

# newsletter

Term 2 Week 11 Wednesday 26 June

*Work hard, be nice*



## Music Concert



## diary DATES

### 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

### THURSDAY 1 AUGUST

- >Prep 100 Days of School

### MONDAY 5—FRIDAY 9 AUGUST

- >Yr 10-11 Work Experience

### WEDNESDAY 7 AUGUST

- >2025/2026 Prep Information Evening

### THURSDAY 8 AUGUST

- >Prep, Year 11 and Kinder Partnership

### MONDAY 12—FRIDAY 16 AUGUST

- >National Science Week

### MONDAY 12 AUGUST

- >Yr 5-6 Biolab Excursion—Geelong

### MONDAY 19—FRIDAY 23 AUGUST

- >Book Week

### TUESDAY 20 AUGUST

- >Book Week Morning Tea and Activities
- >School Council Meeting

### FRIDAY 23 AUGUST

- >Friday Fun Day



## PRINCIPAL'S *report*

Term 2 has almost reached a close, and what a busy term it has been. We always have a lot of sport occurring during this term and a wide range of other activities on offer. We have been overwhelmed by the amount of parent and community visitors for events held at school recently, and are extra grateful for your support and engagement with what is happening at school. The past two weeks have been a hive of activity, with some amazing opportunities available to our students.

I would like to take this opportunity to thank Peppe. He joined us for Semester 1 as a provisional psychologist, provided by One Red Tree. He has been working with some of our students and has also provided valuable information to parents, staff and classes. We wish Peppe all the best as he embarks on further placements and advances on a career as a psychologist.



### BOYS IN STEM

Year 9 student, Marshall, attended two days of *Boys in STEM* at the Ballarat Technical School on Monday and Tuesday last week. We are proud to announce that he was also offered a place in an extended program, *Ticket to Mars* and will be participating in a full-day scenario based program at the *Victorian Space Science Education Centre*. Congratulations Marshall, we can't wait to hear all about the experience in July.

### DISCOVERIES DAY

Well done to all students and staff who made *Discoveries Day* possible, with a wide range of student projects on display. Thank you also to our parent and community visitors who took the time to make our students feel extra special in sharing their learning.

### ENGAGEMENT PROGRAM

The Year 7-8 Engagement Program is back in full swing, with students learning about the use of drones, flying drones and exploring a range of amazing technology at the Ballarat Technical School. The term has once again culminated with a visit from our friends from the Willaura Nursing Home.

### ILPS

Individual Learning Plan meetings will take place on Thursday after school and Friday morning. This is an excellent opportunity to discuss your child's progress. Students are expected to attend the meeting, along with the teacher and parent/guardian. Please contact the school if you have any trouble accessing the details of your booking.

## LONGERENONG CAREERS EXPO

Students in Years 7-11 had the opportunity to attend the Longerenong Careers Expo on Tuesday. The expo brings stall holders from a range of industries to one venue. Students then have the opportunity to explore a wide range of career paths, speak with industry professionals and learn about a range of pathways.

## MUSIC CONCERT

Well done to all of the staff and students on another spectacular Music Concert. It was amazing to have so many families and community members present to witness this showcase of talent. The class performances for Performing Arts and LOTE were a wonderful highlight, allowing all students in those groups the opportunity to perform, alongside the students who participate in private music lessons. We are very lucky to have a fabulous team supporting our students to grow their musical prowess. Special thanks to Mr Avery, Kris Cheesman, Miss Brady and Mrs Blackburn for preparing items for the concert.

## POLICE VISIT

The Pro-Active Policing Unit visited the school last week, running sessions for our Years P-6 students. The students had lots of questions about general policing and were engaged for the sessions. Thank you to the Victoria Police team and to our local officer, Sam, for attending for the morning.

## SCHOOL PHOTOS

School photos will take place in Week 2 of next term, Thursday 25 July. All students will be expected to be in full school uniform for photo day, including wearing a school jumper or jacket.

