In the coming weeks, Freshwater Studies students are focusing on the collection and identification of plants and animals from Bostocks Creek and Lake Bullen Merri. A variety of organisms have already been collected, including plank-ton, algae, water plants, vertebrates and macro-invertebrates. Following the identification of these organisms, students then evaluated the health of these water bodies. Freshwater Studies was introduced into the Year 9/10 curriculum this year and is providing our students with a challenging range of water based experiences, both recreational and scientific.

Kim Gration, Freshwater Studies Teacher
This week has been a particularly busy one at the College, with many of our students and staff involved in the three day NAPLAN testing program. Our Year 3, 5, 7 and 9 students have applied themselves earnestly to these assessments which will give the College rich information about the progress made by students over time and areas for future teaching and learning.

Last Friday’s Mother’s Day Breakfast was very well attended and it was a real pleasure to see so many of our students and families enjoying this special occasion. Thankyou to our Parents & Friends Association for putting on such a terrific event. In addition to the very positive contribution made by Parents & Friends to school culture and relationships, they contribute important funds towards the provision of enhanced opportunities and equipment for our students. Recently raised funds are being directed towards the purchase of table tennis tables and a new sports timer for Brooke Street and they are also contributing significantly to the purchase of new classroom furniture at the Wilson Street Campus. We have been trialling a class set of ergonomically designed student chairs and the feedback from students has been very positive. These chairs along with new tables will be purchased for three classrooms at Wilson Street.

Thankyou to Ross McIlveen, David Robertson and Pat and Ric Robertson who represented the College and wider community at the Year 9 School for Student Leadership CLP Presentation Day at Marlo on Wednesday. Thankyou also to Darren Teal and Graeme Wadley for erecting the welding bay in the Wilson Street Campus. We have been trialling a class set of Indonesian Family Night at the Brooke Street Campus from 6.30pm See page 10

The College is proud to announce the opening of the new College Library, which has been trialled in the last fortnight. The library is open from 2pm to 3pm on Monday to Friday and is available to interested parties via the College website.

On a sad note, we extend our sincere condolences to staff members Pauline Vandijk and Linda Morgan, both of whom have experienced recent family bereavements. The College community also wishes to acknowledge the passing of Mr Robert Gunner who made a very significant contribution to the College as an inaugural and much admired Standing Tall mentor.

The College’s 2012 Annual Report was ratified at the March School Council meeting. This document, presenting a snapshot of the College’s performance measures and financial status, will now be made available to interested parties via the College website. Hard copies can also be requested from the Brooke Street or Wilson Street Offices.

Students and parents are reminded that next Wednesday 22nd May is a pupil free day as all teachers and many of our Education Support Staff will be undergoing either First Aid or Anaphylaxis training.

Ms Cherie Kilpatrick, Principal

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**Calendar of Events:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>17th May</td>
<td>Brooke Street Assembly from 2.45pm All parents encouraged to attend</td>
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<tr>
<td>17th May</td>
<td>Adidas Fun Run money due at the Brooke Street Campus for Prep – Year 6 students</td>
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<tr>
<td>20th May</td>
<td>Keys Please for Year 10 students from 11am in the Wilson Street Library</td>
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<tr>
<td>21st May</td>
<td>School Nurse Assessments for Prep students at the Brooke Street Campus</td>
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<td>21st May</td>
<td>Year 7 – 12 Cross Country</td>
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<tr>
<td>21st May</td>
<td>ICAS Computer Skills Competition</td>
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<td>21st May</td>
<td>Indonesian Family Night at the Brooke Street Campus from 6.30pm See page 10</td>
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<tr>
<td>22nd May</td>
<td>Pupil Free Day for all students in Prep – Year 12</td>
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<tr>
<td>23rd May</td>
<td>Year 3 – 6 District Cross Country in Noorat</td>
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<td>23rd May</td>
<td>School Nurse Assessments for Prep students at the Brooke Street Campus</td>
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<tr>
<td>24th May</td>
<td>Immunisations at the Wilson Street Campus</td>
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<td>24th May</td>
<td>Year 3 – 6 Lunchtime Disco at the Brooke Street Campus See page 4</td>
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<tr>
<td>31st July</td>
<td>Year 7 2014 Information Night/Expo See page 5</td>
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**REFURBISHMENT ANNOUNCEMENT:**

I am very pleased to advise that School Council has this week approved a number of important facilities upgrades for the College. These include the refurbishment of the Wilson Street Science and Food Technology (Home Economics) centres, the development of a new entrance and administration area at Wilson Street, air conditioning in the areas of definite need and refurbishment works on the Brooke Street and Wilson Street Halls.

