

## Principal's Report

There are times when your children ask questions about school, why they have to attend, about their future and what it will be.

Teachers support your children to:

- develop the confidence to be the best they can be
- learn in a way that best suits them
- become lifelong learners
- develop the skills to become successful members of a global community

Encourage and support your children to always strive to achieve their goals and dreams.

*My mother said to me, "If you become a soldier, you'll be a general; if you become a monk, you'll end up as the Pope." Instead, I became a painter and wound up as Picasso.*

*Pablo Picasso*

### Attendance

Regular attendance at school is important for all students. Research has shown that students who attend school maximise their life choices, having developed better skills and attitudes. This includes self-discipline, punctuality, organisational skills and the ability to develop and maintain routines.

**Please help the school to support your child by making sure they are at school.**

### Caffeine Drinks

USA scientists who have spent decades researching the effects of caffeine, made a strong pitch for caffeinated energy drinks carrying prominent labels that warn of potential health risks. Caffeine intoxication, a recognised clinical syndrome is marked by nervousness, anxiety, insomnia, gastrointestinal upset, tremors, rapid heartbeats, restlessness and pacing and in rare cases, death.

"The caffeine content of energy drinks varies over a 10-fold range, with some containing the equivalent of 14 cans of Coca-Cola, yet the caffeine amounts are often unlabelled and few include warnings about the potential health risks of caffeine intoxication," said Roland Griffiths of John Hopkins and a co-author of the study.

Caffeine drinks such as Mother, Red Bull, V etc. have extremely high levels of caffeine and the results of extensive research throughout the world show the negative side effects of the consumption of such drinks. Because of their high level of caffeine and sugar they cause dehydration and therefore should not be used as sports drinks.

***Casterton Secondary College has banned all caffeinated energy drinks.*** Students are not to bring drinks such as Red Bull, V, Mother etc. to school. These drinks will be confiscated and kept at the Front Office; students can collect them at the end of the day.

If you have any queries regarding caffeinated energy drinks, please contact the school nurse Georgie Sweeney.

Meridith

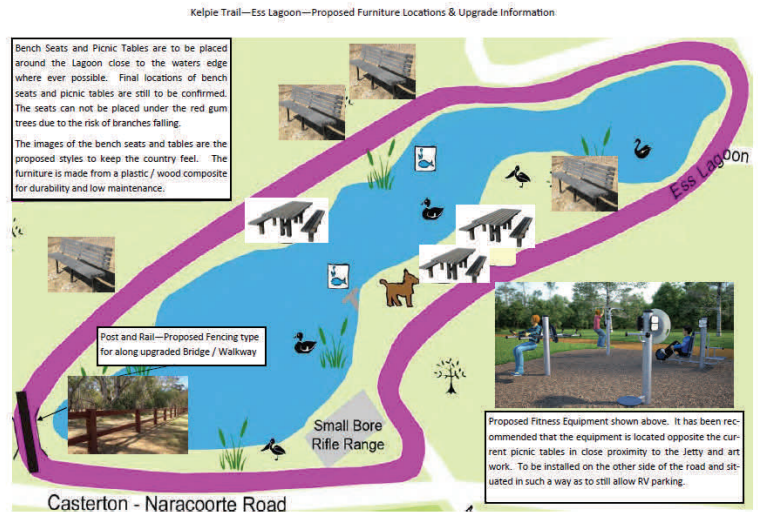
## ***VCAL Project - Moving Forward....***

Casterton locals and visitors to the area will soon be able to 'move forward' on a far better quality Kelpie Trail thanks to the hard work of last years Year 12 VCAL students.

Work will begin next week on upgrading the trail and raising the bridge, keeping it more user friendly all year round.