## SPORT

Congratulations to the students who represented Lake Bolac College and other schools at the Greater Western Region Junior Football today.

## TOKEN REWARDS LUNCH

We had a belated *Term 1 Reward Lunch* for the *Kangaroos*, *Possums* and *Bilbies* on Tuesday. Some of these students were on an excursion and had their lunch today instead. For *Term 2*, the winning team was *Quokkas*, who ran away with an easy win, followed by the *Wombats*. Both teams enjoyed their lunches today, celebrating a huge number of positive achievements. Around 1600 positive rewards tokens have been handed out to students in Semester 1, symbolising acknowledgement of 1600 positive actions of our students! Well done to all. Remember if you have any tokens at home, please send them into school so they can count towards the next reward, and to ensure we have enough cycling through to continue acknowledging all of the positive efforts.

# PRINCIPAL'S *report*

## TUTORING AND EXCELLENCE PROGRAMS

Many students who are already participating in *Tutoring* or *Excellence Programs* at the College, will continue these programs in Term 3. If your child is added or withdrawn, you will receive notification of the change. These sessions will also be visible on individual Compass schedules when the timetable is published for Term 3.

## UNIFORM

The holidays is a great opportunity to double check uniform requirements and have everything ready for the start of Term 3. We will be conducting a uniform check on the first week back and communicating with families to support compliance with the uniform policy.

As we look ahead to Term 3, it will be an exciting term. School production will be announced and we will commence work on the show, before brining it to the stage towards the end of term. The Prep students will celebrate 100 years of schooling, Year 10-11 students will have a Work Experience week and we will join in the Book Week, Science Week and Father's Day celebrations. I hope you all enjoy the next two weeks with your families and take some time to relax and reset, ready for an amazing term of learning.

Giselle ALLGOOD | Principal



Lake Bolac College  
Wellbeing Day

# MOVIE AFTERNOON

Thursday 27th June

Students are encouraged to dress in something that makes you feel like 'YOU'.

Students will be watching movies that have a good example of a character with positive personal strengths, which aligns with the theme for Mentor Group this term.

## STUDENT OF THE WEEK *Term 2 Week 9*

PREP: *Seb*

For building on his resilience when challenges arise.

YEAR 1-2: *Charlie L*

For giving all tasks a go, asking for help when he is unsure and being a great friend to all in our classroom. Keep up the great work, Charlie

YEAR 3-4: *Emily*

For displaying all three school values.

YEAR 5-6: *Jordan*

For showing leadership and being a fantastic role model to others. Helping teachers problem solve and being kind to others.



# STUDENT OF THE WEEK *Term 2 Week 10*

**PREP: *Tom***

For showing great resilience and confidence when reading new texts. Keep up the great work, Tom.

**YEAR 1-2: *Willow***

For working independently on her Discoveries Day project.

**YEAR 3-4: *Sophie***

For being a great worker in all classes, putting her best foot forward. Well done, Sophie

**YEAR 5-6: *Minnie***

For always volunteering to help others and being inclusive of others.

**YEAR 7-8: *Kelvin***

For being a great helper in Food Technology, and always working hard to keep the room tidy and organised.

**YEAR 9-10: *Marshall***

For demonstrating confidence and resilience by navigating public transport independently and participating in the Boys in STEM program respectfully in Ballarat. Marshall also worked hard upon returning to school, to achieve his best in class.



*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>**

## LONGERENONG CAREERS EXPO

Year 7 to 10 went on an excursion to Longerengong Career Expo, in Horsham. When we got there, we were met with an array of future career possibilities. Some of those future career possibilities are: The Critical Incident Response Team (CIRT) with all their firearms and breaching weapons. There were also construction careers and an opportunity to use a nail gun. There was also a harvesting simulator, which taught you controls and what it's like to harvest in the field. There was also Emmets, which had a diesel mechanic quiz and once you answered all the questions, they gave us a pair of sunnies to add to our hot looks. There were many stands representing many different universities around Australia. What an amazing, fun day.