Collectively, these projects will significantly enhance the environment and learning programs at the College.

Cherie Kilpatrick, Principal

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**pupil free day – Wednesday 22nd May**

No students in prep – Year 12 are required at school
**Wilson Street News**

**Study Skills:**
One of Deakin University’s student leaders conducted a study skills session for students in Year 10/11 last week. They covered topics like: essay writing, time management, examination success, reading and note making. Students were directed to a lot of study skills resources on their website www.deakin.edu.au/pass.

**Coastal Ambassadors:**
Year 9 students Dominic Smith, Chelsea Poole and Nicholas Frith attended a Coastal Ambassadors camp at Phillip Island last week accompanied by Mr Robertson. The three students were all very positive about their experience. They participated in a variety of activities such as surfing, building penguin habitat boxes and burying them. The students attended the nightly penguin parade, cleaned up the local beach area and completed a litter survey. They heard from a variety of guest speakers about penguins, seals and shearwaters. Now the students have returned to school, they are eager to set to work on their project which involves chopping out blackberries on the rail trail and planting natives in their place.

**Hampden Cup:**
Students in Year 7 – 9 participated in netball and football against students from schools in our sporting zone. Both teams managed a win against Timboon. The behaviour of our students was excellent with staff from other schools commenting on our sportsmanship and determination. Thankyou to Miss Bloomfied, Mrs Hill and Mr Whittle for attending the competition and to the Year 10/11 students who filled a variety of coaching and umpiring roles on the day.

**Biolab Excursion:**
Year 9/10 students visited the Biolab in Geelong last week where they attended two workshops throughout the day. The first workshop, titled The Human Machine, allowed students to test their heart rate, breathing rate and skin temperature whilst exercising. They then had to present a PowerPoint presentation on their results and findings. The second workshop was called Come Clean where the students masqueraded as drug testers for performance enhancing substances and discovered the negative impact that they have on the body. Students thoroughly enjoyed the day and came away with a better understanding of the intricacies of Sport Science.

**School for Student Leadership:**
Mr Robertson and our School Council President Ross McIlveen travelled to Marlo on Wednesday to attend the Community Learning Project Presentation. The students have been busy preparing their project whilst at the School for Student Leadership which involves building a shelter on the Rail Trail.

**NAPLAN Testing:**
The National Assessment Program Literacy and Numeracy (NAPLAN) tests for students in Year 7 and 9 were conducted this week. For the writing component, students had to write a persuasive piece on their heroes. After having a browse through the writing, it was pleasing to see that many parents and grandparents were the topic of choice.

**General Achievement Test (GAT):**
Students studying a Year 12 subject received their assessment schedule for the GAT. The GAT is on Wednesday 12th June and is conducted in the Wilson Street Assembly Hall. This is a compulsory test for all students studying a Unit 3/4 subject. The end of year examination timetable has not been released.

**Ms Vicki Angus**  
Wilson Street Assistant Principal

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**Brooke Street News**

**Special Welcome:**
Today we welcomed Selvia to the Camperdown College community. Selvia started today in Year 1/2W with Mr Attrill and the wonderful students in Room 5. Welcome Selvia!

**Line Marking:**
The line marking in the Brooke Street playground has now been completed! It’s fantastic to see so many of our students involved in four square, bat tennis, hopscotch and a variety of other games during recess and lunch times.

**NAPLAN Testing:**
Today, our Year 3 and 5 students completed the last phase of NAPLAN testing. Well done to all of our students and staff for their hard work and persistence during this testing week. The results of our NAPLAN testing won’t be known for some time, but if you have any questions about these tests, please go to the website (http://www.nap.edu.au/) or speak with your child’s classroom teacher.

