



Kyneton Secondary College

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Principal: Glenn Davey. www.kynsec.vic.edu.au

Thursday, 8th October, 2009

Newsletter

No. 30

Kyneton Secondary College is committed to building a learning community, based on positive relationships and a strong work ethic, where people are able to realize their potential in a safe, caring, stimulating and sustainable environment.

Dear Parent/Guardian/Student,

Year 12 Exams & Break up

All year 12 students and their families will be acutely aware that we are only a couple of weeks away from the exams which start on Friday 30th October. (English Exam).

We wish them all the best for this last run up to the exams.

How students use their time over the next few weeks will be critical in terms of their exam outcomes. I urge all students doing year 12 (Unit 3/4) subjects to remain focused and give themselves the best chance of maximising their ENTER score. No one will say, upon reflection, “I wish I watched more television”; or, “I wish I spent more time lying out in the sun”, during this time. Some short term effort now will pay great dividends when students are able to do their desired University or TAFE course.

We will be meeting with all year 12 students shortly to discuss our expectations regarding behaviour leading up to and including “muck up” day (23rd October). Students will also be reminded that they should not expect to be exempted from the law or other disciplinary measures on the basis they are a student finishing school.

Working Bees

Working bees for term 4 will occur on the 31st October and the 21st November. Our gardens are really starting to look fabulous thanks to the hard work of our gardening team. It would be great to see a large turnout at these events- as well as helping keep our college looking attractive, it is also an opportunity to meet and talk to other parents and staff. Look forward to seeing you there.

Introduction of the Victorian Student Number

Our school is working with the Department of Education and Early Childhood Development to allocate a Victorian Student Number (VSN) to each student at the school.

The VSN is a student identification number that is being assigned to all students in government and non-government schools, and students in Vocational Education and Training Institutions. The number, which is unique to each student, will be used as a key identifier on a student’s school records, and will remain with the student throughout his or her education, until reaching the age of 25. The VSN is nine digits long, randomly assigned, and tied to stable information about the student (name, gender, date of birth).

The introduction of the Victorian Student Number will provide the capability to accurately detect patterns of student movement through, and departure from, the Victorian education and training system. It will greatly improve the collection and analysis of timely and accurate data about education in Victoria. The Department collects information to track improvements made to the education system, identify areas that require further improvement, and to analyse trends and identify future needs. The VSN will improve the accuracy, reliability and completeness of this information, providing a better basis for assessing needs and developing policies to meet them.

You will see the VSN appear on student report cards, enrolment confirmations, and exit confirmations.

If you want to know more about the VSN please see

<http://www.education.vic.gov.au/management/governance/vsn/overview.htm>

Energy Drinks at Kyneton Secondary College

There has been a growing concern among staff at the college with regard to the increasing consumption of energy drinks by students at school and the effect they may have on their learning. The Australian Medical Association has expressed concerns on the impact of these drinks on the health of children and supports the banning of these products on school premises. As a consequence of this the school nurse will be conducting an education program for students on the health risks of these drinks.

Kyneton Secondary College does not support the consumption of energy drinks. If a student brings an energy drink to school or a school related activity it will be confiscated and will need to be collected by a parent or guardian. This will take effect from Monday 12th October.

Please read the information provided by the school nurse in this week's newsletter.

NAPLAN.

In May national literacy & numeracy tests were administered to students in years 3, 5, 7 & 9 throughout Australia. Your child's report will be issued on **Monday 12th October**, showing their performance in literacy and numeracy. An explanatory brochure will accompany the report.

Glenn Davey - Principal

COMING EVENTS.

	EVENT	YEARS
OCTOBER		
Thursday 8 th Oct	Year 9 HUMS Excursion	Yr 9
Monday 12 th October	Yr 10 Work Experience Week 1 Yr 10 BRIT Excursion	Yr 10 Yr 10
Monday 12 th – Friday 16 th October	Yr 11 Outdoor Education Camp	Yr 11
Tuesday 13 th – Wednesday 14 th Oct	Driver Education Camp 10A/B Make Poverty History Concert – 8.00 pm	Yr 10
Thursday 15 th October	Year 10 VU Excursion	Yr 10
Monday 19 th – Friday 23 rd October	Work Experience Week 2	Yr 10
Monday 19 th October	Yr 10 BRIT Excursion	Yr 10
Tuesday 20 th – Wednesday 21 st Oct	Driver Education Camp 10A/F	Yr 10
Thursday 22 nd October	Whole School Assembly Period 4 Yr 10 VU Excursion	All Yr 10
Friday 23 rd October	Last Day Year 12	Yr 12
Thursday 29 th October	School Captain Elections 1 – 4	All
Friday 30 th October	Year 12 Exams Start	Yr 12
Saturday 31 st October	Working Bee	
NOVEMBER		
Wednesday 4 th Nov	Kyneton Cup	All
Monday 9 th November	Yr 11 Study Day	Yr 11
Tuesday 10 th – Friday 13 th November	Year 11 Exam Week	Yr 11
Thursday 12 th Nov	Year 9 Health Day School Council Meeting	Yr 9
Monday 16 th – Wednesday 18 th Nov	Year 12 Orientation Program	Yr 11
Tuesday 17 th November	JAZZ AFTER DARK	All
Wednesday 18 th Nov	Early Start Program	
Thursday 19 th Nov	Course Counselling – Last Day Year 11	
Friday 20 th Nov	Year 12 Exams End	Yr 12
Saturday 21 st Nov	Working Bee	
Monday 23 rd Nov	Year 10 Study Day Zoo Excursion Yr 7	Yr 10 Yr 7
Friday 27 th November	Valedictory Dinner	