EJ & Riley | Year 7



## HOUSE CROSS COUNTRY

On Friday 14th June, our students participated in the House Cross Country. Flinders came away with bragging rights from the day. Congratulations to everyone who participated and our age group champions.

AGE GROUP	GIRL CHAMPION	BOY CHAMPION
5-6 Years	Manawa-Rose	Tom
7-8 Years	Willow	Charlie B
9-10 Years	Georgina	Nick
11-12 Years	Ruby	Charlie T
13-14 Years	Chloe	Kelvin
15-16 Years	Harmony	Marshall



## DOWNBALL AUSTRALIA TOURNAMENT

Congratulations to the 4 teams representing Lake Bolac. Training starts next term!

### THE GOATS

Nick B  
Sam Mc  
Connor  
Tahaawai-Rua  
Max

### FIRE BULLETS

Sophie B  
Abigail  
Georgina  
Kodi  
Bella  
Audrey

### STRIKERS

Bailey  
Conrad  
Jordan  
Jack W  
Will C

### THE WARRIORS

Will B  
Charlie T  
Ruby  
Ariki  
Awa  
Bentley



The poster features a photograph of a Downball match in progress on a wooden gymnasium floor, with a crowd of spectators in the background. The text on the poster includes the tournament title, a call to action to sign up schools, and the date of the event.

**DOWNBALL AUSTRALIA VICTORIAN SCHOOLS TOURNAMENT 2024**

**SIGN UP YOUR SCHOOL NOW!**

**Tuesday, 13th August**

DOWNBALL AUSTRALIA

## 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 [Asthma Policy](#).

### ASTHMA OVERVIEW:

- Asthma is a lung condition causing airway sensitivity, leading to flare-ups.
- Common symptoms: breathlessness, wheezing, chest tightness, persistent cough.
- Various triggers include exercise, colds/flu, smoke, weather changes, allergens, chemicals, stress.

### ASTHMA MANAGEMENT:

- Requires an Asthma Action Plan provided by parents, outlining medication, emergency procedures, and triggers.
- Annual review of plans and health support plans.
- Mandatory asthma kit for all students containing prescribed medication and spacer.

### EMERGENCY RESPONSE PLAN:

The Emergency Response Plan provides steps for managing asthma attacks, including administering reliever medication and calling emergency services if necessary.

### ASTHMA EMERGENCY KIT:

- Two kits maintained: one on-site and one mobile for activities.
- Includes reliever medication, spacers, and instructions for use.

### MANAGEMENT OF CONFIDENTIAL MEDICAL INFORMATION

Confidential medical information provided to Lake Bolac College to support a student diagnosed with asthma will be:

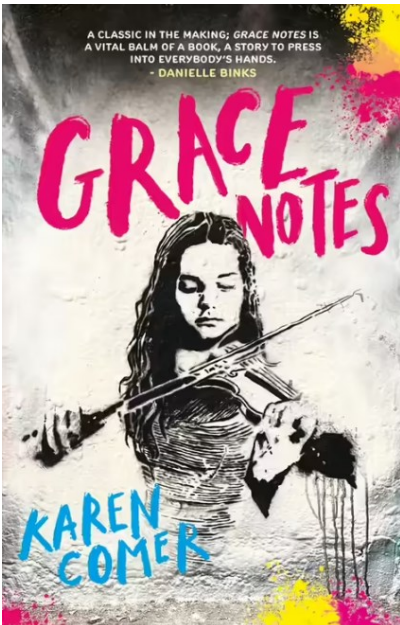
- Recorded on the student's file
- Shared with all relevant staff so that they are able to properly support students diagnosed with asthma and respond appropriately if necessary.

### EPIDEMIC THUNDERSTORM ASTHMA

Lake Bolac College will be prepared to act on the warnings and advice from the Department of Education and Training when the risk of epidemic thunderstorm asthma is forecast as high.