**Mother’s Day Breakfast & Stall:**
Last Friday, our hardworking Parents & Friends Association put on a beautiful Mother’s Day Breakfast for our students and their families to enjoy. It was an exceptional turn out of people on that day and an enjoyable time was had by all. Later on the same day, students in Prep – Year 6 were once again given the opportunity to purchase a gift to give to their mum, grandmother or special person on Mother’s Day. Well done and thankyou to the exceptional team of parents and friends who willingly devote their time and energy for the benefit of our school community.

**Indonesian Family Night:**
A reminder that next Tuesday 21st May is the Indonesian Family Night at the Brooke Street Campus. Bu Jenna has been working hard to put together a night of Indonesian culture for our students and families to enjoy. We hope to see you all there!

**District Cross Country:**
On Thursday 23rd May, 49 of our Year 3 – 6 students will be travelling by bus to Noorat to participate in the District Cross Country event. Good luck to all of the students competing!
Pupil Free Day:
Just a reminder that next Wednesday 22\textsuperscript{nd} May is a pupil free day, therefore no students are required at school.

Mrs Angela Hall
Brooke Street Assistant Principal

<table>
<thead>
<tr>
<th>Brooke Street &amp; Wilson Street Canteen Roster</th>
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<tr>
<td>Monday 20\textsuperscript{th} May</td>
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<td>Tuesday 21\textsuperscript{st} May</td>
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<td>Wednesday 22\textsuperscript{nd} May</td>
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<td>Thursday 23\textsuperscript{rd} May</td>
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<tr>
<td>Friday 24\textsuperscript{th} May</td>
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Communication sent to parents this week:

| 100  | Freshwater Studies WS |
| 101  | Year 3/4 Weekly Email BS |
| 102  | Year 5/6 Weekly Email BS |
| 103  | Year 5/6 Puberty Clues BS |
| 104  | VSSS Rehearsal Cancellation BS |

Mother’s Day Breakfast & Stall

What a way to celebrate Mother’s Day!

Thanks to the hardworking Parents & Friends Association, Camperdown College students were able to invite their mothers, grandmothers and special people along to school on Friday morning, 10\textsuperscript{th} May, for a Mother’s Day Breakfast.

Bacon and egg sandwiches, fresh fruit and yoghurt, cereal, juice and of course tea and coffee, were on offer for all to share. The building was abuzz with families enjoying the morning together, complete with tablecloths, centrepieces and breakfast table conversation!

During the same day, Brooke Street students were then given the opportunity to purchase a gift from the Mother’s Day Stall to give to their mum, grandmother or special person on Mother’s Day.

A huge thank you needs to go to our Parents & Friends Association for all of the coordination that goes into both of these events. Our students are extremely lucky to be able to benefit from this selfless group of parents.

Year 3-6* Disco!

In the Undercover Area at the Brooke Street Campus
Next Friday 24\textsuperscript{th} May during lunchtime for only $2 per student
Chips and drinks will be available for purchase

All money raised will go towards the petrol of the bus that will transport our students to and from the Victorian State School Spectacular in July

*The Prep - Year 2 Disco will be held on Friday 31\textsuperscript{st} May
VCE Top Arts Excursion

VCE Studio Art students travelled to Melbourne during April to enjoy a big day of the arts! The day began at the National Gallery of Victoria to view the annual Top Arts Exhibition. There were seventy works on display from 43 of the freshest and most inspiring young artists in Victorian schools. The exhibition showcased new and innovative works from a wide range of media, including street art, animation, textiles, film, installation and found objects as well as the more traditional forms of oil painting, lino printing, drawing and photography. All of our students were very inspired by these artworks and it was fantastic to see the development of art folios along with the issues and ideas explored by their peers.

Students then ventured upstairs to the contemporary exhibition Mixed Tape. This was a celebration of some of Australia’s most famous artists and artworks from the 1980’s. The exhibition harked back to a decade of big hair, shoulder pads, music videos and a dynamic period in Australian art where artists explored new technologies and ideas in their artworks. The students got to view many of the artworks that we have been studying in the classroom.

After lunch, students walked the Graffiti Lanes around the city and watched a few artists in action. Some of the street art we saw included stencils, paste-ups and murals. It was very exciting to see that one of the students exhibiting in Top Arts was a very prominent graffiti artist around the city, with his work featured in many of the most famous lanes around Melbourne.

