COMING EVENTS

Wednesday, 27th February…………………………………………………………..Year 10 Team Building
Monday, 18th March – Thursday, 28th March …………………………………… Year 10 Work Experience
Friday, 22nd March – Sunday, 24th March. ………………………………………..Year 9 HPV Camp
Thursday, 28th March…………………………………………………………………………..Last Day Term 1
Monday, 15th April………………………………………………………. Term 2 commences

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

Welcome

Morwell Campus welcomes two new teachers to the staff this year – Hamed Sabawi and Gareth Lewis.

Hamed teaches maths and science across a range of year levels and is a member of the Year 9 team. Hamed completed teaching rounds at the Precinct Campus in 2012 and made a great impression there so we were pleased when he applied for a position at our campus.

Gareth also teaches maths and science and is a member of the Year 10 team. He is a recent arrival in Australia, harking from Wales. He is enjoying working with our students but is struggling to come to terms with the rather hot summer we are having!

Swimming Sports

Our annual College inter-house swimming sports were held recently. The weather was perfect – probably the best we have had in many years and it was great to see so many students getting involved and dressing up in their house colours. Most of our students attended which was great to see; the ones who chose to stay at school certainly missed out!

Some long standing event records were broken on the day. A 12 year old record for 50m Butterfly set by Elliot Tebb in 2001 was smashed by Caiden Gill by 2.56 seconds with a time of 32.12 seconds.

Annie Pepper broke the 50m Backstroke record set by Breanna Godden in 2007. Annie’s time was 0.24 seconds faster than the previous record.

As well as the more serious events, students and staff participated in novelty events such as the lilo race, and there was an iron man/iron woman event early in the day.

With only 4.5 points between 1st and 2nd, the winning house team on the day was Thorpe.
1st Thorpe on 567.5 points
Equal 2nd Siddle and Forsyth on 563.0 points
3rd Freeman on 353.5 points.

The most encouraging and best dressed team went to Freeman. Congratulations to all students who participated on the day.

**Early Arrivals**

We have noticed a small number of students arriving at school very early, before 7:30am in some cases. Please note that no supervision is provided until 8:00am, so please refrain from sending students to school prior to this time.

**Music Program**

Recently, all Year 7 and 8 students were in the music rooms handling all kinds of musical instruments.

As part of the recruitment drive, students got to experience the flute, clarinet, saxophone, trumpet, cornet, trombone, tuba, guitar and bass guitar - all of which are musical instruments that are taught at Kurnai College. Many students displayed natural talents on the instruments.

All Kurnai College students have the exceptional opportunity of learning a musical instrument of their own choice – please visit the music rooms or talk to Mr Gretton, Mr Bonnici or Mr Hopkins for more information.

**Progress Reports**

We regret to inform you that under the current work bans in place due to a lack of resolution in industrial negotiations, the progress reports normally distributed at this time will not be prepared. There is a Parent/Teacher Interview afternoon scheduled for Wednesday 27th March where you can discuss your child’s progress, and any other matter, with their teachers.

**Michelle Reid-Metcalf**
CAMPUS PRINCIPAL

**UPCOMING EXCURSIONS/CAMPS**

To ensure the smooth organisation and running of camps and excursions we request that permission forms and payments be returned to the school by the due date on the permission form. This enables the purchase of train tickets, food and venue tickets, etc, in a timely manner.

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Cost</th>
<th>Payment &amp; form due</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 10 Team Building</td>
<td>27th February</td>
<td>$10.00</td>
<td>25/02/13</td>
</tr>
<tr>
<td>Year 9 HPV Camp</td>
<td>22nd – 24th March</td>
<td>$50.00</td>
<td>01/03/13</td>
</tr>
</tbody>
</table>
“IT’S NOT OKAY TO BE AWAY”

Morwell Campus Absence Hotline: 5165 0602

If your child is going to be absent for the day or a number of days please contact the Absence Hotline and leave details. This service has been set up for the convenience of both families and the College with voicemail access 24 hours a day 7 days a week. The voicemail is checked several times a day. Thank you to the many parents already utilising this system.

Please leave a recorded message stating -

- Your name.
- The student’s name.
- Year level or home group.
- The reason for the absence and the duration if known.

There is a growing number of students who are constantly late to school.

**Home group commences at 8.30 am.** It is important that students attend as valuable information is passed on to the students regarding school activities and daily school news. If the student misses home group they commence the day without the knowledge they need to set them up for the day on a positive note.

- If your child is late, they **must** bring a signed and dated note.
- **Being late or sleeping in** are not acceptable reasons.
- We also require a signed and dated note for students to leave the College early.

**YEAR 7**

Year 7 students have settled in very well to secondary school life and its challenges. It’s been great to see them all turning up to school and engaging in all aspects of secondary school life with enthusiasm. The students have been forging new friendships and overcoming small difficulties such as finding their way around and opening their combination locks.

Students have received forms for their forthcoming immunisations. Please return these as soon as possible.

If you have any queries or concerns with regards to Year 7 or your child, please feel free to contact me at the school.