Mon 30 th Nov - Wed 2 nd December	Yr 10 – 11 Orientation Program	
DECEMBER		
Thursday 3 rd Dec	Year 10 – 11 Course Counsel Last Day Year 10	Yr 10 Yr 10
	Secondhand Books to Office	
Friday 4 th Dec	Report Writing Day	
Monday 7 th – Friday 11 th Dec	Music Tour	
Tuesday 8 th Dec	Orientation Day Secondhand Book Sale	Grade 6
Thursday 10 th Dec	School Council Meeting	
Friday 11 Dec	Yr 7/8/9 Excursion	Yrs 7/8/9
Monday 14 th Dec	Activities	All
Tuesday 15 th Dec	REPORT DISTRIBUTION	All
Wednesday 16 th Dec	PRESENTATION NIGHT	All
Thursday 17 th Dec	Course Counselling	
Friday 18 th Dec	Course Counselling END TERM 4.	

UNIFORM SHOP HOURS.

The Uniform shop is open every **Monday, 3pm – 5pm** and **Tuesday 2.30pm – 4.30pm**

LAUNDRY ROSTER.

Friday 9th October: Jacqui Moore

(Please contact Judy at the school on 5421 1100 if you would like to take part in the roster.)

PARENT CLEANING GROUP.

The Parents & Friends Group has initiated support for the school. They are volunteering to undertake support cleaning and will be tackling particular tasks. Please see Cheryl Wheeldon **Wednesday, 14th October** in Room 34/35 at 3.30pm. to collect equipment and find out locations. Any assistance, whether on a regular or occasional basis, will be greatly appreciated. For more information contact Cate Burton or Fiona Rankin on 5421 1100.

Thank you

Cheryl Wheeldon

WORKING BEES – TERM 4.

The Working Bees for this term will be Saturday 31st October and Saturday 21st November.

They start at 9.30 am and finish around 1.00pm.

Parents can park their cars at the rear of the school and meet at the canteen. (use Market Street entrance).

The types of jobs vary depending upon need and more information is given closer to the dates.

Any help is greatly appreciated.

If you have any queries please contact Cate Burton at the school.

GARDENING GROUP.

The dates for this term are as follows:

Tuesday

20th October

3rd November

17th November

1st December.

15th December

Wednesday

14th October

28th October

11th November

25th November

9th December.

The groups start at 9.30am and finish around 11.30 am. Morning Tea provided.

IMPORTANT YEAR 10 NOTICE Parents / Guardians of Year 10 Students

Work Experience and the Pre-Driver Education Camp are being held next week during week two and week three of Term 4. Students who are not completing Work Experience will be going on the Pre-driver Education camp and completing different activities at school. This includes the opportunity to complete their First Aid Certificate II. Students at school will also be going on two *free trips* to visit Bendigo Regional Institute of TAFE and La Trobe University Bendigo and to Victoria University St Albans and Footscray.

These visits will provide students with a better understanding of what's on offer at their local universities and TAFE colleges. All students will be expected to attend these activities as part of their year 10 coursework and overall educational development.

A letter and the camp indemnity forms were sent out last term. These outline in more detail the programs and the rationale behind them. The Bendigo excursion form was sent home on Tuesday. **Could you please return all camp forms immediately and excursion forms should be returned by the end of this week.**

Work Experience: 10C, D & E from Monday the 12th October to Friday the 23rd of October

Pre-Driver Education Camp: 10B/A- 13/14 October, 10F/A - 20/21 October

Please contact us if you require more information.

Ms Georgina Hasell or Mr David Bruffell.

PLANNED CAN RECYCLING.



The Year 11 Outdoor Education and Environmental Studies class is going to implement a can recycling program to raise awareness about the benefits of recycling and saving the planet. With the help from local metal recyclers and the Lions Club, the school will sell the cans and put the money raised back into the recycling program. There will be a Can Cage and Can Only recycle bins at the school that the students and surrounding community will be encouraged to use.

