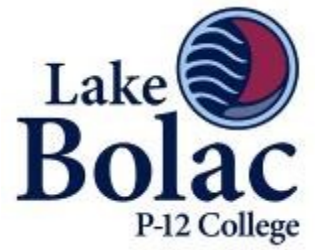


newsletter

Term 2 Week 9 Wednesday 12 June

Work hard, be nice



Yr 3-4 Discoveries

diary DATES



- 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
- THURSDAY 20 JUNE**
 - >Girls in STEM
 - >Yr 7-10 Careers Expo Longerenong
 - >Victoria Police Information Sessions (P-6)
- FRIDAY 21 JUNE**
 - >Girls in STEM
- MONDAY 24 JUNE**
 - >Discoveries Day
 - >Music Concert
- THURSDAY 27 JUNE**
 - >Wellbeing Day
 - >End of Term
 - >ILP Interviews (3:45-6:00pm)
- FRIDAY 28 JUNE**
 - >No scheduled classes
 - >ILP Interviews (9am-12pm)
- MONDAY 15 JULY**
 - >Term 3 Commences
- THURSDAY 18 JULY**
 - >State Cross Country
- WEDNESDAY 24 JULY**
 - >2025/2026 Prep Open Morning
- THURSDAY 25 JULY**
 - >School Photos
- FRIDAY 26 JULY**
 - >Yr 9-10 & Kinder Partnership
- THURSDAY 1 AUGUST**
 - >Prep 100 Days of School



PRINCIPAL'S *report*

I hope that you all enjoyed the King's Birthday long weekend, and took advantage of the scheduled curriculum day, creating a 4 day opportunity for families to connect. Staff spent the Friday writing reports and finalising assessments, ready for the *Semester Reports* which will be published in the final week of term.

CAREERS

Our Year 9-10 students were involved in *Careers Quick Chats* provided by the *Central Grampians LLEN*. These chats allow students to spend 5 minutes at each table, learning about a range of different industries, training and employment opportunities. Thank you to the LLEN and also to the visiting professionals, who made this event possible for our students.



FOOD/DRINK

We encourage all our students to make healthier food choices to start their day right! Lollies and sugary drinks may seem like a quick energy boost at the start of the day, but they can lead to a mid-morning crash and affect concentration. Instead, opt for nutritious snacks like fresh fruit, yogurt, or whole grain options that provide sustained energy and help keep you focused throughout the day. Let's work together to make our school a place where healthy habits thrive!

MUSIC CONCERT

Students are busy preparing for our end of semester *Music Concert*. Families and community members are encouraged to attend. The concert will be held on Monday 24th June at 12:00pm in the Gallery.

POLICE INFORMATION SESSIONS

There are two upcoming information sessions being run by the *Victoria Police Pro-Active Policing Unit*.

- Introduction to Police – P-4
- Bullying Youth – 5-6

Additional sessions for our Years 7 and up cohort will be offered later in the year.

SCHOOL COUNCIL

Our next school council meeting is on Tuesday 18 June 6:00pm at Paula's. All school council meetings are open for additional parents to attend and listen to the meeting. If you would like to learn more about school council and come along to one of our meetings, please RSVP to the office this week, so we can include you in our planning.

SOMERS CAMP

Every second year our Year 5-6 students have the exclusive opportunity to attend *Somers Camp*. The school applies for positions at the camp and we are provided with a limited number of spots. Students are then encouraged to go through an application process. This year, our allocation will take place on October 8-16. For more information about the camp, visit www.somerscamp.vic.edu.au



Year 5-6 families have been asked to complete an expression of interest form to gauge interest, prior to the school putting in their request for positions. This has been sent out via Compass and needs to be completed this week.

NOTE: This opportunity is in addition to the planned Year 5-6 camp for later in the year and will be available to a limited number of students.

UNIFORM

As we move into cooler weather, you may find that your child has grown out of their winter uniform items. Please check these and plan ahead. We do have some *second hand uniform* at school, which will be available for families to select from during our upcoming ILP meetings.

