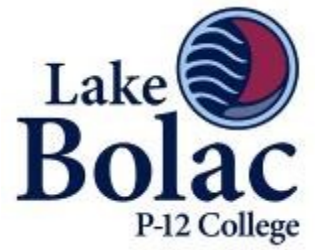


newsletter

Term 3 Week 2 Wednesday 24 July

Work hard, be nice



Prep Open Morning

diary DATES



THURSDAY 25 JULY
>School Photos

FRIDAY 26 JULY
>Yr 9-10 & Kinder Partnership

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

TUESDAY 13 AUGUST
>Downball Australia Tournament—
Melbourne

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

FRIDAY 30 AUGUST
>Father's Day Celebration

THURSDAY 5 SEPTEMBER
>Black Ranges Athletics Stawell
>Kinder & Year 1-2 Partnership

MONDAY 9—TUESDAY 10 SEPTEMBER
>Girls in STEM

WEDNESDAY 11 SEPTEMBER
>School Production Matinee and Evening
Performance

THURSDAY 12 SEPTEMBER
>R U OK Day



ASSISTANT PRINCIPAL'S *report*

Welcome back to all of our students and families. Term 3 promises to be another busy and exciting term, with a number of fun and meaningful activities to look forward to. Some of these are:

- School Photos (Thursday 25 July)
- Prep 100 Days of School (Thursday 1 August)
- Downball Competition – Melbourne (Tuesday 13 August)
- Book Week (Monday 19 August – Friday 23 August)
- School Production (Wednesday 11 September)

Be sure to keep an eye on Compass for more information and upcoming events.

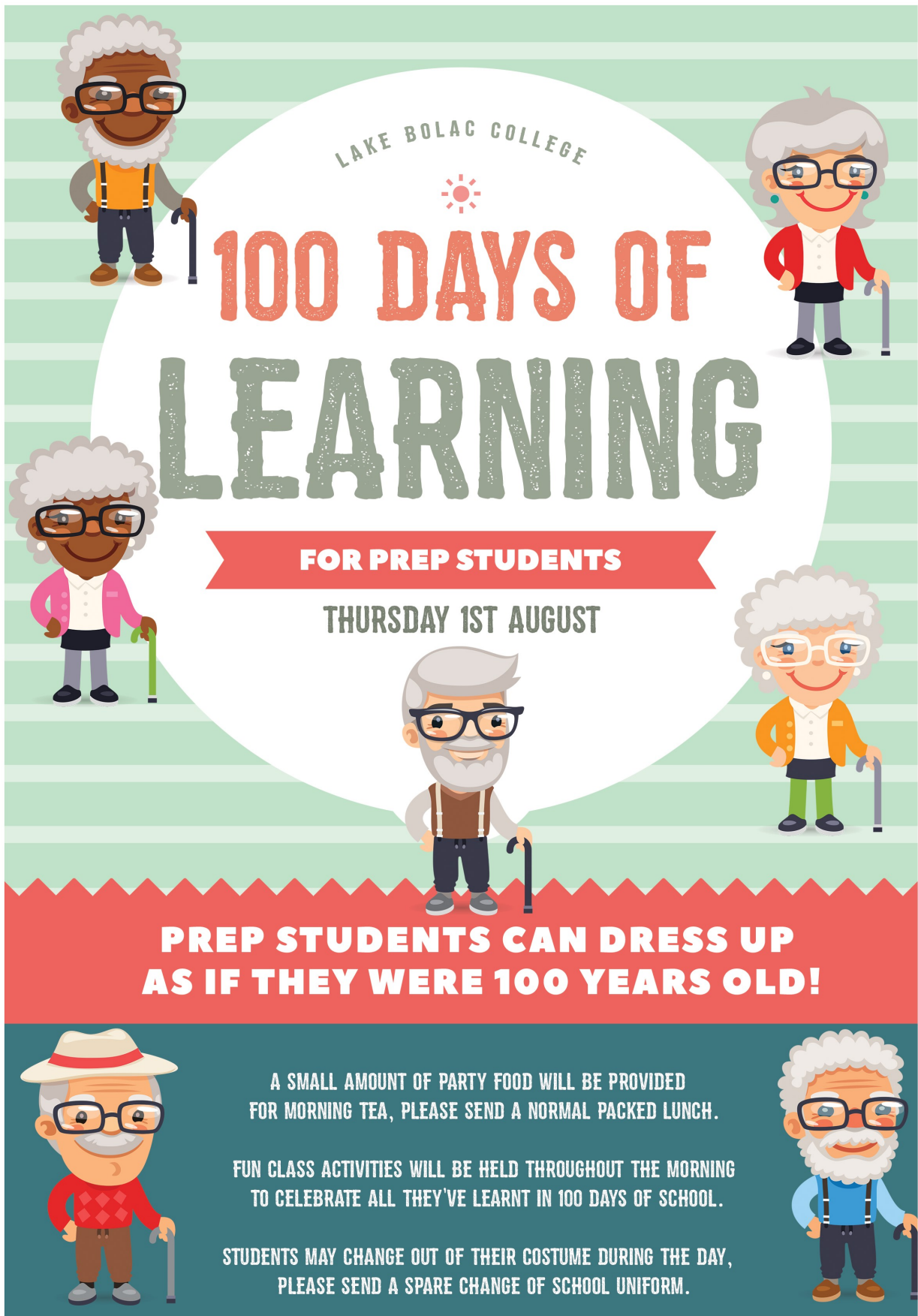
We would like to welcome back Laura McDougall (School Nurse) as well as therapy dogs Sandy and Nala, after an extended period away from school. It is wonderful to have you back on site and supporting our students.