During the afternoon, we walked up Flinders Lane viewing all of the independent, commercial and non-for-profit art galleries. Each gallery was very different and it was interesting to contrast the different galleries, the artworks exhibited and how welcome we felt in each of the spaces. It was a great opportunity to compare the different roles of public and independent art galleries.

We had many other adventures throughout the day including one of our students finding his fame with the Comedy Festival and being invited to join the comedians onstage for a mime performance. On the whole, it was a brilliant day that offered an important source of inspiration and ideas that students have all brought home and are including in the development of their own works.

A big thank you to all of the students who showed great enthusiasm throughout the day and to the parents who did the early and late train pick up.

Chelsea Fox
Studio Arts Teacher

Pictured above: Students viewing the graffiti in Hosier Lane, Melbourne.
Students in Year 7 – 12 have spent the last two Tuesdays competing in our interschool football and netball round robins. On Tuesday 30th April, the Country Cup, involving our senior and intermediate students, was held in Terang. Unfortunately, we were unable to field a football side for this event; however, we did have two netball sides competing, one in the intermediate age group and the other in the senior section. The intermediate girls fought hard all day and put up some good competition but were unable to come out with a win. Our senior girls, on the other hand, were able to conquer one win for the day against Terang.

On Tuesday 8th May, our junior students were involved in the Hampden Cup. The College entered one Year 7 – 9 football side and one Year 8 netball team (which also included a number of Year 7 girls), both pictured right. Our students were competitive on the day which paid off as each team came out with one win for the day.

Well done to all students involved in both round robins; it was great to see you all out there having a go. Our students are to be commended on their wonderful behaviour and sportsmanship whilst out representing our school on these days. It’s fantastic to see!

A big thank you must also go to assisting staff members Jason Whittle and Kerrie Hill and also the Year 10/11 students who gave up their day to assist with umpiring and coaching: Stephanie Wiffen, Bradley Rees, Tyrone Emery, Mitchell Walsh, Andrew Tickner and Ben Blackley.

Ashleigh Bloomfield, Year 7 – 12 Sport Coordinator

Over two consecutive weeks, Freshwater Studies students chased the elusive big one at Lake Bullen Merri. Despite a large measure of patience and the use of so called Powerbait (that apparently gets 55% more bites), the fish simply weren’t interested. Students learned about setting the drag on a reel, casting and what is involved in tying a running rig appropriate for catching trout.

Kim Graton
Freshwater Studies Teacher

Year 9/10 students test Athletes for Peptides

On Wednesday 8th May, Year 9/10 students travelled to BioLab in the grounds of Belmont Secondary College and participated in two workshops throughout the day. The first workshop titled The Human Machine saw students measure physiological responses such as heart rate, breathing rate and skin temperature during exercise. The activities involved running on a treadmill, cycling, step-ups, jogging on the spot, rowing and punching boxing mitts whilst sitting down.

After lunch, students pretended to be drug testers for the Biolab Anti Doping Agency in Come Clean. Samples from athletes were tested for the presence of a peptide titled GHRP-6, a performance enhancing drug, very topical at the moment!

All students had a fantastic day and learnt a great deal about what is involved in Sport Science, which is a topic that they are studying during Term 2.

Fiona Crowle
Year 7 – 12 Science Teacher

Mr Michael Merrett ‘The Gold Dude’

On Thursday 9th May, Mr Michael Merrett was a special guest at the Brooke Street Campus who came to talk to students about his gold adventures. He brought along his gold detector and equipment and students were enthralled in the gold nugget that was worth $3,000!

Mr Merrett gave a demonstration of his gold detector in the sand pit where he found some nails and to our surprise, a twenty cent piece! Mr Merrett was very entertaining and we would like to thank him very much for coming to our school.

Jack Helmore and Zoe Wilkinson
JSC President and Secretary

Harry Sumner with the gold nugget worth $3,000.

Mr Michael Merrett using his gold detector to search for hidden treasures in the sandpit.
**Keys Please** is a short, 70 – 75 minute session aimed at helping you, the learner driver, enjoy the learning to drive experience, pass your licence tests and become a safe and competent driver. At the same time, it will help your supervising drivers (parents, older brothers/sisters, uncles, aunts, whoever) tackle their role with confidence whilst avoiding the stress that can sometimes be a part of it.

It’s been run here at Camperdown College for a few years now, with great success. Everybody who attends comes away saying that they’ve learned something and had a laugh!