## WHAT'S NEW IN THE LIBRARY

### CBCA 2024 Older Readers Book of the Year Shortlist



This beautifully written debut captures all the light and shade of COVID lockdowns, exploring the wider impact of the pandemic and how it affected different age groups. As one would expect from a verse novel, the prose is spectacularly lyrical in a manner so deeply authentic to the story it is impossible to put down. Well-constructed family dynamics are cleverly revealed through the sparse writing, but it is the authentic coming-of-age portrayal of protagonists Grace and Crux that is the selling point of the story. They are adorable and delightful and almost too good to be real, yet still inherently teen in their worldviews. This book is a gorgeous exploration of art and creativity from the perspective of central characters who are searching to discover meaning and purpose through both, opening thoughtful, original discussion around street art and the meaning of music that is highly suitable for the readership.

## READING AWARDS

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

Tom	75 nights
Jasmine	75 nights

## LUNCHBOX IDEAS— Spaghetti and Meatball Muffin Bites

Recipe from The Organised Housewife

### Ingredients

- 170g spaghetti
- 1 1/2 cups parmesan cheese
- 1 1/2 cups pasta sauce
- 12 cooked meatballs
- 1/2 cup basil, roughly chopped
- Cooking spray



### Instructions

- Preheat oven to 190 degrees. Cook spaghetti following packet directions, drain and allow to cool. Spray 12 cup muffin tin with cooking spray.
- Pour 1 cup cheese into spaghetti pan and toss. Divide spaghetti between the 12 muffin cups, arranging spaghetti to make a nest .
- Top each nest with 1 tablespoon of pasta sauce, a meatball, another tablespoon pasta sauce. Sprinkle each with parmesan cheese.
- Bake in oven for 20-25 minutes or until cheese has melted
- Cool slightly before eating, garnish with a chopped basil.

## LUNCHTIME ACTIVITIES



## WEEK 1 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 2 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





**PHOTO DAY IS  
COMING ....**

**Thursday  
25th July 2024**

**MSP Photography will be visiting our school on  
the above day.**

- ❑ Read all the relevant instructions carefully before making your package choice.
- ❑ Order via the Compass App.
- ❑ Sibling photos can be ordered online via the Compass Portal.
- ❑ Please note that sibling photo orders must be placed by Midnight on Wednesday 24 July 2024.
- ❑ The portal does not have a cut off ordering date, however any orders placed more than 7 days after photo day will no longer be at the bulk discounted price, and will revert to the standard pricing cost.

**LIFE IS  
EASIER  
WITH MSP**

**Please call MSP  
on 5333 5577**  
if you have any questions.



**MENTAL HEALTH  
FIRST AID®**  
Australia

## Standard Mental Health First Aid

The Standard Mental Health First Aid® (MHFA®) course teaches participants how to provide initial support to another adult who may be experiencing a mental health problem or mental health crisis, until professional help is received, or the crisis resolves.

Course participants learn about the signs and symptoms of common mental health problems in adults, how to recognise and respond to an emerging or worsening mental health problem and the treatments and supports available.



**Intervene early**  
Recognise the warning signs of mental health problems in other adults.



**Offer support**  
Learn the skills to speak openly and accurately about mental health.



### Learning Outcomes

Upon completion of this course participants will be able to:

- Recognise the signs and symptoms of mental health problems in adults
- Use an evidence-based action plan to initiate a mental health first aid conversation
- Assess for a range of crisis situations and provide initial support
- Understand the prevalence and impact of mental illnesses, risk factors and treatments and supports available
- Apply self-care practices as a Mental Health First Aider.



**Respond in a crisis**  
Respond across a range of crisis situations where an adult may be at risk of harm.



**Reduce stigma**  
Reduce stigma and increase support for adults experiencing and living with mental health problems.

Adults who complete a Standard MHFA course become Mental Health First Aiders (MHFAiders), equipped with the knowledge, confidence, and skills to provide mental health information and support when it matters most.