*Dan Swallow – Year 7 Team Leader*

**YEAR 8**

We have had an excellent start to the semester in Year 8. Students are well prepared and focussed on their learning, and participating well in all of their classes. Well done Year 8s!

**Upcoming excursions**

A number of students will be attending the Air Show on Friday 1st March. They will participate in sessions to get an overview of the defence force and possible pathways, explore the air show site and watch flying displays.

*Karen Anders - Year 8 Team Leader*
YEAR 10 NEWS
We welcome all our students back to school, your last year at this campus. Our team members, Nicole Carder, Andrew Simpson, Brett Gay, Nyssa Beebe, Gareth Lewis and I hope that this year will be successful and enjoyable for you all.

Year 10 is a time when students begin to focus on their future pathways. This work has already begun with students organising their work placements for Work Experience.

To help keep you informed of the many important dates, deadlines, activities and events we have established a parent email list. Please provide this information to the general office if you have not already done so and wish to be included.

I encourage you to contact me by email lazaris.cleo.c@edumail.vic.gov.au or phone 5165 0600 if you would like to discuss any concerns or have any questions about Year 10.

Cleo Lazaris – Year 10 Team Leader

NOTES FROM THE NURSE – WENDY RUDDELL

Free 6 Week Educational Program at Kurnai.
Students within Kurnai College are invited to attend the QUIT program.
The aim of this program is to:
Identify the reasons people smoke.
Equip students with strategies to reduce / quit smoking.
Identify the health consequences of smoking.
Support and encourage students to make informed decisions about lifestyle choices.
Please register your interest with Wendy Ruddell or Kiyomi Marshall at the College.

Smoking Facts
- Tobacco smoking is recognised as the largest drug killer in Australia.
- Nicotine is a poisonous and highly addictive drug that comes from the tobacco plant. It is a more addictive drug than heroin or cocaine!
- A single cigarette contains over 4000 different substances, many of which are cancer causing.
- Cigarettes contain substances such as Tar, Metals, Hydrogen Cyanide, Pesticides & Radioactive compounds.
- Smoking decreases oxygen levels due to increased carbon monoxide levels in the lungs, increases heart rate, pulse rate and blood pressure & also decreases blood flow to the hands and feet.
- Smoking causes the premature death of approximately 18,000 people per year.
- The younger a person is when they start to smoke, the less likely they are to quit and the more likely it is that they will become a heavier, more addicted smoker, and die of a tobacco-related illness.

Smoking at/around School
All schools have a duty to provide students with a safe and healthy educational environment, as well as giving students information about important health issues such as smoking. The policies within Kurnai reflect this duty in striving towards a 'smoke free school'.

150,000 SMOKERS QUIT PER YEAR – BE A QUITTER.

Further information can be obtained from Wendy Ruddell (College Nurse), www.quit.org.au or 131 848.
10 WAYS TO PROMOTE GOOD MENTAL HEALTH & WELL-BEING IN KIDS

1. Model good mental health habits
2. Make sure they get enough sleep
3. Encourage kids to exercise
4. Give them creative outlets
5. Provide a space of their own
6. Talk about their troubles
7. Help them to relax
8. Have two routines - weekday and weekend
9. Foster volunteering and helpfulness
10. Bring fun and playfulness into their lives
EDUCATION MAINTENANCE ALLOWANCE

Changes to the Education Maintenance Allowance (EMA) for 2013:

The EMA continues to help families on lower incomes with financial assistance to cover the cost of educational expenses including textbooks, stationery, uniforms and excursions for their child up until the age of 16.

From 2013, the Victorian Government is restructuring the EMA to better target financial support to families on lower incomes. Payments made direct to parents will be increased for eligible recipients at all year levels up to age 16, with an additional increase for parents with students in Years Prep and 7 in recognition of the additional costs at these transition points.

In 2013 the annual EMA payment for families with children in primary school (years 1-6) will receive a payment of $150. Families with children in secondary school (Year 8 up until the age of 16) will receive an annual payment of $250.

The School Start Bonus which was previously received by EMA families has been discontinued as a separate payment from 2013. However, additional funding has been incorporated into the EMA meaning that parents of children in Prep and Year 7 will receive boosted EMA payments of $200 and $300 respectively in those years.

From 2013, the EMA will no longer be paid 50/50 between the parent and the school. The 50% school portion of the EMA will no longer be paid to schools on behalf of parents. However, $62 million over four years will be redirected to the State’s most needy schools to assist families on lower incomes. These funds will form part of the school Student Resource Packages to be allocated at the local level.

New EMA payment option

From 2013, on the EMA application form you can choose to have your EMA payment:

- Paid by direct deposit (Electronic Funds Transfer) into your nominated bank account or
- Paid by cheque which will be posted to the school for collection or
- Paid to the school to be held as credit which you can use towards education expenses

The introduction of the new payment option to have the EMA payment directed to the school provides parents with extra flexibility to assist with budgeting towards education expenses.

Eligibility:

To be eligible for the EMA in 2013, you must:

- be either a parent or guardian of a primary or secondary school student up to the age of sixteen; and
- be an eligible beneficiary of a Centrelink pension, allowance or benefit within the meaning of the State Concessions Act 2004* or be a Veterans Affairs (TPI) pensioner or be a temporary foster parent.