PRINCIPAL'S *report*

PE UNIFORM

Reminder that students in Years P-4 are able to wear their PE uniform on days they have PE. After much discussion with staff, students and parents, students in Years 5-6 will continue to bring their PE gear and change for PE classes.

WATER BOTTLES

Students are able to have a water bottle in class, to ensure they stay hydrated and comfortable. These can be filled at home, before school or during scheduled breaks. We ask that parents check their child's water bottle to make sure it is only being filled with water.

Giselle ALLGOOD | Principal



STUDENT OF THE WEEK *Term 2 Week 7*

PREP: *Manawa-Rose*

For offering her assistance to those around her and looking out for her peers.

YEAR 1-2: *Te Oro*

For persistence with his writing and gaining confidence to write independently.

YEAR 3-4: *Georgina*

For working well, showing respect to staff and students and cooperating in group tasks.

YEAR 5-6: *Georgia*

For displaying initiative, lending a helping hand to all and working hard to improve her learning outcomes!

YEAR 7-8: *Axel*

For doing a great job in cooking this week.



STUDENT OF THE WEEK *Term 2 Week 8*

PREP: *Erika*

For consistently showing respect to her peers and teachers, in all classes.

YEAR 1-2: *Millie*

For having such a great attitude towards her learning, always with a smile on her face.

YEAR 3-4: *Audrey*

For showing all school values, having a go at all tasks and being a bright and bubbly member of the 3-4 crew, well done Audrey!

YEAR 5-6: *Awa*

For always being a respectful member of the class and putting in amazing efforts to get the best out of himself as a learner.



Prep
OPEN MORNING

WEDNESDAY 24TH JULY

9:15am - 10:45am

Lake Bolac College warmly invites all 3-year-old and 4-year-old kinder-aged children and their families to attend an open morning with our Prep team.

Meet the Prep Teachers

Get to know our dedicated and passionate Prep teachers who are excited to welcome your children into the next stage of their learning journey.

See Our Prep Learning Spaces in Action

Explore our dynamic and engaging Prep learning environments. Witness firsthand how our spaces are designed to foster creativity, curiosity, and a love for learning.

Hear from Our Learning Specialists

Gain insights from our Learning Specialists on their innovative approaches to literacy and numeracy. Learn how our tailored methods support each child's unique learning needs and set the foundation for their academic success.

Connect Over Morning Tea

Enjoy a relaxed morning tea where you can mingle with current families, School Council members, students, student leaders, and members of our staff leadership team. This is a wonderful opportunity to ask questions, share experiences, and become a part of our vibrant school community.

We look forward to welcoming you and your family to Lake Bolac College and sharing all that our wonderful school has to offer.

RSVP by Friday 19th July

<https://forms.gle/EUNz7NqPLZjgkF3U7>

Prep

INFORMATION EVENING

WEDNESDAY 7TH AUGUST

5:00pm - 6:30pm

Lake Bolac College warmly invites all 3-year-old and 4-year-old kinder-aged children and their families to attend an information evening with our Prep team and school leadership team.

INFORMATION SESSION

Children who make a positive start to school are more likely to feel comfortable, valued, build relationships, have a sense of belonging – and ultimately be motivated to learn. This session will cover a range of topics:

Lake Bolac College Structure

Learn about the daily and weekly structure for Prep students at Lake Bolac College, the programs we offer, and our wellbeing and engagement initiatives such as the Breakfast Club and Mentor Groups.

The First Year of Prep – What to Expect and a Teacher’s Perspective

Gain valuable insights from Prep teachers about what the first year entails and how to navigate it smoothly.

Transitioning Your Child Seamlessly into Prep

Discover strategies to help your child feel prepared and excited for their new school adventure, along with practical tips on how to ensure a smooth transition for your child into the Prep environment.