Any queries please contact Ms Jodie Nunn at the school on 5421 1100.

HELLO FROM THE NEW SECONDARY SCHOOL NURSE.



Hi, my name is Sarah Warburton and I have commenced this term as the KSC nurse. I thought it was a good opportunity to explain the role of the Secondary School Nurse (SSN). Most people hear the word nurse and think hospitals, illness and bandages. However the SSN has quite a different role, which involves working as part of the school welfare team. Students are better prepared for learning when they are healthy, safe and happy, and the school nurse is involved in assisting with health education, health promotion and one on one health consultation with individual students or small groups. I encourage students, staff and parents to access me as a health resource. I can provide information, guidance and support about a range of issues that includes:

- Relationships
- Self esteem
- Loss and grief
- Adolescent health concerns
- Bullying
- Safe sex
- Pregnancy
- Smoking, alcohol and drug use
- Managing stress and anxiety

- Healthy weight
- Problems at home.

Being informed helps students make better health choices. If necessary, the SSN can also help students get in touch with other health providers, such as local doctors and pharmacists, community health services, psychologists, student support service officers, family planning services and more.

The service is free, friendly and confidential. I usually work at KSC on Wednesday and Thursday (5421 1145) and can also be contacted by mobile 0408 302287 or email: warburton.sarah.s@edumail.vic.gov.au Students are welcome to drop in (I am located in the Uniform Office), or alternatively make an appointment.

Sarah Warburton - Secondary School Nurse, CSC

ENERGY DRINKS

In Australia, the consumption of energy drinks is increasing rapidly. These drinks usually contain:

- **Caffeine**
- **Guarana**
- **Sugar** (in higher quantities than sports drinks).
- **Protein**
- **Vitamin B.**

What is of concern are the high levels of caffeine. Some energy drinks contain more than twice the caffeine content of cola drinks. The fact that energy drinks are being drunk as if they are soft drinks or water is also of major concern. Consuming greater quantities of these drinks increases the risk of unpleasant side effects.

Content of caffeine in some popular energy drinks:

- Red Bull 80mg.
- "V" 78mg.
- Impulse 88mg.
- Naughty Boy 80mg.

Caffeine content of substances:

- Instant coffee 60 – 80mg/cup.
- Cola drinks 20-35 mg/250ml.
- Cocoa and hot chocolate 10-70mg/cup.
- Chocolate bars 20-60mg/200mg bar.

Why are young people consuming so much of energy drinks?

It is becoming "cool" to drink energy drinks. Many young adults consume energy drinks before or during sporting events or school activities as they believe that the drink will increase their energy levels. Some people are even consuming these drinks before "going out" or when they are working in order to "get a lift".

Energy drinks and your health.

Drinking large amounts of energy drinks over time will cause your body to build up a tolerance to caffeine. The high caffeine content of these drinks can produce a variety of unpleasant side effects. These drinks also reduce the body's absorption of water due to the high levels of sugar.

- **Short-term effects:**
 - Increased alertness and energy.
 - Alterations to mood
 - Increased metabolism
 - Elevated blood pressure
 - Increased body temperature
 - Increased urination
 - Increased gastric acid secretions.
- **Effects of large doses:**
 - headache

- hand tremors
- impaired coordination
- nervousness
- diarrhoea
- Even delirium.
- **Effects of Very Large doses:**
 - high blood sugar
 - High urinary acid levels.
- **Long-Term Effects:**
 - Regular use of more energy drinks (more than 600mg of caffeine per day) may cause chronic insomnia, depression, stomach upset, persistent anxiety or heart palpitations.

Energy Drinks and Alcohol.

Younger people are mixing alcohol and energy drinks hoping this will allow them to consume more alcohol without feeling intoxicated. Doing this will increase the risk of dehydration. It will also cause drowsiness, loss of coordination and slower reflexes. Blood Alcohol Concentration will continue to increase without the person realising it. It is highly recommended that mixing energy drinks with alcohol be avoided at all times.

Things to consider next time you or your child drink energy drinks:

1. Are you concerned about your child's sugar intake? Some energy drinks contain high amounts of sugar (equal to 5 teaspoons per 250ml can).
2. Will the drink enhance your child's wellbeing? There is little (if any) evidence of nutritional value in most energy drinks. Fresh fruit and vegetables and water is a much better option.
3. How old is your child? Older children and young people should be careful. The human brain continues to grow up to about age 16 (some say age 21). We know caffeine can affect a growing brain, but we don't as yet know how.

The Australian Consumer's Association advises that whilst there is no specific scientific evidence to prove energy drinks are unsafe, young people need to be aware of their contents. Excessive caffeine intake **SHOULD BE AVOIDED!**

References:

- www.betterhealth.vic.gov.au (Fact Sheet, Caffeine).
 - www.abc.net.au (Parents Warned on Energy Drink Craze).
- www.dao.health.wa.gov.au (Drug and Alcohol Prevention)

PARENTS AND FRIENDS GROUP.