Learning to drive should be a fun, exciting time – not a scary or dull chore. We’ll show you how to make the most of it.

Even though it’s during the school day, parents are most welcome to join us!

**Monday 20th May from 11.00am in the Wilson Street Library.**


All we need is you (PS – It really would be handy if your parents come along!)

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**Prep Reading Information Session**

On Wednesday 14th May, our Prep students were joined by their parents for a Reading Information Session. This session gave parents the information needed to assist their child with reading at home. The session was intended to give parents an insight into what is covered during reading at school, reading strategies their child should be using at home and what children need to know before they read.

Always remember: You’re never too old, too wacky, too wild, to pick up a book and read to a child. – Dr Seuss.

**Kim Clark**

Prep Teacher

Pictured left: Bayleigh Quarrell with his dad, Greg.

Pictured left: Xavier Warren with his mum, Kylie.

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**Year 10 Careers Camp**

Last week, Year 10 students travelled to Melbourne for the annual Careers Camp. The students carried out a public transport challenge during day one, where they had to find their way from the CBD out into the suburbs and back again. Students were then split into groups to visit Melbourne University, William Angliss and RMIT and then found their way around the CBD on a discovery challenge, that included lots of walking! After dinner, they were taken on a Lantern Ghost Tour – this incorporated both historical information about Melbourne and the many ghosts that still haunt the city to this day! Our presenter, Jeremy, kept us all entertained!

Day two saw us up early and out to the Coles Head Office in Taronga. Past student, Thalia Marshall, took us on a quick tour, then we participated in a taste test comparison of a Coles brand muesli bar and one from Uncle Toby’s. Coles is a major employer and no matter what industry you’re interested in, you could be employed by Coles.

Students then visited the Victorian Institute of Sport and were shown around by a member of the Melbourne Vixen’s netball team who not only engaged the students in her overview of the institute and the career opportunities that exist there, but inspired and motivated them to set themselves goals to strive towards. Ice skating and a Wipe Out session at the Melbourne Sports and Aquatic Centre concluded the day. On the Friday, students attended the Age Careers Expo – this was a great opportunity for them to tap into specific course and industry information. A big thank you to Mr Gleeson for joining us on this trip and to the Year 10 students who took up the opportunity – they were a delight to take away. Overall, it was a very busy three days and I would like to thank the students for their efforts and positive feedback, which will help improve the camp for next year. It is always very pleasing when people comment on the excellent behaviour and attitude of Camperdown College students – well done to you all!

**Suzanne Maskell**

Careers Coordinator

Pictured above: Alexandra Eastwood, Tilly Morgan, Sierra Ryan and Victoria McCann enjoyed their recent Year 10 camp.

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**Don’t forget to keep collecting your donations for the Year 3 – 6 Adidas Fun Run that was held last week.**

As well as raising funds to revamp the mini golf course, there are some fantastic prizes on offer for all Brooke Street students.

All sponsorship forms and money raised are due in at the Brooke Street Office tomorrow, Friday 17th May. Feel free to contact the Brooke Street Office if you have any questions.
Last week, the Year 10 students attended the Age Careers Expo as part of their Year 10 camp. This was a great opportunity to speak to a whole range of further educational institutions and industry bodies. Don’t forget to have a look at the Student Info Table outside the Careers Office and feel free to help yourself to the information there – including copies of Career News! 

Dates for the calendar: Friday 31st May – Try a Career Day for Year 9 students; Monday 17th June – Ballarat University Rural Outreach Program for Year 10/11 students; Wednesday 17th July – Year 9 Vocational Program at South West TAFE begins; Tuesday 23rd July – SEAS information session for Year 12 students; Monday 29th July – Friday 9th August – Year 10 Work Experience; Monday 9th September – Deakin Experience Day for Year 10 students.

BIOTECHNOLOGY AT HOLMESGLEN – Interested in health? Certificate IV and the Diploma in Laboratory Techniques give graduates the qualifications to work in various roles in laboratories from technicians to research assistants. Classes are small with around 20 students, so teachers are able to give more one-on-one time to students. The fully equipped lab’s give students hands on experience, making them work ready. Certificate IV students complete a two week placement, whilst diploma students can undertake month long placements. Some graduates are working at Melbourne Pathology and Peter McCallum Cancer Centre, whilst others have gone on to university study. Info: Ph 9209 5606. NOTE: Courses are on offer at Box Hill, Chisholm, Gordon and Swinburne.