DINNER

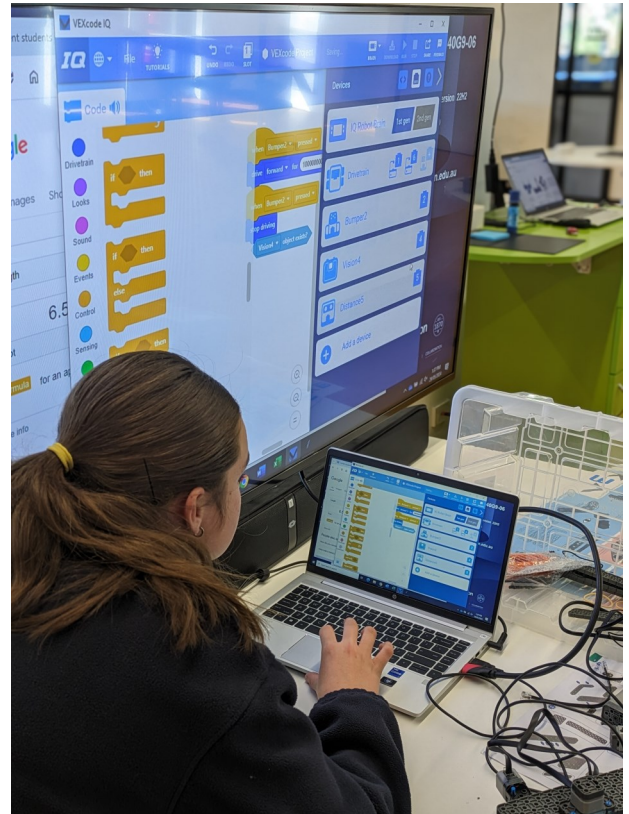
Enjoy a complimentary two-course meal provided by Paula Symons Catering.

We look forward to welcoming you and your family to Lake Bolac College and sharing all that our wonderful school has to offer.

RSVP by Friday 2nd August: <https://forms.gle/TNi7nVyBrJeBk1zXA>

BALLARAT TECH SCHOOL

On Wednesday 29th May, the Year 7-8's had an epic school excursion to the Ballarat Tech School. Students built Vex robots and used drones to save a mini-model of Mr. Hoffmann from certain doom. They carefully followed instructions to build the Vex car and had to program instructions to activate, drive and stop the device before crushing Mr. Hoffmann. The drones were used to activate the Vex's by landing on them and triggering sensors. During breaks, students played video games on PlayStation, Xbox, Nintendo Switch and a flight simulator. All students worked collaboratively and proudly represented our school values.



KINDER YEAR 7-8 PARTNERSHIP

On Thursday 6th June, the Year 7-8's wandered down to the kindergarten for a play and a Teddy Bear's Picnic. The kinder kids delighted in showing the older students their indoor and outdoor play equipment. The Year 7-8's demonstrated outstanding leadership, as they immediately got down on the same level and joined in with various forms of imaginative play. Some Year 7-8's had also remembered to bring along a soft toy for the picnic, which doubtlessly made the younger people feel valued and included. Well done to all Year 7-8's for the manner in which you made this a special experience for the Kinder Kids.



YEAR 3-4 DISCOVERIES

In our Discoveries class, we delved into the fascinating world of extreme weather. Through hands-on experiments and interactive demonstrations, we gained a deeper understanding of the forces that shape our planet's dynamic weather systems.

Tornadoes and Hurricanes in a Jar

One of the highlights of our class was the creation of miniature tornadoes and hurricanes in a jar. By carefully manipulating the air currents and pressure differentials within a sealed container, we witnessed the formation of mini tornadoes and hurricanes. This experiment not only allowed us to visualize the mechanics behind tornadoes and hurricanes but also an appreciation for the forces at play in our atmosphere. We learnt about the conditions that give rise to these extreme weather events, such as warm and cold air masses colliding or the rapid release of energy from the ocean's surface.

Miniature Volcanic Eruptions

Another captivating aspect of our Discoveries class was the creation of miniature volcanoes, which we then erupted with spectacular results. Using a combination of baking soda, vinegar, and food colouring, we simulated the explosive power of volcanic eruptions. As we carefully constructed our miniature volcanoes, we learned about the geological processes that drive these natural events. We explored the different types of volcanoes, their formation, and the role they play in shaping the Earth's landscape. When the time came to trigger the eruptions, we witnessed firsthand the release of pent-up pressure and the dramatic expulsion of molten "lava" (our baking soda and vinegar mixture).