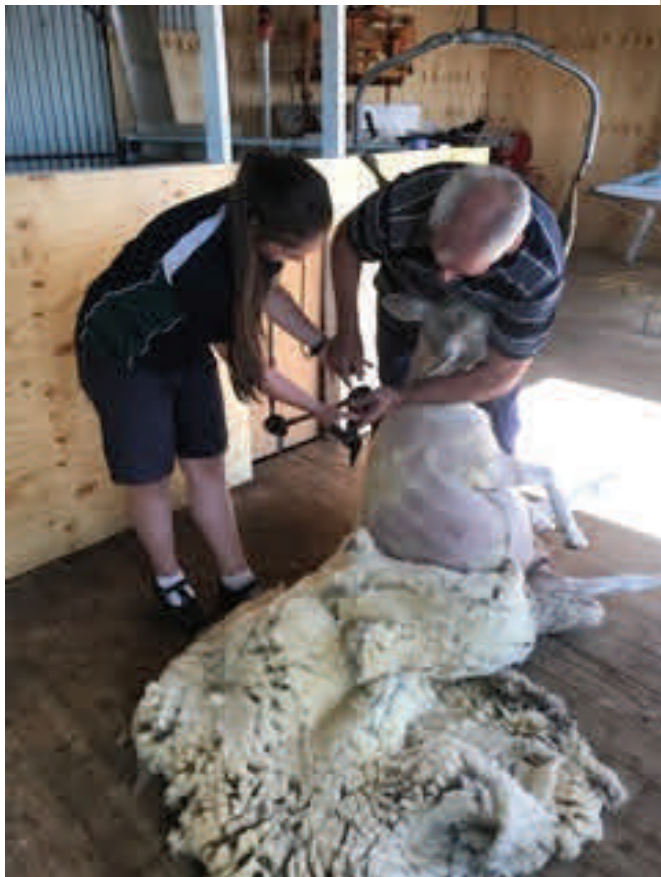
The map provided by Portland Shire's, Camilla Jackson, shows the placement of the new seating areas and exercise equipment that the VCAL students gained funding for. The trail will be upgraded first, with the seating and exercise equipment to follow.

Jenni Collinson



## ***Ag Science***

***Year 10 Ag. Hort. students try  
their hand at shearing,  
under the watchful eye of  
Mr. Frank Fidler***



**Respect... Accountability... Persistence...**



# *INVITATION – Twilight Taste and Tour*

Our College Community and friends are invited to join us at  
Casterton Secondary College for an informal  
“Pleasant Autumn Evening” on the College lawns\*

***Monday 27<sup>th</sup> March 2017 at 5.30pm***

**Meet our staff; enjoy food from our kitchen accompanied by tastings of our award winning wines, and take a tour of the school.**

**Please R.S.V.P. by 20<sup>th</sup> March (Telephone 03 5581 1588  
or email [castertonsc@edumail.vic.gov](mailto:castertonsc@edumail.vic.gov))**

## *Year 8 and 10 Food Tech Report*



The year has got off to a butter-filled start with Year 10B getting stuck into the art of pastry making. For the last four weeks these budding pâtissiers have been giving up their Tuesday lunchtimes to create stunning short crust, flaky, rough puff and Danish pastry. As the weeks progress, 10B have developed skills that would be much sought after in the patisseries of Paris. Keep an eye out for next week's attempts at choux pastry cream puffs delicious!



Year 8 have been perfecting their cake making skills. The Casterton Secondary College kitchen, headed by this keen bunch of bakers, have turned out some impressive results. The students have been refining essential techniques and produced several high quality bakes, the feather-light sponge cakes being a particular triumph.

All Food Tech students are reminded that aprons and large plastic containers are required for every practical lesson.

Miss French

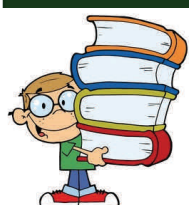
## *Please help!!! Missing Resources from CSC*

Please rid your homes of any CSC resources that may have found their way to your bookshelves, bedrooms or school bags...

If you have borrowed a book from the Resource Centre and are still reading it, bring it in and renew your loan. If you have finished with it

bring it back so others can enjoy it...

It's important for us to keep track of all school resources and keep the Catalogue as up to date as possible...