The Standard Mental Health First Aid course is based on guidelines that are informed by people with lived experience, their caregivers and health professionals.

**Dates** Tuesday 13 & 20 August 2024

**Times** 8:30 AM - 3:00 PM

**Cost** No cost. Food/lunch provided

**Facilitator/s** Suzanna Christie (RN)

**Venue / Delivery Method** Lake Bolac Bush Nursing Centre. (Ph) 53 558 700 to register.

\*Costs include course participation and all relevant teaching materials.

To learn more about MHFA training and becoming an MHFAider visit [mhfa.com.au](http://mhfa.com.au)

**Anyone can have a conversation that may save a life. Everyone should know how.**

Mental Health First Aid, MHFA, Mental Health First Aider, MHFAider, ALICE and For Everyone For Everyone are registered trademarks of Mental Health First Aid International.

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

# IT'S PLAY TIME!



THERE IS A SCHOOL HOLIDAY PROGRAM NEAR YOU



4-8 year olds



8-12 year olds

FIND OUT WHAT IS AVAILABLE IN YOUR AREA

SCAN HERE



# Grampians Greenthumb Project



The **Grampians Public Health Unit** Prevention and Population Health team (based in Ararat) have teamed up with the **Lions Club of Ararat** to provide more food relief for our community.

➔ We are growing vegetables and herbs at the **Ararat Community Garden**, which will then be provided to the community for food relief.

➔ We are also growing vegetables and herbs in pots, which will be distributed to people in our community to plant in their garden, or continue to grow in pots at home.



**EATING VEGETABLES PROVIDES  
OUR BODIES WITH ENERGY, FIBRE,  
ANTIOXIDANTS, WATER AND VITAMINS!**



## Would you like to be involved?

You are welcome to;



Donate seeds or pots



Grow seedlings at your home, to be donated to the Ararat Neighbourhood House - you will be provided with seeds, potting mix and pots



or if you would like to receive vegetables, or vegetable seedlings to grow at your house - keep an eye on the **Ararat Neighbourhood House** Facebook page

Email [phu@gh.org.au](mailto:phu@gh.org.au) if you would like to learn more



# Piano Days

On the 15th and 29th of June, we invite community members and gallery visitors to play the Ararat Town Hall's beautiful 1952 baby grand Steinway piano!

All abilities welcome, bring some sheet music or play from memory.

- Saturday 15th & 29th June
- 10am - 12.45pm
- 1.15pm - 4.00pm

Free entry, no bookings required

Ararat Gallery TAMA  
82 Vincent Street, Ararat

ARARAT  
**TOWN HALL**





**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><b>SERVICES</b></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 &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 app't'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>
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Mon	Tue	Wed	Thu	Fri
3 District Nursing Nurse Led Clinic	4 Nurse Led Clinic SSG — Ararat	5 District Nursing Nurse Led Clinic	6 Nurse Led Clinic Exercises Centre Lunch	7 District Nursing Nurse Led Clinic
10 District Nursing Nurse Led Clinic	11 Nurse Led Clinic Maternal & Child Health Nurse	12 District Nursing Nurse Led Clinic	13 Nurse Led Clinic Exercises Centre lunch Physio	14 District Nursing Nurse Led Clinic
17 District Nursing Nurse Led Clinic	18 Nurse Led Clinic	19 District Nursing Nurse Led Clinic	20 Nurse Led Clinic Exercises Morning Tea Fundraiser	21 District Nursing Nurse Led Clinic
24 District Nursing Nurse Led Clinic	25 Nurse Led Clinic Maternal & Child Health Nurse SSG - Outing	26 District Nursing Nurse Led Clinic	27 Nurse Led Clinic Exercises Centre lunch Physio	28 District Nursing Nurse Led Clinic
<p><u>Remedial Massage</u> <u>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.”*