Famous Groups Social

Update on our Website this fortnight

Social pictures
Principal’s Report

For my newsletter this week I am using some information from psychologist Michael Grose who sums up the problems of poor attendance.

**It's not OK to be away.**

One of the most important things you can do to ensure your child has a bright future is to make sure that he or she goes to school every day, and gets there on time. It sounds very simple, but it is true.

The link between school attendance and children’s achievement at school is well established. The more time students spend at school, the more likely they are to succeed at school. Supporting this is a report from the Victorian Auditor General which finds that students who are regularly absent from school are at the greatest risk of dropping out of school early and as a result often experiencing long term unemployment.

When students miss school their academic progress is slowed down, forcing them to catch up on missed work (which some never do). They often miss out on important interaction with their friends and social group and this can make them feel even more isolated.

Of course, most people know this, yet school absenteeism is a huge problem in Australian schools – and much of it is parent condoned. In today’s highly competitive world a high rate of absenteeism is putting these students at a huge disadvantage.

It is now commonplace for students to stay away from school for reasons that would have been unheard of twenty years ago. These include staying away to celebrate their own or a sibling’s birthday, being absent because they have stayed up late watching television, going shopping for clothes, an extended long weekend and kids not wanting to take part in a sports day or special school event.

This type of absenteeism sends a strong message to students that parents don’t really value learning or their children’s learning experiences.

Getting to school on time is also very important. Missing a few minutes each day may not seem like a big deal but your child may be missing more than you realise if he or she is continually late.

Current research shows that mornings for most children is the most productive time of day, with 10:00am the peak period of productivity. When children arrive late and take time to settle in as they inevitably do, valuable learning time is lost.

As parents we need to make a commitment that our children make the most of their precious time at school. This means that we must send them every day, on time and ready to make the most of school.

It is reassuring to know that you increase their chances of future success just by making sure that they attend every day. Regular school attendance helps children and young adults to prepare for the workforce, when it will be expected that they turn up each day ‘work ready’.

**The real world is unforgiving of those who stay away with no excuse.**
<table>
<thead>
<tr>
<th>SPORT CHOICES</th>
<th>VENUE</th>
<th>COST</th>
<th>EQUIPMENT</th>
<th>SPECIAL REQUIREMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tennis</td>
<td>Wentworth</td>
<td>$4.50</td>
<td>PDIPE Uniform and appropriate shoes/hat, sunscreen</td>
<td>You may bring your own racket if you wish</td>
</tr>
<tr>
<td>Snooker</td>
<td>Dareton</td>
<td>$3.00</td>
<td>PDIPE Uniform</td>
<td></td>
</tr>
<tr>
<td>Fishing</td>
<td>Wentworth/Dareton</td>
<td>$4.50</td>
<td>PDIPE Uniform and appropriate shoes/hat, sunscreen</td>
<td>Rods/reels/bait provided. Welcome to bring own if want to.</td>
</tr>
<tr>
<td>Netball (Years 7/8)</td>
<td>WALK TO Dareton</td>
<td>nil</td>
<td>PDIPE Uniform and appropriate shoes/hat, sunscreen</td>
<td>Remove jewellery and tape or cut nails.</td>
</tr>
<tr>
<td>Bush walking/walking for fitness</td>
<td>Various locations Dareton, river, bushland, Perhaps, Mildura – ApexPark</td>
<td>nil</td>
<td>PDIPE Uniform and appropriate shoes (no open footwear permitted) /hat sunscreen</td>
<td></td>
</tr>
<tr>
<td>Soccer</td>
<td>School</td>
<td>nil</td>
<td>PDIPE Uniform and appropriate shoes/hat, sunscreen</td>
<td>Shin guards provided are compulsory. Mouthguard recommended.</td>
</tr>
<tr>
<td>Basketball (year 7 and 8)</td>
<td>School</td>
<td>nil</td>
<td>PDIPE Uniform and appropriate shoes/hat, sunscreen</td>
<td>Remove jewellery and tape or cut nails.</td>
</tr>
<tr>
<td>Volleyball</td>
<td>School</td>
<td>nil</td>
<td>PDIPE Uniform and appropriate shoes</td>
<td>Remove jewellery and tape or cut nails.</td>
</tr>
<tr>
<td>Dance (qualified instructor)</td>
<td>School</td>
<td>$5.00</td>
<td>PDIPE Uniform and appropriate shoes.</td>
<td></td>
</tr>
<tr>
<td>Ten Pin</td>
<td>Mildura</td>
<td>$7.50</td>
<td>PDIPE Uniform</td>
<td></td>
</tr>
<tr>
<td>Gym for girls</td>
<td>Mildura</td>
<td>$8.50</td>
<td>PDIPE Uniform and appropriate shoes</td>
<td>Towel and drink bottle</td>
</tr>
<tr>
<td>Weight Training</td>
<td>Mildura</td>
<td>$8.50</td>
<td>PDIPE Uniform and appropriate shoes.</td>
<td>Towel and drink bottle</td>
</tr>
</tbody>
</table>
Australia’s First
Coloured Commemorative Coin!