HEALTH COURSES AT AUSTRALIAN CATHOLIC UNIVERSITY (ACU) – The Faculty of Health Sciences is growing, adding to the courses offered for some time, like nursing and paramedics. 

- New degrees were introduced in 2013: Bachelor of Applied Public Health, Bachelor of Nursing/Bachelor of Business Administration and Bachelor of Speech Pathology. ACU enrolled 76 students into the later course. The Bachelor of Occupational Therapy (commenced in 2012) enrolled 117 students this year.

- The Bachelor of Applied Public Health/Bachelor of Global Studies offers students the opportunity to pursue a career in international public health. The degree will be introduced in 2014 and combines training in public health and global development with access to national and international community development programs. A full semester placement in a community development setting is involved in the third year of the course.

- ACU’s Bachelor of Exercise and Health Science provides an Outdoor Recreation Leadership stream. If a student chooses to undertake all eight units in Outdoor Recreation, they can obtain Victorian Institute of Teaching (VIT) accreditation for Outdoor Recreation as a teaching method. Graduates of the Outdoor Recreation Leadership stream work in areas like: expedition guide, nature tourism, camp directors, program directors for wilderness and adventure therapy, risk assessment, government department management including marine safety, land care and national parks, and facilitator for corporate outdoor companies.

LA TROBE UNIVERSITY – NUMBER 1 IN SPORT: La Trobe has a specialised unit called La Trobe Sport that will drive the vision for the university to be first choice for the study of, participation in and partnering in sport in Australia. The aim is to be the leading university in teaching and research related to sport, to support student sport and sport related clubs to increase student participation in sport, to engage the local community and schools through the use of sporting facilities and sport services at La Trobe, to leverage sports facilities to encourage all members of the university to improve sport and fitness, to secure long term, meaningful institutional influence within the sport industry and to develop links between high performance sport and the teaching and research capacity of the university. The Sport Unit will work to enhance the sport offerings and research outcomes that already exist, as well as build new courses to suit the changing sporting market. La Trobe will work to secure funding to improve sporting facilities. There will be partnerships with organisations like Melbourne Heart FC, Football Federation Victoria and the AFL Players Association and the MCG.

SWINBURNNE NEWS UPDATE – Swinburne is both a university and a TAFE. It has a university/TAFE campus in Hawthorn and TAFE in Croydon and Wantirna (Lilydale and Prahran are closing).

Career practitioners were told at a recent conference that Swinburne has a goal of being Australia’s leader in Science, innovation, business and design by 2020. Swinburne is judged to be in the top 400 universities in the world (of 15,000) and is the third in Victoria. It has leading achievement in design and engineering and in games design (eg Orpheus). Animation is being added as a stream to the Swinburne Film and Television degree.

PILOT TRAINING SCHOLARSHIP – The Royal Victorian Aero Club is offering a pilot training scholarship to encourage young Australians to take up a career or long term recreational participation in aviation. Information and a data pack are available at www.rvac.com.au with applications closing on Wednesday 31st July. Info: Kerin kgreenwood@tpg.com.au (scholarship coordinator).
Reminders:
- Don’t forget to have a look at the Student Info Table outside the Careers Office and feel free to help yourself to the information there – including copies of Career News!
- Check the noticeboards for Open Day Information.
- Dates for the calendar: Friday 31st May – Try a Career Day for Year 9 students; Monday 17th June – Ballarat University Rural Outreach Program for Year 10/11 students; Wednesday 17th July – Year 9 Vocational Program at South West TAFE begins; Tuesday 23rd July – SEAS information session for Year 12 students; Monday 29th July – Friday 9th August – Year 10 Work Experience; Monday 9th September – Deakin Experience Day for Year 10 students.
- ANOTHER HANDY CAREERS WEBSITE – You will find lots of useful information at: www.leap.vic.edu.au (Learn Experience Access Professions). The website aims to demystify the links between school, university and the professions. Find out news and events relating to the professions. We are involved in this program – see Mrs Maskell for further information.