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# *Glenelg District swimming carnival*

The annual Glenelg District swimming carnival was held at Portland Aquatic Centre on Thursday 23<sup>rd</sup> February.

Casterton SC took a small cohort of 13 students to compete in the event, and with some very experienced swimmers in the team CSC team manager Tracie Layley was quietly confident of a good showing. She was proved correct as all the swimmers performed well and did themselves and their school proud. Personal bests were achieved by many in our team as they pushed the other eight schools hard all day.

Chloe Kerr finished 2<sup>nd</sup> overall in the 13 age group, just missing out on the championship title by 3 points. Fletcher Bright and Chelsey Galpin both swam well to finish 5<sup>th</sup> overall whilst Lachlan Sheppard was 4<sup>th</sup> overall. Josh Camilleri was awesome and has qualified for the next round in March by coming 1<sup>st</sup> in freestyle; he also came in 2<sup>nd</sup> in his age group. Stacy Wishart and Jack Neylon also finished second in their age groups missing out on the title by 3 and 4 points respectively. Our other swimmers included Nathan Jones, Angus Lambert, Maddie Mutch, Jasmin Woolley, Jackson Fitzgerald and Nick Johnson Schembri.

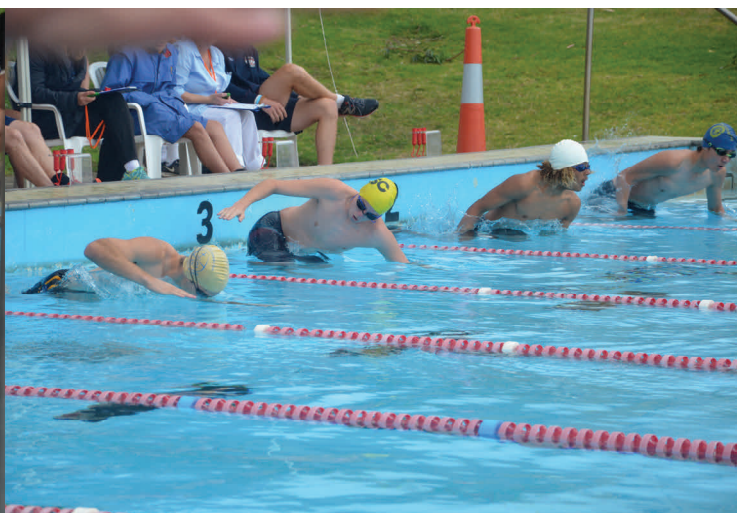
Casterton was running in 4<sup>th</sup> place for most of the day, only trailing Hamilton College, Monivae and Bainbridge, however the relays proved our undoing as we simply couldn't field a team in all the events and we were eventually placed 5<sup>th</sup> which was still an excellent result with some outstanding individual performances.

Thanks to the parents who made the trek to Portland – we are always lucky to receive such great parental support.

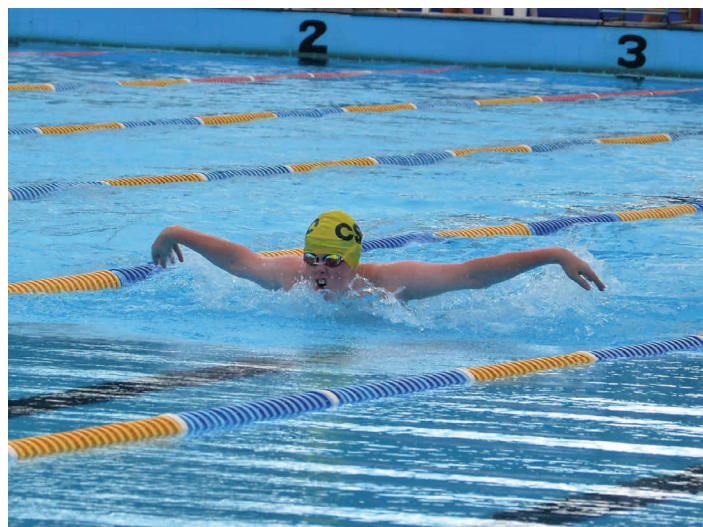
Best wishes to Josh for the Greater Western event!  
Carina Dare Sports Coordinator.