YEAR 3-4 DISCOVERIES CONTINUED

Next in Discoveries, we ventured into the fascinating realm of food production and culinary science. Through hands-on activities, we gained a deeper appreciation for the processes involved in transforming raw ingredients into tasty pizzas!

The Magic of Dough Rising

We learnt about the chemical reactions that occur when yeast interacts with the sugars and starches present in the dough. As the yeast consumes these nutrients, it releases carbon dioxide gas, causing the dough to expand and rise. We prepared our own dough and observed the transformation over time. We marvelled at how a simple mixture of flour, water, and yeast could transform into a light and airy dough, ready to be shaped and baked into pizza. Through this activity, we gained insights into the importance of precise measurements, temperature control, and the role of fermentation in creating the desired texture and flavour profiles for our pizza bases.

Crafting Culinary Masterpieces

After mastering the art of dough rising, we moved on to the exciting task of crafting our own culinary masterpieces. We explored the vast array of toppings and experimented with various combinations to create our own creations.

Baking to Perfection

The final step in our culinary journey was the baking process itself. We learned about the chemical reactions that occur when dough is exposed to heat, transforming it into a golden, crispy, and delicious pizza base. We discussed the importance of temperature control, baking times, and the role of various ingredients in achieving the desired texture, crust, and overall flavour profile. The sight of our perfectly baked creations, adorned with our carefully selected toppings, filled us with a sense of accomplishment and pride.



SCHOOL POLICIES

Each fortnight we will highlight a school policy to ensure staff, students and parents are aware of their expectations. This fortnight is the [Bullying Prevention Policy](#).

POLICY SUMMARY:

- Lake Bolac College is committed to providing a safe and respectful learning environment.
- Aims to define bullying, outline strategies to prevent it, and ensure appropriate responses to incidents.

DEFINITIONS OF BULLYING:

- Covers physical, verbal/written, social, and cyberbullying.
- Recognizes bullying's impact on individuals and groups and its potential as a form of prejudice.

PREVENTION STRATEGIES:

- Proactive, whole-school approaches.
- Fostering positive relationships, social and emotional learning, and community partnerships.
- Awareness-raising programs, classroom management, and mentorship initiatives.

INCIDENT RESPONSE:

- Prompt reporting of bullying behaviour by students and parents.
- Requires thorough investigations by staff, involving all parties and relevant witnesses.
- Differentiate between mutual conflict, harassment, discrimination, and bullying.
- Potential responses based on severity, frequency, and impact of bullying, considering students' ages and motives.
- Offer support and counselling to all affected parties.
- Various intervention strategies like restorative practices, mediations, and disciplinary actions.
- Importance of monitoring and follow-up actions, along with maintaining detailed records.

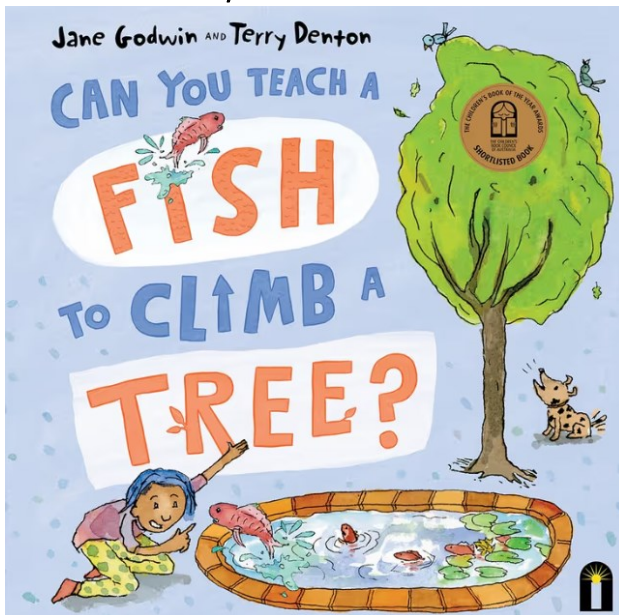
PARENT AND COMMUNITY INVOLVEMENT:

- Encourage parental and peer group support in addressing and preventing bullying.
- Policy provides contact information for reporting concerns and involvement in addressing incidents.