A very warm welcome to our new provisional psychologist, Grace Nicolas, from One Red Tree and Federation University. Grace will be supporting particular students on Tuesdays and Wednesdays during Term 3 and 4. Grace underwent a handover process last term from Peppe and has already begun reaching out to families to meet, greet and begin the process of providing support to students.



Shane HOFFMANN | Assistant Principal





LAKE BOLAC COLLEGE

100 DAYS OF LEARNING

FOR PREP STUDENTS

THURSDAY 1ST AUGUST

PREP STUDENTS CAN DRESS UP AS IF THEY WERE 100 YEARS OLD!

A SMALL AMOUNT OF PARTY FOOD WILL BE PROVIDED FOR MORNING TEA, PLEASE SEND A NORMAL PACKED LUNCH.

FUN CLASS ACTIVITIES WILL BE HELD THROUGHOUT THE MORNING TO CELEBRATE ALL THEY'VE LEARNT IN 100 DAYS OF SCHOOL.

STUDENTS MAY CHANGE OUT OF THEIR COSTUME DURING THE DAY, PLEASE SEND A SPARE CHANGE OF SCHOOL UNIFORM.

STUDENT OF THE WEEK *Term 3 Week 1*

PREP: *Sophie*

For applying herself to all tasks with a positive attitude and making great progress in English.

YEAR 1-2: *Alice*

For bouncing back when tasks were difficult and not giving up until she could achieve to the best of her ability. Great work, Alice.

YEAR 3-4: *Jack L*

For working hard, helping others and putting his best foot forward in all classes. Well done Jack.

YEAR 5-6: *Addison*

For starting the term with a positive attitude, and applying herself to all learning tasks!



Children's Book week®

Reading is Magic

TUESDAY 20TH AUGUST

Students are encouraged to dress up using the theme 'Reading is Magic' as inspiration, or to dress as their favourite book character.

9:00 - 10:30am Activities
10:30 - 11:00am Morning Tea

Families are invited to come in for our activities and morning tea, catered by Paula Symons.



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>

SPORTS REPORT

GWR PRIMARY FOOTBALL IN ARARAT

On Wednesday, 26th June, our boys played in the GWR Primary Football event held in Ararat. Will, Jaxxon, Bailey, Charlie, and Jack W represented Lake Bolac College, while Will C supported the team. Our team combined with students from Maroona, Moyston, and Willaura Primary Schools. In our first game against Sacred Heart, Colac, we were level at halftime with a score of 4.0 (24) each. However, Sacred Heart managed to kick 5 goals to our one in the second half. In our second game, we faced St Columbus from Ballarat and were completely outclassed, losing by 10 goals. Despite the challenges, Charlie stood out as our best player for the day.