Maddie Mutch & Chelsey Galpin



Josh Camilleri



Fletcher Bright



Stacy Wishart

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## Year 7 Camp



The Year 7 happy campers departed Casterton Secondary College on Wednesday February 15<sup>th</sup> bound for Warrnambool. The theme of the camp was based on our school values of Respect, Persistence and Accountability with the underlying emphasis of inclusiveness. Our first stop saw us stretch our legs at the Hamilton Botanical Gardens for morning tea. On arrival at the Figtree Caravan Park we unpacked and had lunch before heading to Flagstaff Hill. The students were able to experience maritime life. They watched a short narrative movie and listened to a Shipwrecked Coast talk before rolling up their sleeves and making scones.

The degree of success varied greatly, although personally I think Mrs Sweeney's scone was the least light and fluffy, (putting it politely). We had some aspiring young cooks to assist with the BBQ tea, Fletcher, proved to be very handy with the tongs. The Sound and Light show completely engulfed the students with projected holograms on the water and moving seats to recreate a shipwreck. Zhane, Maddy and Halley, were absolutely in awe of the show.

The students took every opportunity to play cricket on the lawn when back at camp. Tom, William, Angus, Peter and Gypsy all enjoyed having a bat and bowl. Although an anonymous staff member had the best figures for the day. Thursday was a huge day for our campers. A team-building activity saw our students tell the group about themselves. Each student was then allocated another students name and they purchased a gift for them based on what they had just heard. When we returned to camp the students exchanged gifts and explained their thoughts behind the purchase. This activity was named by Nathan, Sasha and Ashley as the best thing about camp. The day was young, we paddled on paddleboats and canoed on Lake Pertobe. Isaac, Nathan and Hannah led the way. A movie after lunch saw us have time to relax and catch our breath. Although, "Sing" inspired all kinds of dancing in the seats. Ten Pin Bowling followed afternoon tea. Fresh Fish and Chips delivered to the campsite proved to be a hit. But one more activity was left to round out the day, a Bush Dance. Cruz and Ebony swung their partners round and round and Ivy almost knocked hers out.



The campers were slow to rise on our last day. Luckily it was home time and after a tour of Warrnambool and McDonalds for lunch we returned exhausted but happy. Once again the students upheld our reputation of well-behaved, polite and engaged young people.