Overall, the policy emphasizes a comprehensive approach to preventing and addressing bullying, involving collaboration among students, staff, parents, and the broader community, with a focus on creating a safe and inclusive school environment.

WHAT'S NEW IN THE LIBRARY

CBCA 2024 Early Childhood Shortlist



Children will initially find the series of posed questions in this imaginative book, both preposterous and comical, a great device to engage them in reflections and discussions about self-acceptance, diversity and understanding others. Quirky, loose ink and watercolour illustrations, abounding in small humorous details, enhance the succinct narrative inviting children to follow the unfolding visual stories and create their own. The pace builds with the increasing silliness in the first half, which is followed by a more considered, thoughtful second half, cleverly incorporating fascinating facts about remarkable attributes of various animals (and human babies). Powerful yet with a light touch that feels fresh and unique, this interactive picture book will sit well in homes, libraries and educational settings.

READING AWARDS

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

Manawa-Rose	75 nights
Tahaawai-Rua	75 nights
Seb	125 nights

MATHEMATICS AWARDS

Congratulations to the following students on their Mathematics Awards.

Erika	25 nights
Manawa-Rose	50 nights

LUNCHBOX IDEAS— No bake Weetbix Slice

Recipe from Cancer Council

Ingredients

- 140g dried dates, pitted & roughly chopped
- 7 weet-bix, broken up
- 1/4 cup desiccated coconut
- 1/4 cup cocoa powder
- 2tbsp honey
- 2tbsp extra coconut



Instructions

- Put the dates and 100ml boiling water in a heat-proof bowl. Set aside and soak for 10 minutes or until soft. Meanwhile, line a slice tin with baking paper.
- Process the date mixture, wheat biscuits, ¼ cup coconut, cocoa and honey in a food processor until mixture comes together
- Spoon the mixture into the prepared slice tin. Using a spatula, press the mixture evenly into the base of the tin
- Sprinkle the extra coconut over the top and gently press into the mixture
- Cover and refrigerate for 1 hour or until set. Slice into 12 slices and serve

LUNCHTIME ACTIVITIES



WEEK 10 LUNCHTIME ACTIVITIES

Monday

- Gym Open
- Mindful Colouring— Activities Room
- Library
- Minecraft Club (Prep, Years 3 & 4)

Tuesday

- Gym Open
- Mindful Colouring— Activities Room
- Library

Wednesday

- Gym Open
- Mindful Colouring— Activities Room
- Library
- Minecraft Club (Years 5-10)

Thursday

- Gym Open
- Mindful Colouring— Activities Room
- Library
- Woodwork Club

Friday

- Gym Open
- Minecraft Club (Years 1&2)
- Library

WEEK 11 LUNCHTIME ACTIVITIES

Monday

- Gym Open
- Free Craft—Activities room
- Library
- Minecraft Club (Prep, Years 3 & 4)

Tuesday

- Gym Open
- Free Craft—Activities room
- Library

Wednesday

- Gym Open
- Free Craft—Activities room
- Library
- Minecraft Club (Years 5-10)

Thursday

- Gym Open
- Just Dance—Gallery
- Library
- Woodwork Club

Friday

- End of Term 2—no classes

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*.



ALL
WELCOME

Casual Run
Thursdays 5pm
@ Footy club
Get to know the track
& your times.



