp; Cheese</td>
<td>$4.00</td>
</tr>
<tr>
<td>Ham &amp; Salad</td>
<td>$4.50</td>
</tr>
<tr>
<td>Ham, Cheese &amp; Tomato</td>
<td>$4.20</td>
</tr>
<tr>
<td>Ham, Cheese &amp; Salad</td>
<td>$4.80</td>
</tr>
<tr>
<td>Chicken</td>
<td>$4.00</td>
</tr>
<tr>
<td>Chicken, Lettuce &amp; Mayo</td>
<td>$4.50</td>
</tr>
<tr>
<td>Chicken &amp; Salad</td>
<td>$4.80</td>
</tr>
<tr>
<td>Salad (Lettuce, Carrot, Cucumber &amp; Tomato)</td>
<td>$3.50</td>
</tr>
<tr>
<td>Wraps/rolls 50c extra</td>
<td></td>
</tr>
<tr>
<td>Beetroot/Pineapple 30c extra</td>
<td></td>
</tr>
<tr>
<td><strong>NEW</strong> Sweet Chilli Chicken Wrap</td>
<td>$4.80</td>
</tr>
</tbody>
</table>

**HOT FOODS**  limited hot food available, please order

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sausage Roll – Medium</td>
<td>$2.80</td>
</tr>
<tr>
<td>Sausage Roll – Jumbo</td>
<td>$3.50</td>
</tr>
<tr>
<td>Traveller Pie 160 gm</td>
<td>$3.50</td>
</tr>
<tr>
<td>Aussie Meat Pie 175 gm</td>
<td>$3.80</td>
</tr>
<tr>
<td>Cheese &amp; Spinach Roll</td>
<td>$3.80</td>
</tr>
<tr>
<td>Vegetable Roll</td>
<td>$3.80</td>
</tr>
<tr>
<td>Vegetarian Dim Sim</td>
<td>$1.20</td>
</tr>
<tr>
<td>Gluten-free/Dairy Free Sausage Roll</td>
<td>$4.00</td>
</tr>
<tr>
<td>Sauce</td>
<td>$0.20</td>
</tr>
<tr>
<td>Pasta – Spaghetti Bolognse or Lasagne</td>
<td>$3.80</td>
</tr>
</tbody>
</table>

**SNACKS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jelly Cup</td>
<td>$1.00</td>
</tr>
<tr>
<td>Yoghurt</td>
<td>$2.00</td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td>$0.50</td>
</tr>
<tr>
<td>Apple Slinky</td>
<td>$0.50</td>
</tr>
<tr>
<td>Dried Fruit</td>
<td>$0.50</td>
</tr>
<tr>
<td>Cheese</td>
<td>$0.50</td>
</tr>
<tr>
<td>Cheese with Crackers</td>
<td>$1.00</td>
</tr>
<tr>
<td>Vegie Sticks (Terms 1 &amp; 4)</td>
<td>$0.50</td>
</tr>
<tr>
<td>Vegie Sticks with Dip (Terms 1 &amp; 4)</td>
<td>$0.80</td>
</tr>
<tr>
<td>Raisin Toast (Terms 2 &amp; 3)</td>
<td>$0.50</td>
</tr>
<tr>
<td>Crumpet &amp; Honey (Terms 2 &amp; 3)</td>
<td>$0.50</td>
</tr>
<tr>
<td>Muffin</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

**DRINKS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bottled Water 600 ml</td>
<td>$1.50</td>
</tr>
<tr>
<td>LOL – 99% Fruit Juice (Carbonated)</td>
<td>$2.00</td>
</tr>
<tr>
<td>Plain Milk 300 ml</td>
<td>$1.50</td>
</tr>
<tr>
<td>Plain Milk 300 ml with Sippah Straw</td>
<td>$2.00</td>
</tr>
<tr>
<td>Nippys Choc/ Coffee Low Fat Milk 375 ml</td>
<td>$3.20</td>
</tr>
<tr>
<td>Orange Juice 200 ml</td>
<td>$2.00</td>
</tr>
<tr>
<td>Apple Juice 200 ml</td>
<td>$2.00</td>
</tr>
<tr>
<td>Apple &amp; Blackcurrant Juice 200 ml</td>
<td>$2.00</td>
</tr>
<tr>
<td>Hot Chocolate (Terms 2 &amp; 3)</td>
<td>$2.00</td>
</tr>
<tr>
<td>Slushy – 99% Fruit Juice</td>
<td>$2.00</td>
</tr>
<tr>
<td>Iced Tea</td>
<td>$2.00</td>
</tr>
</tbody>
</table>

**FREEZER**  A variety of frozen treats priced

Priced at $0.50 - $2.00

**ALLERGIES**
The Canteen does not sell foods with nuts as a specified ingredient. There are several menu choices suitable for those requiring wheat-free and dairy-free foods. Other special needs MAY be able to be catered for in consultation with the Canteen Manager. However, the Canteen is staffed in part by volunteers and responsibility rests with parents and children to purchase appropriately.