STATE CROSS COUNTRY

On 18th July, Georgina and Charlie Thom participated in the State Cross Country at Yarra Glen Racecourse under wet and muddy conditions.

- **Georgina Thom** finished 45th out of 91 in the 9/10 Years Girls category, with a time of 10:19.64.
- **Charlie Thom** finished 59th out of 95 in the 11 Years Boys category, with a time of 13:41.07.

A big thank you to all participants and supporters!

Dave Keating | Sports Coordinator



YR 9-10 CAREERS

BARISTA TRAINING:

On the 17th July, we completed barista training. We learnt how to use the coffee machine and clean it, as well as making different types of coffee. We also practiced our skills by taking coffee orders from staff and delivering all around the school. Overall it was a great experience.

SAFE FOOD HANDLING CERTIFICATE:

Today we completed our Safe Food Handling certificate. It included a test and lots of talking. Leah who lead the training was fantastic at teaching us. It was a good experience.

Maggie May | Yr 9

FIREARM SAFETY COURSE

As a part of one of our year 11 student's VCE VM PDS outcomes, on Monday 29 July we are offering selected students the opportunity to complete the Victoria Police firearms safety course to gain the firearms safety certificate which must be attached to any new firearms licence or junior permit application in Victoria. These are usually gained at some cost, some distance away, and usually must be booked well ahead of time.

Please note:

- No firearms or ammunition are on site during the session.
- Completion of the certificate is just one component of gaining a firearms licence or junior permit; the safety certificate does NOT authorize possession or use of firearms or ammunition;
- Students without a satisfactory record of attendance, punctuality or conduct will need to seek other opportunities to gain this certification.

Students should prepare beforehand by accessing and thoroughly reading and understanding the following material:

<https://www.police.vic.gov.au/juniors> and

<https://content.police.vic.gov.au/sites/default/files/2024-04/Firearm-Safety-Code-Booklet-2020.pdf>

Permission forms (on compass, or seek printed hard copies from the office) must be returned for students to participate.

YR 9-10 CAREERS



SCHOOL PRODUCTION

Congratulations, and thank you to all of the students who auditioned for The Lion King KIDS! The auditions were of a very high standard and these casting decisions are some of the most difficult I've ever experienced. All P-6 classes will have 1-2 songs that we will rehearse during Performing Arts class time. For students with lead and featured roles, most rehearsals will be at lunchtime with some during class time closer to the production.

Jess Brady | School Production Coordinator



Congratulations, and thank you to all of the students who auditioned for The Lion King KIDS!

CAST

Rafiki	Addison, Sarah, Georgia, Charli R, Emma-Lee
Mufasa	Matilda
Sarabi	Chloe
Zazu	Jasmine
Understudy Zazu	Georgia
Scar	Alex
Simba	Minnie
Understudy Simba	Emma-Lee
Nala	Mia
Understudy Nala	Jasmine
Banzai	Bentley
Shenzi	Bailey
Ed	Will
Timon	Ruby
Pumbaa	Jaxxon
Villagers	Kodi, Willow, Indie

2025/2026 PREP OPEN MORNING

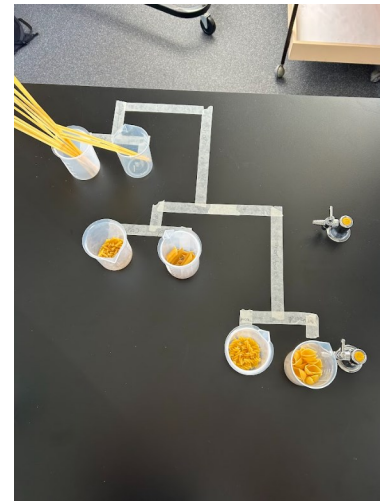
This morning we welcomed 3 and 4 year old kinder students and their families in the Prep classroom to meet our teachers and see the learning space in action.

It was a wonderful morning getting to know the students as they participated in fun activities with the Prep students. It was also a fantastic opportunity for families to have a tour of the school and ask any questions they have about schooling life at Lake Bolac P-12 College.

Thank you again to our School Council President Jono Box and current parents Zena Kilpatrick and Jane Blackburn who attended to support the session. Very much appreciated.

