COMING EVENTS
Tuesday, 22nd May……………………………………………………………………………   Yr 9/10 Football Payment & Permission Form due 18/5/12
Wednesday, 30th May……………………………………………………….......Yr 7 Netball/ Yr 8/9/10 Soccer Payment & Permission Form due 28/5/12
Wednesday, 6th June………………………………………………………………………...Yr 7 Immunisations
Monday, 11th June……………………………………………………………………….. Queen’s Birthday (Public Holiday)
Tuesday, 19th June – Friday, 22nd June……………………………………………… Yr 7 Camp Coolamatong Deposit & Permission Form due 18/5/12
Tuesday, 26th June……………………………………………………………………….. Yr 8/9/10 Netball/ Yr 7 Badminton/Soccer Friday, 29th June……………………………………………………………………………… Last Day Term 2

SCHOOL OFFICE HOURS: 8.00 am – 4.00 pm
SCHOOL HOURS: 8.25 am – 2.50 pm students are supervised between 8.10 am and 3.00 pm

CAMPUS PRINCIPAL’S NEWS

Hello Everyone,

Over the next few weeks Grade 5 and 6 students from our feeder primary schools will be spending a day at Morwell Campus to get a better understanding of what secondary school is like and what Morwell Campus can offer them. To allow this to happen normal programs will not be running for Years 7 and Year 9 on 22nd May and Years 7 and Year 8 on 29th May. Some Year 7 students will be asked to come to school to support the Awareness Day program but other students from the year levels are not required at school. If for some reason your child needs to be at school an alternative program will be provided.

Progress reports will be available in the next week. There have been a few slight changes to the reports; Progress and Work Completion are based on the period from the start of the semester but Attitude, Conduct and Work Ethic are based on the period since the last report. The next report, the semester report, will cover the entire semester in all areas. If you have any questions or concerns on the report please don’t hesitate to contact the school.

There will be a few staff changes in the coming weeks. Keith Coverdale is on long service leave until the end of this term and Rebecca Lynch will be taking maternity leave a few weeks before the end of term. Finally, a shortage of staff at the GEP Campus means that Jackie Melling has been shifted to take classes there. We wish all these teachers the best in their new endeavours. We have been lucky to find teachers to cover these losses with Vera McGowan taking most of Keith’s classes, Sandy Treloar replacing Rebecca and Bree Henderson covering Jackie’s classes. I would like to welcome all of these new staff and also welcome back Marg Tomnay from her long service leave spent mainly in Bali.

Finally, big congratulations to all members of the Year 10 debating team: Jade Bunker, Sarah Mayo, Sarah Darling and Alec Welsh. According to the completely unbiased assessment of the Year 10 team leader, Karen Anders, the team took on their Lowanna counterparts and completely demolished the argument that “Street Art Belongs in a Gallery”.

Geoff Block
CAMPUS PRINCIPAL
YEAR 7
Permission forms for Camp Coolamatong were sent home last week. Please return completed permission forms and payment as soon as possible. A payment plan is available – see staff at the general office for this.

YEAR 9
Students will soon receive their final progress report for the semester. The report will highlight areas for improvement that will need addressing before the final semester report is written. Students are encouraged to discuss their progress with their teachers. The homework club runs on Thursday nights from 3.15-5.15 pm in the Library. This is an excellent opportunity for students to complete tasks that are still outstanding. We encourage all Year 9 students to make use of this facility.
Cleo Lazaris - Year 9 Team Leader

YEAR 10
Team Time
Andrew Blaney from Latrobe Community Health Services spoke to Year 10 boys about healthy relationships. He discussed the importance of respect and communication in relationships. A second session will be held in two weeks. Similar sessions for girls will commence shortly.

Interschool Debate
Congratulations to Jade Bunker, Sarah Darling, Sarah Mayo and Alec Welsh who represented our school in an interschool debate against Lowanna College. The topic was that street art should be shown in a gallery. Our team argument was that street art belongs in the street, not in a gallery. Our debaters had solid arguments, spoke well and succeeded in being the most convincing team. Well done Team Kurnai!

Sporting Achievements
Congratulations to William McIlwain for competing in the State Under 18 Lawn Bowls in Bendigo. William is currently trying out for the Victorian squad team.

Good luck to Alex Bowman and Isaac Abas who are in the process of applying for soccer scholarships.

WOOLWORTHS EARN & LEARN PROGRAM
This year’s Woolworths Earn & Learn Program commenced on 9th May until 1st July. For every $10 spent at Woolworths earn 1 sticker. Place stickers on sticker card and when full place in collection box at the general office. Spare cards available at office or Woolworths. Help our school earn some great learning resources.

