

# newsletter

Work hard, be nice

Term 2 Week 5 Wednesday 15 May



## Mother's Day Celebrations



## diary DATES

**MONDAY 13—FRIDAY 17 MAY**  
>Education Week

**THURSDAY 16 MAY**  
>Education Support Personnel Day  
>Walk Safely to School Day  
>IDAHOBIT Day

**FRIDAY 17 MAY**  
>House Athletics

**TUESDAY 21 MAY**  
>School Council Meeting

**TURSDAY 23 MAY**  
>Black Ranges Winter Sports

**FRIDAY 24 MAY**  
>Friday Fun Day  
>Kinder & Year 5-6 Partnership

**MONDAY 27—FRIDAY 31 MAY**  
>Yr 7-10 Subject Exams  
>National Reconciliation Week

**MONDAY 27 MAY**  
>Greater Western Region Cross Country

**TUESDAY 28 MAY**  
>Yr 9-11 St John Ambulance Party Ready Program

**WEDNESDAY 5 JUNE**  
>Yr 9-10 Careers Quick Chat  
>2025 Yr 10-12 Information Evening

**THURSDAY 6 JUNE**  
>Kinder & Yr 7-8 Partnership

**FRIDAY 7 JUNE**  
>Student Free Day

**MONDAY 10 JUNE**  
>King's Birthday Public Holiday

**THURSDAY 13 JUNE**  
>Mid West Complex Winter Sports

**FRIDAY 14 JUNE**  
>House Cross Country

**MONDAY 17 JUNE**  
>Boys in STEM

**TUESDAY 18 JUNE**  
>Boys in STEM  
>General Achievement Test (GAT)  
>School Council Meeting



## PRINCIPAL'S *report*

This week I have been out of the school attending a program in Melbourne, which is the second phase of the Indian journey I commenced last year. Unfortunately our partner Principal, Arpana Seebaluck, was unable to attend this week, so I am working with our other female Principals from across Victoria and India. I am hopeful that our partner will be able to attend our school for an immersion visit at a later date. This week has been a range of professional learning, presentations and school visits, both Primary and Secondary. I will be returning with new ideas, along with confidence in some of the amazing work being done at Lake Bolac College. Thank you to Mr Shane Hoffman who has been acting in my absence.

### EDUCATION WEEK

This week is Education Week across Victoria. Our students have been celebrating the theme *Spotlight on STEM*. On Monday the students enjoyed an afternoon of engaging STEM activities. Thank you to Mrs Rebecca Blackburn for her organisation of this fabulous event.

### MOTHER'S DAY CELEBRATION

Last Friday we were honoured by the presence of many of the amazing female role models in our community. Our students were excited to show off their classrooms and share some of their school day with their mums. Our students reflected on how important their own Mum and female role models are in their lives. It was fantastic to have so many special guests for the morning. For some, the celebrations extended beyond the school, as they ventured to the kindergarten for further celebrations. A big thank you to Mrs Emily Michell for her organisation of this special event. Thank you to the incredible mums of LBC!

### SPORT - LAKE BOLAC & DISTRICT SPORTS

We were lucky enough to have a beautiful day for our district sports last week. We welcomed Ararat North, Maroona and Willaura Primary Schools to our grounds for the day. The students were full of energy and celebrated the successes and efforts of all students. Thank you to our Year 7-10 students who worked hard throughout the day, supporting events and organisation. Mr Keating and the staff kept the day rolling along and the end result was one to be proud of. Thank you to the families for coming along to support this annual event, and for rolling up your sleeves to help out wherever it was needed.

# PRINCIPAL'S *report*

## SPORT – CROSS COUNTRY

The MWC and Black Ranges Cross Country events were held recently, with several students progressing to the next level. We were proud of the way our students have conducted themselves, initially qualifying to compete, then representing the school with pride. Good luck to all of those who will be heading to the Greater Wester Region event coming up soon.

## STAFFING

Mrs Rachel Rose has accepted a new position in Warrnambool, and will be finishing her time with us at the end of next week. We thank her for her contributions to our school community, particularly her leadership of Wellbeing and Engagement over the past few years. We wish her all the best in her new role.

## KINDER PARTNERSHIP

The Year 3-4 students were the latest group to support an immersion activity with the kindergarten. It is wonderful to have the kinder children building their confidence at school, as they prepare to transition to school in the future. Our Year 5-6 class will be the next group to support the kinder children with an activity.