LIMITED EDITION

For a $10 donation
the $2 Poppy Coin will come with a Certificate of Donation

Australia’s first commemorative $2 coin in colour has been unveiled by the RSL and the Royal Australian Mint. A unique Australian legal tender, this ground breaking $2 coin is simply an outstanding keepsake for every Australian.

The coin depicts the red Flanders Poppy, which is synonymous with Remembrance Day and the sacrifices made by Australians in conflict.

All funds raised go to support our vital RSL programs helping thousands of Veterans and serving Defence personnel and their families in homes and communities across Australia.

Available from the RSL National Office at Level 3, 65 Constitution Avenue CAMPBELL ACT

Phone orders can also be made through the National Office at 02 6248 7199.

Please note there will be a minimum postal charge of $5 per coin.

www.rsl.org.au
Social - Famous Groups Past & Present
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**Interschool Tennis**

On Tuesday 19th March, Coomealla High students competed in the Sunraysia schools tennis tournament at the Mildura Lawn Courts.

The Senior Girls’ team was successful in winning their section; the participants were Emily Hancock (Yr 11), Sarah Watts (Yr 12), Sarah Clothier (Yr 12) and Nadia Lambe (Yr 12). The Senior boys’ team saw Dylan Darby (Yr 12) and Riley Riordan (Yr 12) winning a good proportion of their matches, thus allowing Coomealla to take out third in this section.

The other impressive results came in the Junior Girls’ section where Imogen Smith (Yr 7), Sara Hancock (Yr 7), Chantelle Gunn (Yr 7) and Meagan Verstappen (Yr 7) took out the third position in a very competitive section.

It was great to see the good sense of sportsmanship shown by our players on the day and thank you to parents for their interest and support.

*Mrs R Buckley*

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Three Colours SC is seeking a media studies (or related) student who wishes to assist the Club to create its own youtube channel.

This is a great opportunity for a student to gain additional experience whilst assisting a community based club through volunteering their time.

Any students interested should email their details to threecolourssc@live.com.au with the subject line *3CTV*

Mobile: 0429 200 193 Fax: (03) 8610 0040

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**Mr Fratti’s Year 10 Class Performing Eye and Heart Experiments**
Easter Holiday
safe driving tips

As the Easter long weekend approaches, thousands of families are set to hit the roads for holiday trips. A concern for everyone across the country is always that of road safety over the long weekend. There are more people using our roads at this time meaning there is a higher risk for accident, injury and even death. Motorists are urged to be extra cautious especially at night and when passing through residential areas, due to the unpredictable actions of pedestrians. Here are some useful driving and passenger tips you can take in to make sure your journey is a safe one.

As a driver:
- Plan your trip before you leave and when you want to get there. Sleep well before travelling and avoid driving at night time.
- Always wear your seatbelt and ensure everyone in your car is as well.
- Take a 15 minute break outside your car every two hours.
- Check your medication. Does it warn you not to drive? Then don’t!
- Eat well balanced meals at regular times. You need the energy for brain activity and concentration.
- Keep the inside of your car cool. Use air-conditioning or wind down windows.
- Do not use your mobile phone while driving. Turn off your mobile phone or keep it on silent.
- Obey the legal blood alcohol limit of zero.
- PLEASE DON’T SPEED!!!

As a passenger:
- Know what can happen if you travel with an unsafe driver.
- Assist the driver by helping to identify hazards.
- Keep your mobile phone on silent to avoid distracting the driver.
- Keep the radio at a level so any sudden changes in traffic or emergency vehicles can be heard.
- Wear your seatbelt at all times.
- Do not speak loudly with the driver or other passengers in the car.
- Remind the driver to take a rest every two hours. Have a stretch and some water.
- If you notice the driver is getting tired, ask them to pull over. Your safety is at risk too!
- Help put money towards petrol.
- If you don’t feel safe, SAY SO!!!

Easter/ANZAC double demerit period
Double demerit points apply to all speeding and seatbelt offences from Thursday 28 March to Monday 1 April inclusive and also in the ANZAC period 24-28 April inclusive.