POSITIVE BEHAVIOUR SUPPORT (PBS)
Every week teachers are asked to consider which students have demonstrated stand-out behaviour in the area of our school pillars – Relationships, Engagement, Work Ethic and Excellence. A postcard is sent home to let families know about their student’s positive behaviour. Congratulations to the following students for receiving a postcard recognising their achievements and demonstrating one of our four pillars:

<table>
<thead>
<tr>
<th>Relationships</th>
<th>Work Ethic</th>
<th>Excellence</th>
<th>Engagement</th>
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<tbody>
<tr>
<td>Samantha Weuffen</td>
<td>Abbey Brabazon</td>
<td>Tiara Vajler</td>
<td>Tiara Vajler</td>
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<td>Rachael Rigby</td>
<td>Jade Smith</td>
<td>Kayla Joy Taylor</td>
<td>Emily Bartel</td>
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<td>Claudia Logiodice</td>
<td>Kuku Mahammud</td>
<td>Taria Dykes</td>
<td>Bradley Rogers</td>
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<td>Beau Ward</td>
<td>Jorja Pendlebury</td>
<td>Sarah Mayo</td>
<td>Alec Welsh</td>
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<td>Chloe Helmuth</td>
<td>Jennifer Kilpatrick</td>
<td>Alex Welsh</td>
<td>Jade Bunker</td>
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<td>Alex Bowman</td>
<td>Luke Buurman</td>
<td>Rebecca McDonald</td>
<td>Sarah Darling</td>
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<td>Garang Jok</td>
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IS YOUR SON OR DAUGHTER GETTING ENOUGH SLEEP??
The Year 8 team is concerned about how tired some of our students are at present, particularly on a Monday morning. Sleep research suggests a teenager needs between 9 and 10 hours of sleep every night. This is more than the amount a child or an adult needs yet most teenagers only get about 6 or 7 hours. Some get a lot less. Regularly not getting enough sleep leads to chronic sleep deprivation. This can have dramatic effects on a teenager’s life including reduced academic performance at school.
Causes of sleep deprivation
Some of the reasons why many teenagers regularly do not get enough sleep include:

- **Hormonal time shift** – puberty hormones shift the teenager’s body clock forward by about one or two hours, making them sleepier one to two hours later. Yet, while the teenager falls asleep later, early school starts don’t allow them to sleep in. This nightly ‘sleep debt’ leads to chronic sleep deprivation.

- **Hectic after-school schedule** – homework, sport, part-time work and social commitments can cut into a teenager’s sleeping time.

- **Leisure activities** – the lure of stimulating entertainment such as television, the Internet and computer gaming can keep a teenager out of bed.

- **Light exposure** – light cues the brain to stay awake. In the evening, lights from televisions, mobile phones and computers can prevent adequate production of melatonin, the brain chemical (neurotransmitter) responsible for sleep.

Effects of sleep deprivation
The effects of chronic (ongoing) sleep deprivation may include: Mentally ‘drifting off’ in class and shortened attention span, poor decision making, lack of enthusiasm, moodiness and aggression and depression.

Preventing sleep deprivation – tips for parents
Try not to argue with your teenager about bedtime. Instead, discuss the issue with them. Suggestions include:

- Allow your child to sleep in on the weekends.

- Encourage an early night every Sunday so they are not exhausted at school on a Monday.

- Decide together on appropriate time limits for any stimulating activity such as homework, television or computer games. Encourage restful activities during the evening, such as reading.

- Assess your child’s weekly schedule together and see if they are overcommitted. Help them to trim activities.

- Encourage your child to take an afternoon nap after school to help recharge their battery, if they have time.

Help us help your son or daughter be successful at school.

**College Music**

Performance Review – Generations In Jazz Festival, Mt Gambier
The College Big Band just returned from their interstate performance in Mt Gambier for the Generations In Jazz Festival. Kurnai College was one of 130 schools from across the country at the festival, which hosted and featured some 2,500 music students.

Up on stage, this was probably one of the best moments the Big Band has sounded as a group. There were opportunities where we were able to hear other schools from other sections perform, and it was great to see what can be done from similar aged students.

In all, this festival is one experience the individual had to physically witness.

Any interested students wanting to experience such opportunities should enrol in the Music Program now in order to prepare themselves for future interstate performances.

**Music Instrument classes available on:**
- Trombone; Trumpet; French Horn; Saxophone/clarinet; Flute.

Get an Expression of Interest Form from the general office if interested. Can commence classes on the above instruments ASAP.
COMMUNITY ANNOUNCEMENTS

BRAHA’S MARTIAL ARTS – TAE KWON DO
On Tuesday and Thursday between 4.30-5.30 pm in the gym at Kurnai College, Morwell. Cost $17.00 per week. Free introductory lesson. Contact Instructor Adonis Mazzarella Ph 0412 498 480.

ARCHERY
Archery is a sport for all seasons and ages. Beginners night, Mondays 6.00–9.00 pm at Toner’s Lane, Morwell. Contact Peter Bennett on 0429 429 240 or Merv Grinstead on 0427 346 375.