YR 7-8 SCIENCE

In Yr 7-8 Science we have been learning about classification and dichotomous keys. This week they developed a dichotomous key to classify different 'species' of pasta!



CHICKEN COOP

A big thank you to Norm and our parent helpers of Jono Box, Tom Peters, Michael Blackburn, Jock Liston and Danny Cameron for installing a fence around the chicken coop. The students are very excited to welcome some new chickens shortly.



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 [Mobile Phone Policy - Student Use](#).

POLICY OVERVIEW:

- Mobile phones must be switched off and securely stored during school hours, unless exceptions apply.
- Emergency communication with students should be directed through the school's office.
- Personal mobile phones should not be used during school hours unless an exception has been granted.

SECURE STORAGE:

- Students are encouraged to store their phones in lockers or in a lockable cupboard at the school office to minimize risk of damage or theft.
- The school does not provide insurance for accidental damage or theft of personal property, so students are advised to obtain appropriate insurance.

ENFORCEMENT:

- Inappropriate use of mobile phones during school hours may result in consequences under the school's student engagement policies.
- Examples of inappropriate use include disrupting learning, cyber bullying, unauthorized photography, and use during exams.

EXCEPTIONS:

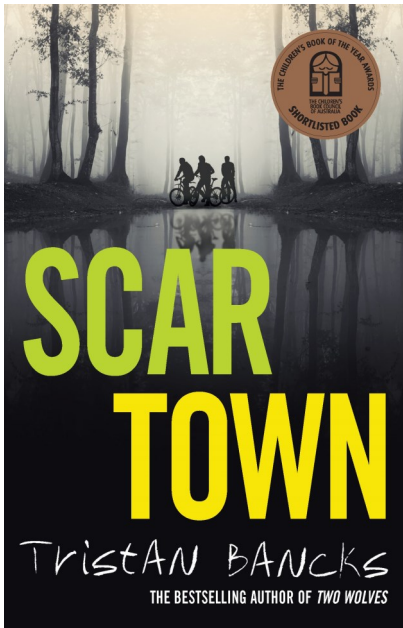
- Exceptions may be granted for health and wellbeing reasons or to manage risks during offsite activities.
- Exceptions are decided by the Principal or the teacher in charge, based on specific documentation and circumstances provided.

CAMPS, EXCURSIONS, AND EXTRACURRICULAR ACTIVITIES:

- Specific guidelines regarding the use of personal mobile phones will be communicated for these activities separately.

WHAT'S NEW IN THE LIBRARY

CBCA 2024 Younger Readers Book of the Year Shortlist



This book tells a classic story in a thrilling and accessible way for readers aged 10-14. It commands the reader's attention from its enthralling beginning, throughout an action packed plot development and a dramatic conclusion. The setting of the drowned town is evocatively described, creating a foreboding mood that enhances the plot of the novel. The young protagonists are well-developed and have authentic responses to events, while the flaws of the adult characters are realistic, allowing readers to explore and extend their thinking about difficult relationships and situations. The mystery and thriller conventions are expertly balanced with Will's character development as he navigates loss, criminal activity, corruption, and loyalty to family and friends.

READING AWARDS

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

Dustyn M	25 nights	Sophie M	125 nights
Charlotte G	50 nights	Seb	150 nights
Alex B	75 nights		
Levi	100 nights		

MATHEMATICS AWARDS

Congratulations to the following students on their Maths Awards.

Sophie M	25 nights	Erika	75 nights
Levi	50 nights	Tom K	100 nights
Seb	75 nights		
Manawa-Rose	75 nights		

LUNCHBOX IDEAS— Double Choc Chip Cookies

Recipe from One Handed Cooks

Ingredients

- 1/3 cup olive oil
- 2/3 cup brown sugar
- 2 tsp vanilla extract
- 1 egg
- 1 cup plain flour
- 1tsp baking powder
- 2tsp cacao powder
- 1tbsp chia seeds
- 1 cup rolled oats
- 1/2 cup chocolate chips

Instructions

- Preheat the oven to 180°C. Line two large baking trays with baking paper.
- Whisk or beat together the olive oil and sugar in a large mixing bowl until creamy and smooth. Add the vanilla extract and egg and beat until smooth.
- Sift the flour, baking powder and cacao powder into the bowl and stir until just combined. Add the oats, chia seeds and chocolate chips and stir to combine.
- Roll tablespoons of mixture into balls and place on the baking trays. Flatten slightly and bake for 12-15 minutes or until golden. Remove from the oven and allow to cool on a wire rack.