* i.e. – the parent/guardian must be the holder of a valid Health Care Card or valid Pension Card.

The eligibility criteria must be met as at 29 January 2013 (Instalment One) and 15 July 2013 (Instalment Two).

Payment Amounts - 2013:

<table>
<thead>
<tr>
<th></th>
<th>Prep</th>
<th>Years 1 - 6</th>
<th>Year 7</th>
<th>Year 8 – Age 16</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instalment One</td>
<td>$140</td>
<td>$105</td>
<td>$210</td>
<td>$175</td>
</tr>
<tr>
<td>Instalment Two</td>
<td>$60</td>
<td>$45</td>
<td>$90</td>
<td>$75</td>
</tr>
<tr>
<td>Annual Total</td>
<td>$200</td>
<td>$150</td>
<td>$300</td>
<td>$250</td>
</tr>
</tbody>
</table>

*Student year level (or age for ungraded and special school students) will determine the amount payable. Parents of students turning 16 years in 2013 are paid on a pro rata basis.

Contact: School Office for an EMA application form and to lodge your application. The closing date for EMA application forms to be submitted to the school is 28 February 2013.
Would $500 assist you with education costs?
You could receive up to $500 to help pay for educational costs including:
- school uniforms
- text books
- excursions
- laptops
- sports equipment, uniforms and lessons
- music tuition and instrument hire
- TAFE, traineeship and apprenticeship costs!

Berry Street delivers Saver Plus in your local area and is looking for new participants. You may be eligible if you or your partner:
- have a Centrelink Health Care or Pensioner Concession Card
- are at least 18 years old
- have some regular income from work
- have a child at school, or attend accredited vocational training yourself.

To find out more contact Meryl Watson, Saver Plus Worker at Berry Street
5120 2506 / 0478 398 695 or mwatson@berrystreet.org.au

Saver Plus is a matched savings and financial education program, developed by Brotherhood of St Laurence and ANZ and delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Families, Housing, Community Services and Indigenous Affairs, with ANZ providing matched savings for participants.
# Kurnai College Canteen Prices

## 2013

### Sandwiches

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese</td>
<td>$2.00</td>
</tr>
<tr>
<td>Cheese &amp; Tomato</td>
<td>$2.50</td>
</tr>
<tr>
<td>Egg/Lettuce</td>
<td>$2.50</td>
</tr>
<tr>
<td>Leg Ham, Tomato, Cheese</td>
<td>$3.50</td>
</tr>
<tr>
<td>Meat/Salad</td>
<td>$4.50</td>
</tr>
</tbody>
</table>

**Sandwiches, Rolls and wraps must be ordered at Recess for Lunch Order - Extra 50c for rolls & wraps**

### Hot Food

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steam Dim Sims (3 for)</td>
<td>$2.70</td>
</tr>
<tr>
<td>Pizza</td>
<td>$2.70</td>
</tr>
<tr>
<td>Chicken Nuggets</td>
<td>$2.70</td>
</tr>
<tr>
<td>Sausage Rolls</td>
<td>$3.00</td>
</tr>
<tr>
<td>Chicken Strips (3)</td>
<td>$3.00</td>
</tr>
<tr>
<td>Pies</td>
<td>$3.50</td>
</tr>
<tr>
<td>Tender Wrap (lunch only)</td>
<td>$3.50</td>
</tr>
<tr>
<td>Chicken or Chilli Burgers</td>
<td>$4.00</td>
</tr>
<tr>
<td>Hotdogs</td>
<td>$3.00 (Mon, Wed and Fri only)</td>
</tr>
</tbody>
</table>

### Drinks

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prima’s</td>
<td>$1.50</td>
</tr>
<tr>
<td>Focus Flavoured Water</td>
<td>$2.00</td>
</tr>
<tr>
<td>Cans</td>
<td>$2.20</td>
</tr>
<tr>
<td>Small Milk 300ml</td>
<td>$2.20</td>
</tr>
<tr>
<td>Water</td>
<td>$2.50</td>
</tr>
<tr>
<td>Bottles 600ml</td>
<td>$3.50</td>
</tr>
<tr>
<td>Large Milk 500ml</td>
<td>$3.50</td>
</tr>
<tr>
<td>Up &amp; Go Breakfast drink 350ml</td>
<td>$3.50</td>
</tr>
<tr>
<td>Green Tea 350ml</td>
<td>$3.50</td>
</tr>
<tr>
<td>G-Force Flavoured Drink 650ml</td>
<td>$4.00</td>
</tr>
<tr>
<td>Chips/JJ’s</td>
<td>$1.20</td>
</tr>
<tr>
<td>Jellys</td>
<td>$0.50</td>
</tr>
</tbody>
</table>

*Please note prices are subject to change throughout the year due to price increases.*

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**PLEASE REMEMBER TO ORDER YOUR LUNCH TO AVOID DISAPPOINTMENT!!! 😊**

**THANKS FOR SUPPORTING YOUR SCHOOL**