Mrs. Fidler



**Respect... Accountability... Persistence...**



## Year 8 and 9 Humanities students

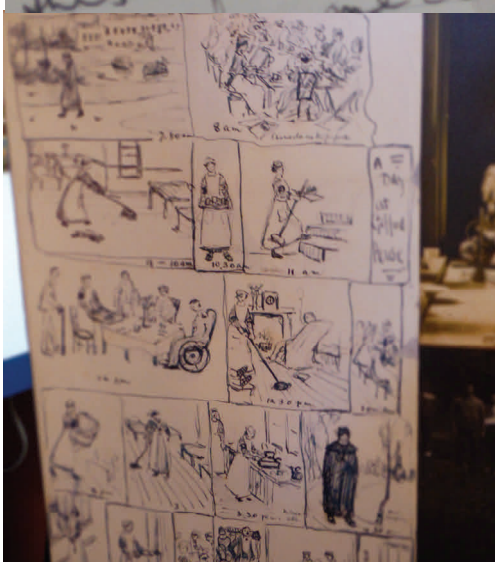
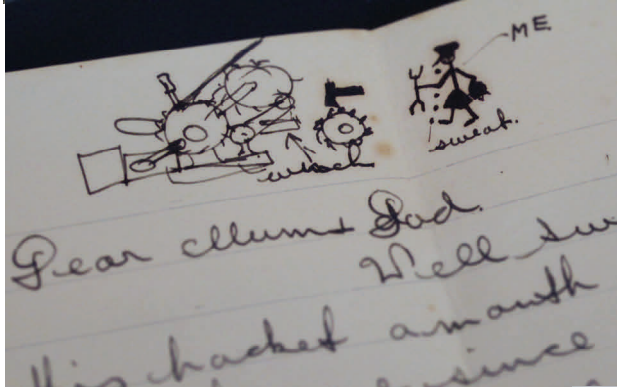
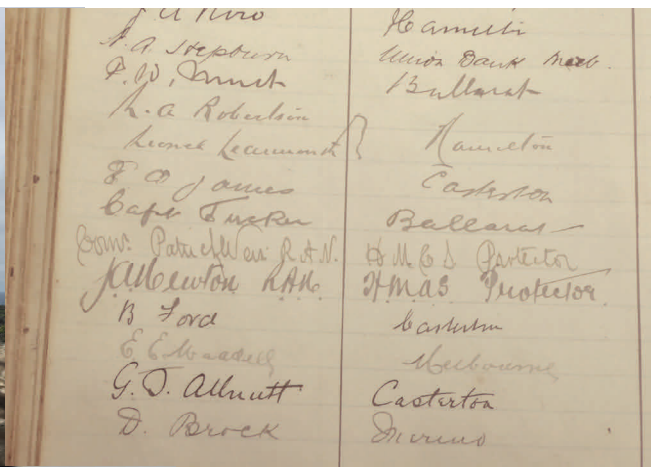


On Thursday March 2<sup>nd</sup> our Year 8 and 9 Humanities students went off to Portland. They started the day by visiting Portland Libraries 'Writing the War: Personal stories from WWI' exhibit where we learned the stories of Victorians at war and heard of their personal experiences. Students got a glimpse into the world of war through writings, photos and newspapers.

After this it was off to the beach! The 8 and 9 Humanities classes went to the Cape Nelson Lighthouse, from where they could look out and identify elements of a coastal landscape and see how water has worked to create and alter landforms, and of course, pose for a photo or two.

Next we were off to Dutton Way to see the negative impacts - how water can erode the coast line and the strategies put in place to manage this erosion before it does too much damage!

Niadin Harte & Jenni Collinson



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# CAREERS REPORT

One of the focus areas at Casterton Secondary College is providing an individual pathway for all students as they progress through their education. This pathway varies depending on the student's strengths, interests and educational choices. We are very proud of the ties that are fostered and developed within the community, in particular our businesses. These positive relationships often help the students to explore a pathway that interests them.

Two such students are Sharna Campbell and Jordan Smart. Sharna is an extremely talented artist who is completing a School-Based Apprenticeship at the Casterton Primary School, working alongside their art teacher. At the end of the year Sharna will have achieved a Certificate in Educational Support. In addition, Sharna spends one day a week at the Artist of the Valley (Gorman Gallery) receiving specialised support and tuition from the local artists. In the two weeks that Sharna has attended the gallery she has received tutorage in watercolours and the use of shade and light in her work. There is a possibility that in the near future Sharna's work will be displayed in the gallery for the public to view. This placement is an excellent example of a three-way partnership between the College, Primary School and the Art Gallery.



Jordan, on the other hand is completing a Certificate II in Automotive at the Hamilton District Skills Centre while attending a work placement one day a week at Casterton Car Care with Murray Smith. Several other students have undertaken a similar pathway as Jordan. Brendan Lowcock and Patrick Barker are also completing a Certificate in



automotive while undertaking a placement at Coxons and Dowfarm respectively. These students all highlight and demonstrate the Colleges commitment to providing an individual pathway for all its students with the invaluable support from the community.

In further careers news the Year 12 VCE students will take part in a Tertiary Information Service session at Monivae on March 28<sup>th</sup>. In this session students will be able to talk to and gather information from tertiary institutions as well information on different career options. The Defence Force will also visit the College on the 20<sup>th</sup> of March to talk to interested students in Years 10-12. Please make an appointment in the careers office or speak to Mrs McKenzie to indicate interest in attending the talk.

