## Diary Dates

### Term 3

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Event Description</th>
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</thead>
<tbody>
<tr>
<td>16 September - 19 September</td>
<td>Musician of the Year Awards</td>
</tr>
<tr>
<td>17 September</td>
<td>Year 11 Health &amp; Wellbeing Day</td>
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<td></td>
<td>Primary School CHESS Tournament</td>
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<td></td>
<td>2015 Japanese Trip Information Evening, 7.00pm</td>
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<td></td>
<td>Bullying Solutions Parent Workshop, 7.00pm</td>
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<tr>
<td>19 September</td>
<td>Last Day Term 3</td>
</tr>
<tr>
<td>23 September - 5 October</td>
<td>Year 12 Classes School Holiday Timetable</td>
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### Term 4

<table>
<thead>
<tr>
<th>Date Range</th>
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<tbody>
<tr>
<td>6 October</td>
<td>Term 4 Commences</td>
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<tr>
<td>10 October</td>
<td>Year 6 into 7 Enrolment Interviews</td>
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<tr>
<td>13–15 October</td>
<td>Year 9 Camps</td>
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<tr>
<td>16 October</td>
<td>Making the Link Year 9 Sessions</td>
</tr>
<tr>
<td>20–22 October</td>
<td>Year 11 Outdoor Ed Paddle Trip</td>
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<td>21 October</td>
<td>Gala Music Concert, Steiner School Concert Hall, 5.30pm</td>
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<td>22 October</td>
<td>Last Day for Year 12 Students</td>
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<td>23 October</td>
<td>Year 12 Dress Up Day</td>
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<td>29 October</td>
<td>Making the Link Year 9 Sessions</td>
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## From the Principal

One of the challenges in working to ensure a quality education is knowing how the school and students within the school are performing. Each year some parents, all students and staff are given the opportunity to provide their opinions feedback about the school through a range of surveys. The surveys are conducted by DEECD and the results are calculated and given back to Principals to share information about areas of strength and areas for improvement.

Recently we have received back the results of our Student Opinion Survey. Over the past 5 years leaders, staff and School Council have worked to improve our school and make it the most effective learning environment we can for our students. This year, in many of the areas you will see in the graph that the school is performing at state mean or above. This is a significant improvement from the school’s data just 5 years ago. At that time students were providing feedback that they were not learning or being stimulated, that they did not feel good about their school and that they were not always connected to their peers. Although I still want to improve and ensure that Castlemaine secondary College is one of the top 25% of schools in Victoria, it is pleasing that we are continuing to improve and that we are close to achieving this goal.

In the area of teacher effectiveness and empathy we are in the well above state mean. Student morale in 2012 was 44.9% in comparison with all Victorian schools. This year we are at 69.3%. In the area of stimulating learning we were ranked at in 2012 at 68% this year it is at 74.1%. All of these indicate that our students are experiencing a better learning environment and feel challenged and stimulated to learn.

Often we do not stop and reflect on what we have in our school community and we can focus on areas for improvement and growth in our community rather than reflecting on our achievements. This data and the improvement that has occurred at the College is a worthwhile opportunity to celebrate the achievements that we have made as a College community. These achievements are a result of intensive work, professional development and targeted strategies to make the school a strong learning environment for our students. The care and commitment by staff to achieve an effective learning environment requires significant commitment and passion and support from the School Council. I look forward to our continuing improvement journey to ensure high quality learning for all our students.

Mary McPherson
Opening of new Wellbeing Centre

The College was very proud to welcome Hon Minister Dixon, Minister for Education, to the Official Opening of our Wellbeing Centre on Wednesday 27 August 2014.

It was wonderful occasion to celebrate the provision of our wonderful facility on Blakeley Road Campus and showcase just some of the range of projects and achievements of our outstanding students, including performances from the cast of ‘13’, a presentation about Youth Parliament, outstanding achievements in the Science Competition and Wear It Purple Day. Minister Dixon and our guests were greatly impressed with our students and College and deeply appreciated our student and communities expressions of thanks including the presentation of our ‘Thank You’ postcards.