WHAT IS CAREER DEVELOPMENT? It is not just about choosing a job – it is about developing the skills and abilities you need to manage your career life. You have already started your career – you may have a part time job; volunteer; coach a team; play in a team; have subjects you enjoy; have hobbies and interests. Most students will have several jobs during their careers; they need to be adaptable to the changing world of work and willing to be lifelong learners! What do you enjoy doing? What do you value? Have you got the skills to survive the changes that will occur during your career life? Don’t be afraid to come into the career office for a chat or to have a look around!

HOW WILL YOU CHOOSE WHAT YOU DO?
- Will you do what your parent does?
- Will you do what your parent wants you to do?
- Will you do what your friend does?
- Will you do what falls into your lap?
- Will you choose something without really checking out what it involves?
- Will you choose something that you think will make you lots of money?
- Or, perhaps, you will try to put off thinking about it at all.

None of the above methods are necessarily the wisest. You may be different from your parents. You are probably different from your friend. You need to find out what suits you because it is your life and you will hopefully be fulfilled and happy in your career. So....

THINK ABOUT THE FOLLOWING:
- What subjects do you like most at school?
- Do you enjoy sport and being active?
- Are you a hands-on person?
- Do you enjoy reading?
- How do you spend your spare time?
- What are you good at?
- What is important to you?
- Do you like the outdoors?
- Do you find Science interesting?
- Do you like helping people?
- Are you creative?
- Do you like to design things and find out how they work?
- Do you like to work with others or do you prefer to work on your own?

Your answers to these questions will give clues to help you decide. And remember – the decision you make will be the right decision at the time!
To celebrate Education Week in 2013 and the reintroduction of Indonesian at Camperdown College, there will be an Indonesian Family Night on Tuesday 21st May. Doors open at 6.20pm for a 6.30pm start at the Brooke Street Campus.

Parents and Indonesian students will take part in a round robin of Indonesian themed activities including paper Batik, Indo Bingo and Greedy Babi, a Webquest and an Indonesian game called Congklak. These activities will be followed by a taste of some Indonesian food and fruits. If you have not returned your expression of interest form, please do so as soon as possible.

This year, students were again involved in a walk-a-thon as a part of our involvement with the Adidas Fun Run fundraising venture. This saw students and many parents and friends participate in walking laps around the showgrounds during the running of age group events throughout the afternoon. Students were sponsored to participate in both their cross country run and the walk-a-thon, raising money for our school. Money raised will be put towards rejuvenating our mini golf course at our Brooke Street Campus, as well as purchasing additional equipment for the school yard.

All students did a fantastic job in striving to do their best and it was fantastic to see and hear students encouraging fellow classmates and house members to complete the long distance run. It was also pleasing to see our so many parents and friends joining us on the day as part of our walk-a-thon. Thankyou to those parents who volunteered their time to ensure the event ran smoothly. It is much appreciated.

A special mention must go to Kelleigh Henzen, Sharon Vagg, Claire Kempton, Donna and Damien Baulch, Peter James, Mel Micallef, Rachel Wiffen, Rani Fryers, Marcia Pellegrino, Tara Dudderidge and Karoline Stankovic.

Jacinta Tolland
Relieving Prep – Year 6 Sport Coordinator

Pictured above: Eagan Winsall and Abbie-Lee Pellegrino participating in the walk-a-thon; Pictured right: Harry Sumner being encouraged across the finish line by classroom teacher, Julie Nelson.

‘A Taste of Indonesia’

Family Night
Tuesday 21st May

Brooke St Campus,
BER Building

6:30–8:30 pm

Parents and Indonesian students are invited to take part in the following activities:

Indonesian fruit tasting
• Paper Batik
• A Webquest
• Indo Bingo and Greedy Babi
• Congklak
• Sampling a traditional
• Indonesian meal

To celebrate Education Week in 2013 and the reintroduction of Indonesian at Camperdown College, there will be an Indonesian Family Night on Tuesday 21st May. Doors open at 6.20pm for a 6.30pm start at the Brooke Street Campus.