CROSS COUNTRY
LAKE BOLAC

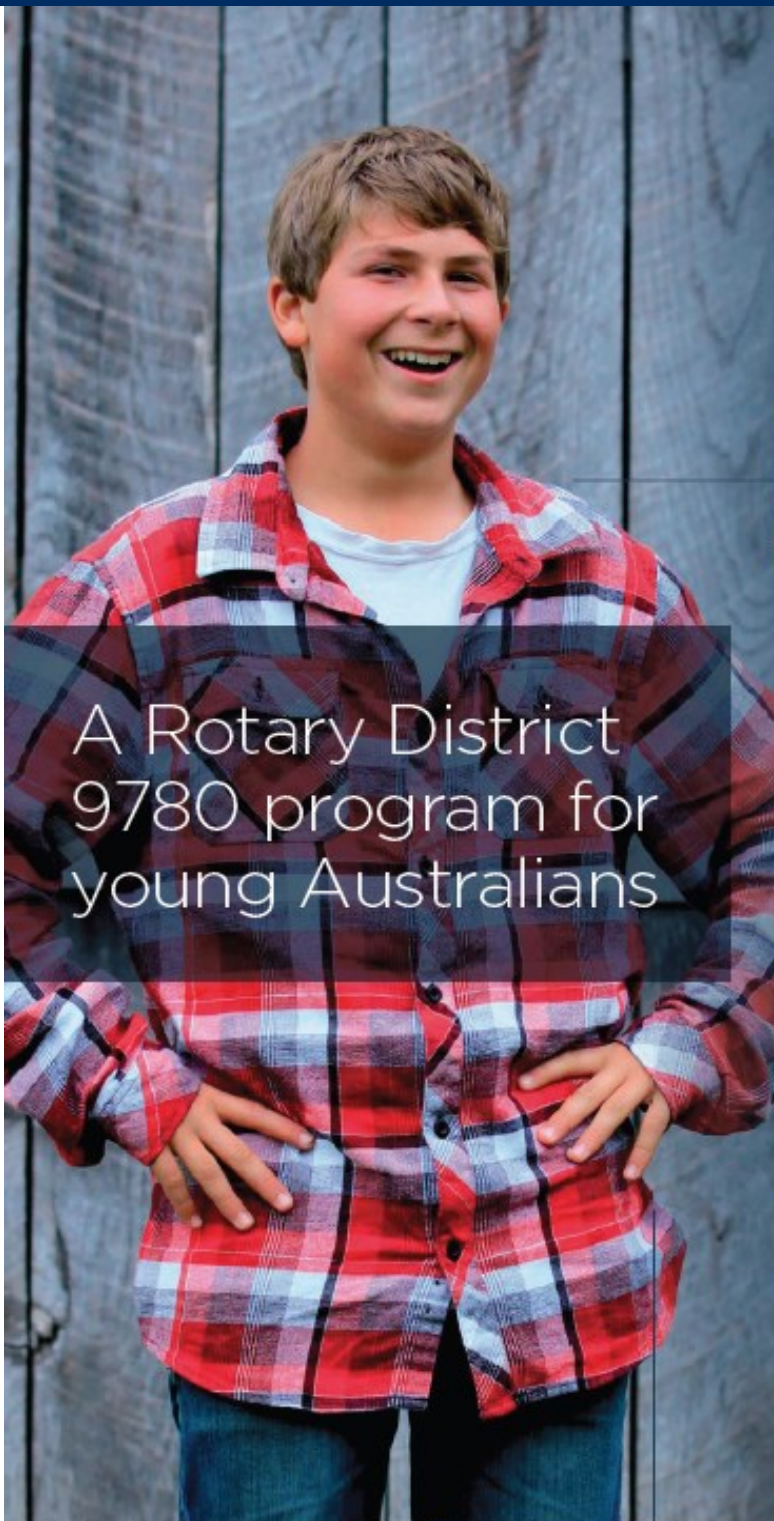


Western Zone Cross Country
in Lake Bolac!

14th July (Last day of school holidays)

Join the fun, call Kim ☎ 0421500198

Non members welcome



A Rotary District 9780 program for young Australians

Rotary 
District 9780

DEFYING THE DRIFT!

WHAT?

DtD is a program designed to empower young people to:

- Identify and explore agriculture and agribusiness career opportunities
- Build communication skills
- Develop career networks

WHO?

DtD is for year 10 and year 11 students

WHY?

Because there are great, high paying professional, entrepreneurial and trade careers in agriculture that young people need to know about!

WHEN?

Monday September 23, 2024 to
Wednesday September 25, 2024

WHERE?

Longerenong Ag College, Horsham

HOW MUCH?

\$250 Early bird price - pay by July 31
\$350 per student, sponsorship available.