See you back safely in Week 10
And after the Holidays
## CALENDAR

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4</td>
<td>2/4 B Week 9</td>
<td>3/4 Yr 7 Adventure Tabloids</td>
<td>4/4 Yr 7 Adventure Race</td>
<td>5/4</td>
</tr>
<tr>
<td>8/4 A Week 10</td>
<td>9/4</td>
<td>10/4</td>
<td>11/4 Term 1 Formal Assembly 10.30am</td>
<td>12/4 Last Day Term 1 Newsletter 5</td>
</tr>
<tr>
<td>15/4</td>
<td>16/4</td>
<td>17/4</td>
<td>18/4</td>
<td>19/4</td>
</tr>
<tr>
<td>SCHOOL</td>
<td>HOLIDAYS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22/4</td>
<td>23/4</td>
<td>24/4</td>
<td>25/4 ANZAC DAY 10:30am near Artback</td>
<td>26/4</td>
</tr>
<tr>
<td>23/4 B Week 1 Staff Development Day</td>
<td>30/4 Staff Development Day</td>
<td>1/5 Students return</td>
<td>2/5 Girls Soccer Junior and Senior</td>
<td>3/5</td>
</tr>
<tr>
<td>6/5 A Week 2 Girls Football 7-9, 10-12</td>
<td>7/5</td>
<td>8/5</td>
<td>9/5 Boys Soccer Junior int and Senior</td>
<td>10/5 Newsletter 6</td>
</tr>
<tr>
<td>13/5 B Week 3 School Cross Country</td>
<td>14/5 NAPLAN</td>
<td>15/5 NAPLAN</td>
<td>16/5 NAPLAN</td>
<td>17/5</td>
</tr>
<tr>
<td>20/5 A Week 4</td>
<td>21/5 P&amp;C Meeting Public Speaking Competition</td>
<td>22/5</td>
<td>23/5 District Cross Country</td>
<td>24/5 Newsletter 7</td>
</tr>
<tr>
<td>27/5 B Week 5 Year 11 Exams Year 9 Camp</td>
<td>28/5 Year 11 Exams Year 9 Camp</td>
<td>29/5 Year 11 Exams Year 9 Camp</td>
<td>30/5 Year 11 Exams Year 9 Camp</td>
<td>31/5 Year 11 Exams Year 9 Camp</td>
</tr>
<tr>
<td>3/6 A Week 6 Yr 10 Work Exp (All week)</td>
<td>4/6</td>
<td>5/6</td>
<td>6/6</td>
<td>7/6 Newsletter 8</td>
</tr>
</tbody>
</table>

**Reminder:** Thongs or canvas shoes are NOT to be worn at school for safety reasons.
Recipe Corner:
Hot Cross Muffins
135g dried cranberries
1 cup currants
2 1/2 cups SR Flour
1/2 tspn bi-carb
2 tspn ground cinnamon
1/2 tspn nutmeg
2/3 cup sunflower oil
1 cup buttermilk
2 eggs
200g caster sugar, plus extra 2 Tbspn
80g icing sugar
1 tspn lemon juice

Method:
• Preheat oven 200 deg C.
• Line a 12 hole muffin tray with paper cases and spray lightly with non-stick spray.
• Soak dried fruit for 10 mins in boiling water to cover, drain and dry on paper towelling.
• Sift flour, bi-carb and spices into a large bowl.
• In a separate bowl whisk oil, buttermilk, eggs and sugar until combined. Add to the dry ingredients and stir to just combine.
• Stir fruit gently through. Divide mix into the 12 cases.
• Bake 20-25 mins. Cool completely on rack.
• Place 2 Tbspn caster sugar and 2 Tbspn water in pan and simmer stirring till sugar dissolves. Brush glaze over muffins.
• Sift icing sugar into bowl and add lemon juice and small amount hot water to make thick icing. Use a piping bag or drizzle icing from a spoon to draw a cross on each muffin.

WEP Student Exchange – Memories & Skills For Life
Have the time of your life when you spend a summer, semester or year overseas as a WEP exchange student. Choose from over 20 countries around the world to complement your secondary studies with an international, cultural exchange experience. You will be invited by a welcoming, volunteer host family to live and learn like a local teenager, attend school overseas, make new friends and return more mature, independent, goal-oriented and with a new outlook on life!

Don't Miss Out! Applications Closing Soon!
Applications for long-term programs starting in August/September ’13 to Belgium, Canada, China, France, Germany, Italy, the Netherlands, Poland, Spain and the USA are starting to close in mid-April. Contact WEP for details.

Scholarships & Early Bird Specials
WEP is offering over 20 scholarships towards semester and year programs to Argentina and China in 2014! Early Bird discounts for programs starting in January ’14 are also available.

Find Out More!
Request an information pack, including WEP’s FREE application form.
Visit www.wep.org.au
Call 1300 884 733
Email info@wep.org.au
IMPORTANT INFORMATION REGARDING ABSENTEE NOTES

The DET Attendance Policy PD20050259 states that:
Parents are responsible for explaining the absences of their children from school promptly and within seven days to the school.  
(from Responsibilities, 2.1 point 3); and

A hard copy of the electronic record is to be generated weekly for the previous two-week period. The principal or delegated school executive must endorse this hard copy, certifying its accuracy. Once signed, this hard copy becomes the record of attendance and must not be amended.  
(4.2 Electronic Attendance Registers, 4.2.2)

Please send absentee notes to school promptly and, if you are going on holidays, please inform the school in advance.

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Coomealla High School—Absence Note

Student Name: ___________________________ Year: ________ Roll Group: ______________

My child was absent from school: Date/s ____________________________________________

Reason: ____________________________________________________________________

Signed: __________________________________Parent/Guardian

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Coomealla High School—Absence Note

Student Name: ___________________________ Year: ________ Roll Group: ______________

My child was absent from school: Date/s ____________________________________________

Reason: ____________________________________________________________________

Signed: __________________________________Parent/Guardian

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Quotable Quote:

You know more than you think you do.

- Dr Benjamin Spock