Delma Fidler

## PARENT AND STUDENT TERTIARY INFORMATION EVENING

**The tertiary sector have come together in offering parents and students a great opportunity to speak with a number of universities, TAFE's and independent tertiary colleges all in the one place.**

Parents and VCE students are invited to join us on the night to discover more about:

- courses, VCE prerequisites and extra requirements
- the VTAC application process and key dates
- the cost of further study, financial assistance and scholarships
- how to make a successful transition to university life.

**WHO:** For parents and students (Years 10 – 12)

**WHEN:** Monday 27th March, 6:00pm – 7:00pm

**WHERE:** Monivae College, 133 Ballarat Road, Hamilton

**FOR FURTHER ENQUIRIES: 5563 3444**



Tertiary  
Information  
Service

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# ADOLESCENT HEALTH DESK: MARCH 2017



As part of one of our Health promotion strategies here at Casterton Secondary School and in collaboration with The Glenelg Shire we have been successfully selected for a pilot program to implement Mental Health First Aid. **"LIVE 4 LIFE"**



The 'Live 4 Life' program delivers evidenced based **Teen Mental Health First Aid Courses**. The aim is to increase mental health literacy within the whole community. The programs are delivered free of charge to schools and enables us to embed this program into each school's curriculum to ensure sustainability each year. All Year 8 and Year 11 will receive this training commencing in Term 2 and finishing in Term 4.

As a part of this program our **LIVE 4 LIFE Crew** commenced their training in Portland on Monday and Tuesday 13<sup>th</sup> & 14<sup>th</sup> February. Our nominated crew members, **Claire Foster, Thomas Anderson, Abe Tucker and Bailey Gibbs** attended these two training days along with representatives from Portland Secondary, Heywood Secondary and

Bayview Secondary Schools.

On Tuesday 7<sup>th</sup> March all Year 8 Students from across the Shire attended the official launch at the Portland Civic Hall, with the program being opened by the Mayor of the Shire Cr Anita Rank. Following the launch ceremony in the Portland Civic Hall all students make their way to the Youth Activity and Skate Space for lunch and an afternoon of fun and celebration of mental health.

Georgie Sweeney Adolescent Health Nurse



Education  
and Training



**Casterton**  
Secondary College

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# 2017 Calendar

## Casterton Secondary College



March 2017

Mon 13th	Tues 14th	Wed 15th	Thurs 16th	Fri 17th
Labour day Holiday		AFL clinic at CSC - the Mighty Pies		GD Athletics at Island Park
Mon 20th	Tues 21st	Wed 22nd	Thurs 23rd	Fri 24th
Army Visit Finance committee Meeting - 7:00pm School Council Meeting - 7:30pm		GW Swimming		GD Athletics back up day
	20 - 23: Yr. 12 Outdoor Ed. Camp			
	20 - 24: Year 7 - 10 CAT 2 week			
Mon 27th	Tues 28th	Wed 29th	Thurs 30th	Fri 31st
	TIS (Tertiary Information Service) for year 12 VCE students Newsletter Articles Due	GD Cricket		Last day of Term 1
		29 - 31: Year 11 Outdoor Ed camp		

### April

18: 1<sup>st</sup> day of term 2  
20: Parent / Student/ Teacher interviews 3:45 – 7:00  
27: Year 9 Biolab excursion  
28: Visit from Michael Fitzgerald: Area Executive  
District, Western District South- Western Region,  
Year 7 Hamilton Water Treatment Plant excursion

### May

1 – 5: Year 7 – 10 CAT 3 week  
2: Year 7 Quantum Vic excursion  
2: **NEWSLETTER ARTICLES DUE**  
3: Year 9/10 football  
4: House Cross Country  
8: 7:00 Finance Committee meeting  
7:30 School Council meeting  
9 – 11: Year 7 & 9 NAPLAN testing  
12: GD Cross Country  
16: Senior football  
17: Year 8 Rocks and Minerals excursion Ballarat  
18: Grade 6 Partnership Day  
24: Girls football  
29 – June 2: Year 7 – 10 CAT 4 week  
30: **NEWSLETTER ARTICLES DUE**