More information at www.defyingthedrift.org



DtD starts with a 3 Day residential program at Longerenong Ag College. There will be lots of new friends to make, inspiring agriculture role models to meet, places to visit and lots of fun.

The second part is a presentation by each participant at their sponsoring Rotary Club - a great chance to meet community leaders.



THERE ARE WONDERFUL OPPORTUNITIES FOR FANTASTIC, HIGH PAYING AND SECURE CAREERS IN EVERY WALK OF LIFE IN RURAL VICTORIA. WITH IT COMES A LIFESTYLE THAT CITY FOLK CAN ONLY DREAM ABOUT.

Agricultural careers have a bright future. The fact is the world's growing population needs to be fed and clothed and, with the average age of farmers approaching 60 years, young people are worth their weight in gold. Employers are screaming out for them. Jobs are often going begging.

While the traditional patterns of family farm succession are giving way to corporate style farming and land prices seem prohibitive for new entrants, there are great opportunities for careers in agriculture across the broadest range of personal skills, as well as the many professions, trades and vocations needed in every community.

With the huge interest in where our food comes from, the time is ripe for organic and innovative food production start-ups.

Since its inception in 2010 Defying the Drift has helped young people discover pathways through further education and work experience to great careers in agriculture.

Don't wait for the future - make it happen!

Early bird closing date for applications is July 31 2024.
Final closing date is August 31 2024 unless all places are filled prior.
Places are allocated in order of application received, however the DtD Committee reserves the right to limit applicants per school if program is oversubscribed to allow students from a greater number of locations to attend.

More information at www.defyingthedrift.org

DEFYING THE DRIFT!





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



June 2024



<p>SERVICES</p> <p><u>GP Telehealth Clinic</u> 9:00AM—5:00PM Tues—Fri</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 & Thurs 11:30 AM Cost \$10</p> <p><u>Exercise Classes</u> Thurs 9:30 AM & 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 & Fri 2:00 PM</p> <p><u>Mental Health & Wellbeing</u> Telehealth app't's at no cost. Call 8412 0480</p> <p><u>Maternal & Child Health Nurse</u> 2nd & 4th Tues of the month 9:30 AM—3:30 PM</p>
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Mon	Tue	Wed	Thu	Fri
<p>3 District Nursing</p> <p>Nurse Led Clinic</p> <p>SSG — Ararat</p>	<p>4 Nurse Led Clinic</p> <p>SSG — Ararat</p>	<p>5 District Nursing</p> <p>Nurse Led Clinic</p>	<p>6 Nurse Led Clinic</p> <p>Exercises</p> <p>Centre Lunch</p>	<p>7 District Nursing</p> <p>Nurse Led Clinic</p>
<p>10 District Nursing</p> <p>Nurse Led Clinic</p> <p>Maternal & Child Health Nurse</p>	<p>11 Nurse Led Clinic</p>	<p>12 District Nursing</p> <p>Nurse Led Clinic</p>	<p>13 Nurse Led Clinic</p> <p>Exercises</p> <p>Centre lunch</p> <p>Physio</p>	<p>14 District Nursing</p> <p>Nurse Led Clinic</p>
<p>17 District Nursing</p> <p>Nurse Led Clinic</p>	<p>18 Nurse Led Clinic</p>	<p>19 District Nursing</p> <p>Nurse Led Clinic</p>	<p>20 Nurse Led Clinic</p> <p>Exercises</p> <p>Morning Tea</p> <p>Fundraiser</p>	<p>21 District Nursing</p> <p>Nurse Led Clinic</p>
<p>24 District Nursing</p> <p>Nurse Led Clinic</p>	<p>25 Nurse Led Clinic</p> <p>Maternal & Child Health Nurse</p> <p>SSG - Outing</p>	<p>26 District Nursing</p> <p>Nurse Led Clinic</p>	<p>27 Nurse Led Clinic</p> <p>Exercises</p> <p>Centre lunch</p> <p>Physio</p>	<p>28 District Nursing</p> <p>Nurse Led Clinic</p>
<p><u>Remedial Massage Therapist</u> App'ts 0411 090 698 1 hr \$95, 1/2 hr \$60</p>				

“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.”