There will be a meeting of the Parents and Friends Group on Tuesday 13th October in Room 3 at 2:00pm. All parents are welcome.

If you would like to be added to our email list to be informed of events and things the Parents and Friends Group does, please email Sharon Bird at:

bird.sharon.s@edumail.vic.gov.au

Sharon Bird



Macedon Ranges Touch Football

Touch Football is played on Tuesday nights every summer at the Dixon Field reserve in Gisborne. Macedon Ranges Touch is extremely family focused, with children as young as 12 playing alongside adults, and junior competitions also. Touch Football is similar to rugby, but removes the element of tackling and dangerous physical contact. Instead of tackles, players are merely 'tagged' (touched). Like rugby, the object is to score by placing the ball on the ground past your try-line. All competitions will start on October 20th, 2009.

Registrations must be received by 13th October, 2009



Junior Competitions

Under 12 Mixed & Under 16 Mixed
Tuesdays from 4.30pm
\$75.00pp

Come & Try Day: 6/10/09 & 13/10/09

Junior players will also have an opportunity to try out for the Macedon Panthers representative squad, which compete at the all schools championships. From this many participants from our region have been selected for state teams.

Schools can also enter their own team into the under 16 or under 12 competitions in Gisborne. Teams should have approximately 12 players. Junior Touch Football competitions break for the summer school holidays

Senior Competitions

A Grade Mixed & B Grade Mixed
Tuesdays from 6.20pm

\$1030 per team (approx 10-12 players per team)



WEP's Student Exchange Programs - Early Bird Special

What better way is there to learn about the everyday realities of culturally diverse and human encounters than by learning to live in another culture?

Once our exchange students return to Australia, it is not a question of whether they will cope at university or in the workplace, but instead a question of how high they are willing to set their goals.

World Education Program Australia (WEP) is a not-for-profit student exchange organisation registered with the education departments and now accepting new applications for students to travel overseas in 2010/11 as exchange students for a summer, semester or year.

Emily M. from QLD spent a semester in Italy in 2009:

"I was put with a great family and a great location – couldn't have been better. I was able to travel with them and learn Italian.

I learnt that I have to be independent and take responsibility for myself and that even if you can't speak the same language there is always a way to communicate."

Early Bird Special

WEP is offering a \$500 discount towards a semester or year program (leaving July-Sept '10) for applications received before 30 November '09 to any of the following countries:

Brazil, Belgium, France, Germany, Italy, Mexico, The Netherlands, Poland, Spain, Norway, Turkey, Thailand or the USA

Students must be in years 9 – 11 to be eligible for this discount.

To receive a free information pack and find out more:

- Visit www.wep.org.au,
- Call 1300 884 733 for the cost of a local call
- Email: tessallaway@wep.org.au

KYNETON PRIMARY SCHOOL FETE.

Saturday October 10th – 10am – 2pm.



Rides \$15 wristbands – plants – plaster painting – Jaffa smasher – coffee – milkshakes – lucky dips – silent auction – face painting – silent auction – great hampers – plate smash – choclotto – 2nd hand books – decorate a biscuit – tin can alley – horse and carriage rides – showbags – Kyneton ... You've Got Talent! – Devonshire tea – cakes – BBQ And lots more!!!

KYNETON SHOW IDOL.



Final: Friday 20th November 2009. 6pm start at Kyneton Show Grounds.

Heats will be held Saturday 7th November 2009, start 1pm at Football Club Rooms, Kyneton Showgrounds.

Please contact Denise Sheridan on Phone 5422 1668 or 0419581360

13 and Over

1st Prize \$200

2nd Prize \$75

3rd Prize \$50

Under 13

1st Prize \$100

2nd Prize \$50

3rd Prize \$25

Judges Choice Prize \$50

All prizes include a trophy

Entries \$5.

Guest Judges.

Supported and sponsored by McColl Property, Collins Newsagency, Kaddys, Glosters Electrical, Kyneton RSL, Elliott Print, Adrian Plowman and Associates.

For entry contact Darryl and Denise Sheridan 5422 1668 or 0419514103.



Women's & Girls Cricket

Cricket season is here for women and girls interested in playing for the Gisborne Dragons Cricket Club.

For the tenth season, the club has two open-age teams in the Victorian Women's Cricket Association and is looking to provide a fun team environment for both new and returning cricketers.

Women's cricket is a great opportunity for mums to play a team sport with their daughters or friends to stay active together this summer.

Not sure about it or want to know more? Please give Steven Docherty (Women's Cricket Coach) a call on 0402 239 517. <http://www.gisbornecc.com/>