## WALK SAFELY TO SCHOOL DAY

Students from LBC will be walking to school from the Memorial Hall on Thursday this week. Buses will take the students there to walk the remainder of the journey, and all non-bus travellers are encouraged to join them in the morning and walk together.

Term 2 is always exceptionally busy, and I thank our staff, students and families for navigating the array of sports, activities, assessments and organised chaos that occurs at this time of year. It always reminds me how hard working our staff, students and community are, and how lucky we are to have you all supporting our fantastic rural school.

Giselle ALLGOOD | Principal



# ACTIVE KIDS ARE HEALTHY KIDS



**JOIN US**  
**THURSDAY 16TH MAY**  
LEAVING THE LAKE BOLAC HALL AT 8:40AM



**Until they're ten, children must always hold an adult's hand when crossing the road**

[WALK.COM.AU](http://WALK.COM.AU)



@nationalwalksafelytoschoolday



@natwalktoschool



@natwalktoschool

#WSTSD



National Road Safety Week 2024  
5-12 May

SUPPORTED BY THE AUSTRALIAN GOVERNMENT AND ALL STATE, TERRITORY AND LOCAL GOVERNMENTS



National Road Safety Week 2024  
5-12 May

Australia's  
**Biggest  
Morning  
Tea**

We are seeking donations from the community  
for our Biggest Morning Tea.

If anyone can donate a slice, cake or biscuits,  
we would be very grateful.

Donations can be dropped off at the school  
office the day before, on Thursday 23rd May.

From the Student Leadership Team  
(Addison & Charlie)



## STUDENT OF THE WEEK *Term 2 Week 3*

PREP: *Sophie*

For consistently working well and never giving up when presented with a challenge.

YEAR 1-2: *Iris*

For being a responsible, independent and resilient learner.

YEAR 3-4: *Max*

For always being positive, working hard on all tasks and being a great member of the 3/4 class. Well done Max.

YEAR 5-6: *Jaxxon*

For showing a strong work ethic and persistence in Numeracy when creating tables for representing his data.



## STUDENT OF THE WEEK *Term 2 Week 4*

### PREP: *Dustyn R*

For being a resilient learner in Auslan, having a go at signing all letters of the alphabet and asking for help when needed.

### YEAR 1-2: *Charlie B*

For revising his writing work after being given feedback and being a positive influence to his peers.

### YEAR 3-4: *Abigail*

For working well in class and giving everything a go.

### YEAR 7-8: *Kelvin*

For leading by example and voluntarily tidying litter at the District Athletics, and for applying himself tirelessly in Maths.

### YEAR 9-10: *Saydez*

For exceptional conduct during Lake Bolac & District Athletics Carnival, running an event independently and efficiently. Saydez has also been keeping on top of her class work.



## MOTHER'S DAY CELEBRATIONS AT LAKE BOLAC COLLEGE

Friday 10<sup>th</sup> of May, we welcomed our wonderful Mums of LBC into classrooms to create the opportunity and insight to join in their child's learning, whilst also celebrating all the amazing things our mothers do. Some classes wrote sentences together, played math games, painted one another's nails, created salt dough handprint keepsakes and read class novels together.

Many of students were so proud to share their learning space with their mums, and made comments such as "This has been the best day at school, ever".

We thank you for joining in the morning, and look forward to celebrating with our fathers and grandparents of LBC later in the year.

- **Father's Day Celebration** - Friday 30<sup>th</sup> of August
- **Grandparents Day** - Monday 28<sup>th</sup> of October





## KINDER & YR 3-4 PARTNERSHIP

The Kinder students visited the 3-4 PE class and together we played Frosty, Hospital Tag and Shark Tank. After this the 3-4 students mentored the Kinder students and taught them how to perform an overhand throw. Fun was had by all!



LAKE BOLAC & DISTRICT ATHLETICS



*Please join us for the  
Lake Bolac College*

# **2025 Year 10-12 Information Evening**

**Wednesday 5th June**  
**Lake Bolac College Library**  
**6:00pm - 6:30pm**

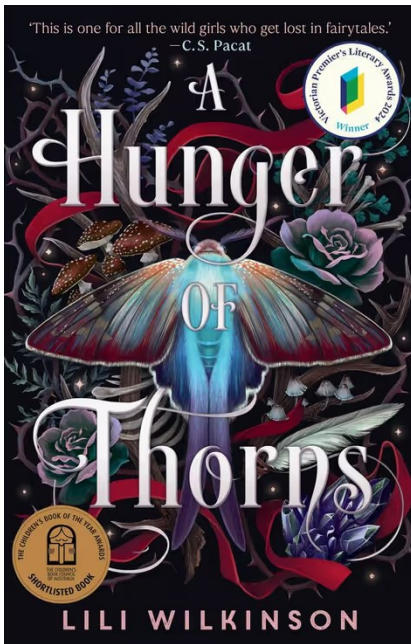
## ***Dinner***

A complimentary two course meal will be provided by Paula Symons Catering following the information session.