Parents and Indonesian students will take part in a round robin of Indonesian themed activities including paper Batik, Indo Bingo and Greedy Babi, a Webquest and an Indonesian game called Congklak. These activities will be followed by a taste of some Indonesian food and fruits. If you have not returned your expression of interest form, please do so as soon as possible.
Until Sunday 9th June, you will receive one Earn & Learn sticker for every $10 you spend at Woolworths/Safeway Supermarkets. These stickers can be stuck onto the sticker card/s that are available from all Woolworths Supermarkets or alternatively, can be printed out online. Once your sticker cards are completed, they can be placed in the boxes outside the Brooke Street and Wilson Street Offices.

Thankyou very much for your support!

We are running a competition for all students in Prep – Year 12, to encourage them to collect as many stickers as they can to fill their cards and bring them into school. The student/s who have brought in the most completed cards by the end of the promotional period will receive a small prize and be recognised in the newsletter. Please remember to put your child’s name on the bottom of your completed cards.

Plus, earn an extra Earn & Learn point every time you purchase the following brands this week:

Camperdown College Footy Tipping Competition

Well done to all competitors, it’s great to see that it’s still so close. Keep up the good tipping as you are all playing for the following prizes: 1st $100, 2nd $60, 3rd $30 and last place will receive their money back ($10). The top 20 leaders are:

1. Lachie Stephenson 49
2. Jack Kempton 49
3. John Kempton 48
4. Zoe Wilkinson 48
5. Grant Fleming 46
6. Jack Helmore 46
7. Bennett Family 46
8. Simon Tolland 46
9. Ken Lenehan 45
10. Kellie Kempton 44
11. Cameron McAdam 44
12. Charlie Kempton 44
13. Jason Stephenson 44
14. Chrissy Fleming 43
15. Amy Stephenson 43
16. Abbie-Lee Pellegrino 43
17. Ange Hall 43
18. Riley Stephenson 43
19. Robert Fleming 42
20. Emily Lenehan 42
GOOD FAMILY QUALITIES

Much has been written about the sorts of qualities parents need to embrace for the development of strong and healthy families. In her excellent book What Kind Of Child Are You Bringing Up (SNP Publishing Pty Ltd, 1997), Kerry Frost lists the following:

- **Communication.** Strong and healthy families have good communication between all members of the family. They talk about the events of their lives, the achievements and schedules, the plans and shopping lists. They share their ideas about how to approach things. They spend time doing things together. More than this, individuals talk to their parents and siblings about feelings. The expression of feelings both positive and negative must be encouraged. By ridding our bodies of destructive emotions we leave room for joy and happiness to flourish. Boys, girls, mums and dads all need the opportunity to talk about their feelings. Children learn from an early age to use a clearing process for their feelings and thereby lessen their stress and anxiety levels.

- **Problem Solving.** Being able to solve problems and think laterally will assist everyone in all areas of life. Students will perform well both academically and informally if they are able to move into a problem-solving mode rather than remaining stuck in fear and anxiety. Young people who grow up in a family that routinely involves all members in working towards solutions to problems will be less anxious and will deal with stress better.

- **Rules and Expectations.** Healthy families have rules and expectations for all members. Underlying these rules is respect for each other and others’ property. Rules change as each child develops and the consequences for breaking the rules also change. This makes the transition to the adult world much easier.

- **Conflict Resolution.** There are various ways to resolve disputes. Often parents have had less than appropriate models in their own upbringing and need to re-learn how best to deal with conflict. Satisfactory outcomes usually result from a process that enables all involved to express their feelings and viewpoint. Once this expression takes place it is possible to move into forming a solution that meets most of the needs of those in dispute.

- **Compassion and Understanding.** Bad things happen to good people. This statement is a powerful message that will help young people develop a positive attitude towards misfortune and suffering.

- **Hugging.** Physical touch is essential from the moment children are born. This means plenty of affectionate hugs that demonstrate love and esteem. Healthy and happy families are not embarrassed about the intimacy involved in hugs.

- **Ability to see Positives.** In all situations, you can focus on the negatives or the positives. It helps all involved particularly children to routinely seek positive aspects rather than waste energy and time on stress and anxiety.

- **Celebrations.** Children need to feel that their achievements are recognised. What better way than to have a family celebration that instils a sense of fun and humour into families? Families that come together for free and unstructured time support each other and value this time.

- **Flexibility.** Strong and healthy families are flexible and adaptable. The uniqueness of each member is recognised and valued. Frequent family outings provide fun and laughter.

So, how about calling a family meeting to discuss some of the above ideas?