LUNCHTIME ACTIVITIES



WEEK 3 LUNCHTIME ACTIVITIES

Monday

- Olympic Games
- Library

Tuesday

- Olympic Games
- Paper Planes— Activities Room
- Library

Wednesday

- Olympic Games
- Paper Planes— Activities Room
- Library
- Minecraft Club

Thursday

- Olympic Games
- Paper Planes— Activities Room
- Library
- Woodwork Club

Friday

- Olympic Games
- Minecraft Club
- Library

WEEK 4 LUNCHTIME ACTIVITIES

Monday

- Olympic Games
- Library

Tuesday

- Olympic Games
- Paper Weaving—Activities room
- Library

Wednesday

- Olympic Games
- Paper Weaving—Activities room
- Library
- Minecraft Club

Thursday

- Olympic Games
- Paper Weaving—Activities room
- Library
- Woodwork Club

Friday

- Olympic Games
- Minecraft Club
- Library





**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

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.



Food relief in Ararat

Times are tough, and with the ever-increasing cost of groceries, rent and mortgages; a lot of people are struggling to put food on the table, and pay the bills.

You are not alone, and there is help available.

Ararat Neighbourhood House

56 Campbell St, Ararat

Ararat Neighbourhood House provide food relief Tuesday – Friday each week.

Individuals are able to access ANH Food Hub by contacting Ararat Neighbourhood House on (03) 5352 1551.

All welcome!



Ararat Emergency Relief

Ararat Emergency Relief runs on a rotating roster by 5 Ararat church groups.

Food relief, vouchers, personal items, counselling and crisis accommodation are available between 1pm and 2pm,

All welcome!

Date	Church	Location	Phone No.
15 th – 19 th July	St Vincent de Paul	264 Barkly St, Ararat	5352 5560
22 nd – 26 th July	Uniting Church Outreach	Cnr King and Barkly St, Ararat	5352 5580
29 th July – 2 nd Aug	Anglican Church	49 High St, Ararat	0407 857 378
5 th – 9 th August	Salvation Army	Shop Corner Vincent and High St, Ararat	5352 2720
12 th – 16 th August	Life Links Church	86 High St, Ararat	5352 2435



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



July 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 \$5</p> <p><u>Physiotherapy</u> Thursday fortnightly Cost \$10</p> <p><u>Foot Care</u> Fridays Cost: \$10</p> <p><u>Mortlake Pharmacy</u> Medication deliveries Wed & Fri 2:00 PM</p> <p><u>Mental Health & Wellbeing</u> Telehealth appt'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>

Mon	Tue	Wed	Thu	Fri
1 District Nursing Nurse Led Clinic	2 Nurse Led Clinic	3 District Nursing Nurse Led Clinic	4 Nurse Led Clinic Exercises	5 District Nursing Nurse Led Clinic
8 District Nursing Nurse Led Clinic	9 Nurse Led Clinic Maternal & Child Health Nurse SSG — Ararat	10 District Nursing Nurse Led Clinic	11 Nurse Led Clinic Exercises Centre lunch Physio	12 District Nursing Nurse Led Clinic
15 District Nursing Nurse Led Clinic	16 Nurse Led Clinic Carer's Morning Tea	17 District Nursing Nurse Led Clinic	18 Nurse Led Clinic Exercises Centre lunch SSG — Kinder	19 District Nursing Nurse Led Clinic
22 District Nursing Nurse Led Clinic	23 Nurse Led Clinic Maternal & Child Health Nurse SSG - Outing	24 District Nursing Nurse Led Clinic	25 Nurse Led Clinic Exercises Centre lunch Physio	26 District Nursing Nurse Led Clinic
29 District Nursing Nurse Led Clinic	30 Nurse Led Clinic	31 District Nursing Nurse Led Clinic	Free Skin Cancer Check 11th July Call 5355 8700 to make an appt	

“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.”