***RSVP for catering purposes by 29th May***  
***lake.bolac.co@education.vic.gov.au or 03 5350 2302***



## WHAT'S NEW IN THE LIBRARY



### CBCA 2024 Older Readers Shortlist

This darkly atmospheric book draws the reader into a metaphorical exploration of the challenges of living in a highly industrialised world, told through the lens of an interrogation of female power and persecution in the historical and contemporary context. While utilising a magical realism setting to present highly contemporary themes, the clearly drawn characters allow the reader a deep understanding of the psyche of young people, and the novel is firmly grounded in family and peer group dynamics. Though building on the recognisable young adult trope of the “strong female protagonist”, Wilkinson has cleverly subverted this tradition through world-building and interesting characterisation, making this immersive story a powerful and original novel for the upper end of the readership

## READING AWARDS

Congratulations to the following students on their Reading Awards. Keep up the great reading!

Tom	50 nights
Millie	50 nights
Mia	50 nights
Sebastian	100 nights

## MATHEMATICS AWARDS

Congratulations to the following students on their Mathematics Awards.

Levi	25 nights
Sebastian	50 nights

## LUNCHBOX IDEAS— Chicken, Lemon & Risoni Soup

Recipe from Wholesome by Sarah

### Ingredients

- 1 tbsp extra virgin olive oil
- 1 shallot, finely diced
- 4 garlic cloves, left whole and smashed
- 1 tbsp butter
- 1.25 cups of risoni pasta
- 6 cups chicken stock
- 2 cups water
- 450g chicken tenderloins
- 1 parmesan rind
- 400g cannellini beans
- 2 cups spinach leaves
- 1 lemon, juice and zest
- 1 cup fresh parmesan cheese
- Sea salt and black pepper



### Instructions

- Place a large saucepan onto medium heat. Add the extra virgin olive oil and the shallot. Cook, stirring, for approx. 3 minutes. Then add the smashed garlic and cook, stirring, for approx. 2 minutes and then add the butter. Add the risoni and coat through the onion butter mix for 2-3 minutes. Then add the chicken stock and water to the pan. Place chicken tenderloins into the liquid and throw in the parmesan rind as well. Give the soup a stir, place the lid on and gently simmer for 10-14 minutes
- Once the chicken and risoni has cooked, remove the chicken from the saucepan and shred it with a fork (be careful, it will be hot). Place the shredded chicken back into the pot. Remove and discard the parmesan rind (it will be gooey). Add the cannellini beans, spinach, lemon zest, juice and grated parmesan. Stir it all through for 2-3 minutes and turn off the heat. Season well with sea salt and black pepper

## WEEK 6 LUNCHTIME ACTIVITIES

### Monday

- Athletics
- Bingo— Activities Room
- Library
- Minecraft Club (Prep, Years 3 & 4)

### Tuesday

- Athletics
- Bingo— Activities Room
- Library

### Wednesday

- Athletics
- Bingo—Activities room
- Library
- Minecraft Club (Years 5-10)

### Thursday

- Athletics
- Bingo— Activities Room
- Library
- Woodwork Club

### Friday

- Athletics
- Minecraft Club (Years 1&2)

## WEEK 7 LUNCHTIME ACTIVITIES

### Monday

- Athletics
- Mindful Colouring—Activities room
- Library
- Minecraft Club (Prep, Years 3 & 4)

### Tuesday

- Athletics
- Mindful Colouring—Activities room
- Library

### Wednesday

- Athletics
- Mindful Colouring—Activities room
- Library
- Minecraft Club (Years 5-10)

### Thursday

- Athletics
- Mindful Colouring—Activities room
- Library
- Woodwork Club

### Friday

- Athletics
- Minecraft Club (Years 1&2)

## WONDER RECYCLING REWARDS

We are contributing once again in the *Wonder Bread Recycling program*.

We are recycling all bread plastic bags that hold bread/hot cross buns (with **no tags** please).

The students would love all of Lake Bolac to help us recycle, to earn reward points for a program called *Wonder Bread Recycling*.

Please bring your bread bags to the front office or Gallery and place them in the designated box - labelled *Wonder Bread Recycling*.