### June

1: Year 11 Biology excursion  
5: Year 10 Biolab excursion  
GW Cross Country  
7:00 Finance committee meeting  
7:30 School Council meeting  
12 – 16: CAT 5 and Year 10, 11, 12 Exams  
12: Queen's birthday holiday  
14: GAT Exam  
19: Pupil free day: Assessment & Reporting  
26: 2<sup>nd</sup> semester classes commence  
30: Last day of term 2

## ***ABSENCE HOTLINE***

***After a student has been away:  
why not phone ?***



***5581 2628***

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# Want MORE for your wool?

Our wool buyers can offer you best returns based on extensive market knowledge.

- ◆ Pick up and collect direct off farm; wool clips, oddments, butts and bags
- ◆ Direct consignments
- ◆ Door trading
- ◆ Auction sales

## **HORSHAM Wool Buying Division**

Steve Harvey

50 Hamilton Road  
Mon - Fri 8:30am to 5pm

0428 820 817

## **EDENHOPE Wool Buying Division**

Apsley Road  
Wed and Fri 10am to 3pm



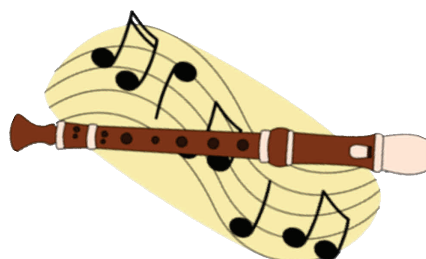
[www.woolnetwork.com.au](http://www.woolnetwork.com.au)

AD-WBD16-Qtr-Ham



Any student, staff member or parent/guardian interested in learning either a brass or woodwind instrument is invited to visit the Casterton Vice Regal Band Centre on Mondays from 6.30pm.

For those who are no strangers to such instruments and would like to reacquaint themselves, come along from 7.00pm. We have instruments if you do not have your own and tuition is provided by band members.



## *COACHES AVAILABLE FOR CHARTER AND HIRE DRIVE*



Our range of Coaches vary from **57-Seater Coaches to 12, 14 & 21 Seater Hire Drive Buses with Trailers.** All Coaches are seat belted, accredited and in excellent condition.

*For school and all Charter bookings call:*

Office (03) 5572 3123

Jo 0467 723 123

Graeme 0423 181 747

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supporting local business and communities.*

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Call Jack: 0408 313 298

Or [www.arniesdrivertraining.com](http://www.arniesdrivertraining.com)



## ARE YOU READY TO RUN?

10 o'clock warm up with Jan Murphy

At Island Park incorporating the  
Kelpie walking trail

Registrations on the day start at 9.45  
am or early birds at hospital reception

It's a great way for the community to think about a  
very serious issue and use the



### 5 steps to a healthy brain:

Step One - [Look after your heart](#)

Step Two - [Be physically active](#)

Step Three - [Mentally challenge your brain](#)

Step Four - [Follow a healthy diet](#)

Step Five - [Enjoy social activity](#)

Choose from 3 distances: 1 lap - 2.5kms for fun, 2 laps - 5kms for fitness and 4 laps - 10kms Fun Run for competition.

Cost: Adults \$15 or corporate team of 5 for \$60. Ages 6-16 gold coin donation. Children under 5 FREE.

Proudly supported by: **Glenelg Shire Council and Wannon Water**

**Casterton Memorial Hospital Fun Run, Memory  
Walk or Jog the Race against Dementia**

**Sunday 19<sup>th</sup> March 2017**



Also at the venue: **Friends of the Community Market**

If you would like to hold a market stall please email [tallangower2@gmail.com](mailto:tallangower2@gmail.com) or phone 5582 0191

**Respect... Accountability... Persistence...**