# 2024

## DRAW & EVENTS



ROUND	DATE	OPPONENT	EVENT
	April 6	Golf Day & Jumper Presentations	Catered by Paula Symons (RSVP)
1	April 20	Hawkesdale Macarthur (A)	
2	April 27	SMW Rovers (H)	Calcutta
3	May 4	Great Western (A)	
4	May 11	Lismore Derrinallum (H)	Ladies Long Lunch & 2014 Reunion
5	May 18	Glenthompson Dunkeld (A)	
6	May 25	Ararat (H)	Sponsors Lunch
7	June 1	Moyston Willaura (H)	Kids Day
BYE	June 8	KING'S BIRTHDAY	
8	June 15	Woorndoo (A)	
9	June 22	Caramut (H)	WLFNC BALL
10	June 29	Penshurst (A)	
BYE	July 6	SCHOOL HOLIDAYS	
11	July 13	Tatyoorn (H)	1984 Reunion, Past Players & Blokes Day, LMS
12	July 20	Hawkesdale Macarthur (H)	
13	July 27	SMW Rovers (A)	
14	August 3	Great Western (H)	Red Faces
15	August 10	Lismore Derrinallum (A)	
16	August 17	Caramut (A)	Knight Night Presentation TBC

*Gorst Rural*

*Gorst Rural*

*Gorst Rural*



**Lake Bolac Bush Nursing Centre**

155 Montgomery St, Lake Bolac VIC 3351

Phone: 03 5355 8700 | 0409 959 459

lbbnc@lbbnc.org.au | www.lbbnc.org.au



National Safety and Quality  
Primary and Community  
Healthcare Standards

# May 2024

<p><b>SERVICES</b></p> <p><u>Nurse Practitioner</u> 9:00 AM—4:00 PM Tues—Thurs</p> <p><u>Nurse Led Clinic</u> 9:00 AM— 5:00 PM Mon—Fri</p> <p><u>Pathology</u> 9:00 AM—12:30 PM Mon—Fri</p> <p><u>District Nursing</u> Mon, Wed, Fri</p> <p><u>Social Support Group</u> Tues &amp; Thurs 11:30 AM Cost \$10</p> <p><u>Exercise Classes</u> Thurs 9:30 AM &amp; 10:30 AM Cost \$2</p> <p><u>Physiotherapy</u> Thursday fortnightly Cost \$10</p> <p><u>Foot Care</u> Thurs, Fri Cost: \$10</p> <p><u>Mortlake Pharmacy</u> Medication deliveries Wed &amp; Fri 2:00 PM</p> <p><u>Mental Health &amp; Wellbeing</u> Telehealth appt's at no cost. Call 8412 0480</p> <p><u>Maternal &amp; Child Health Nurse</u> 2nd &amp; 4th Tues of the month 9:30 AM—3:30 PM</p> <p><u>Remedial Massage Therapist</u> Appts 0411 090 698 1 hr \$95, 1/2 hr \$60</p>
---

Mon	Tue	Wed	Thu	Fri
		1 District Nursing Nurse Led Clinic	2 Nurse Led Clinic <b>Exercises</b> <b>SSG—Outing</b>	3 District Nursing Nurse Led Clinic
6 District Nursing Nurse Led Clinic	7 Nurse Led Clinic <b>SSG —Ararat</b>	8 District Nursing Nurse Led Clinic	9 Nurse Led Clinic <b>Exercises</b> <b>Centre lunch</b> <b>Physio</b>	10 District Nursing Nurse Led Clinic
13 District Nursing Nurse Led Clinic	14 Nurse Led Clinic <b>Maternal &amp; Child</b> <b>Health Nurse</b>	15 District Nursing Nurse Led Clinic	16 Nurse Led Clinic <b>Exercises</b> <b>Centre lunch</b>	17 District Nursing Nurse Led Clinic
20 District Nursing Nurse Led Clinic	21 Nurse Led Clinic <b>SSG —Outing</b>	22 District Nursing Nurse Led Clinic	23 Nurse Led Clinic <b>Exercises</b> <b>Centre lunch</b> <b>Physio</b>	24 District Nursing Nurse Led Clinic
27 District Nursing Nurse Led Clinic	28 Nurse Led Clinic <b>Maternal &amp; Child</b> <b>Health Nurse</b>	29 District Nursing Nurse Led Clinic	30 Nurse Led Clinic <b>Exercises</b> <b>SSG—kinder</b> <b>visit</b>	31 District Nursing Nurse Led Clinic

“We will support and challenge every individual to have a passion for learning, to strive to do their best and to be friendly and happy.”