We were fortunate to have a number of VIP guests including:

- State Liberal Member of Northern Victoria, Amanda Miller,
- Mount Alexander Shire representatives,
- Department of Education & Early Childhood Development,
- Y2 Architecture,
- Nicholson Construction,
- Lions Club of Castlemaine,
- College Council,
- Community Partners from the Hot Rod Association,
- Castlemaine Old Boys Association,
- Past Technical College Association,
- past staff, and
- many of our wonderful parents.

As a College we can be very proud of our students, staff and the future of our College.
Wellbeing Day

Wednesday 27 August, was a year 10 Wellbeing day at the Etty Street Campus. It was a fun, well organised day. It started with yoga in the gym, with enthusiastic and friendly presenters. This went for around an hour and was relaxing and fun. It was a great activity to have in the middle of the week. There was an informative ‘Headspace’ presentation, that where we discussed ways of dealing with stress. Finally we enjoyed an art activity, where we made clay sculptures that represented something important to us, lit a candle and then made a group sculpture. It was an enjoyable and supportive day.

Freya 10S

Year 9 Foods Crew

The Year 9 Foods Crew Students have been busy catering over the past few weeks! One hundred cup cakes were made and decorated with the word ‘Respect’ in celebration and appreciation of the work carried out by the Education Support Staff at Castlemaine Secondary College. The Foods Crew also catering for the opening of the Wellbeing Centre and presented a wonderful morning tea for the visiting dignitaries and guests.
Bahasa Indonesia Update

Year 12 student selected for Indonesian Tour

Year 12 Indonesian students Amelia and Elise are very excited as they have been selected to take part in the Indonesia Uncovered Tour at the end of the year. There were only twelve VCE students selected throughout Victoria to take part in this three week trip to Indonesia. The students will be able to use their Indonesian skills every day but will also have the opportunity to develop connections with Indonesian University students whom they will be living with. During this experience, Amelia and Elise will visit Yogyakarta to learn about Indonesian Arts, Jakarta to learn about global business as well as Sumatra where they will spend time in an orang-utan sanctuary. Congratulations to Amelia and Elise.

Year 10, 11 and 12 Day in Bendigo

On Friday 22 August, Indonesian students from Years 10, 11 and 12 were involved in a language immersion experience in Bendigo. Students enjoyed eating a range of delicious Indonesian food at the Malayan Orchid.

Year 10 students then embarked on a two hour “Race around Bendigo” in search of a variety of clues and challenges where they had to use their Indonesian skills. These tasks included having to “hug” a column at the Capital Theatre, find out the equivalent Indonesian price in rupiah for a range of items from Macdonalds and describe the animals that lived in Rosalind Park in Indonesian.

Year 11 and 12 students joined other VCE Indonesian students from Catholic College Bendigo and Bendigo Senior Secondary College in undertaking a series of games and activities to practice their oral language skills. Indonesian students studying at Melbourne University helped the Year 12 students in their general conversation skills to prepare for the upcoming oral examination in October. Year 12 students also had the opportunity to also interview and find out more about their detailed study on Australian-Indonesian relations.

The Year 11 students were able to practice their speaking skills with other students and also eight high school students from Makassar in Indonesia. They also interviewed these students about their lives in Indonesia.
2015 Japan Trip Information Evening

There will be an information evening held at 7pm Wednesday 17 September in the Wellbeing Centre Blakeley Road Campus for anyone interested in joining our trip to Japan in 2015.

This trip is open to all students in years 9 to 12 in 2015. There is the opportunity for parents of participating students to also be a part of this exciting tour.

For further information or any queries please contact Lyn Ellery on 5479 1111.

Critics Choice Education and QUIT Counselling

Castlemaine Secondary College regularly provides students with a range of education sessions on the harms of tobacco, through the highly acclaimed Critics Choice program and other Health and Physical Education classes. These sessions are often complimented with a visit from the school nurse, who encourages students to recognise tobacco harms and the ways to provide help if friends or family smoke. The School nurse also speaks to students individually as required.

How to help prevent your child from taking up smoking

Parents and carer’s of teenagers have a very significant influence on their lives and can help them to make healthy choices. It is important for parents who do and do not smoke to express their opinions about smoking to their teenager. Here are some tips on what to talk about with them:

- Talk to your teenager about what you would prefer them to do about smoking. You could begin by saying “You have to make up your own mind, but I think…”
- Help your teenager practise refusing cigarettes. You could say something like, “What would you do or say if someone offered you a cigarette and you didn’t want one?”
- Try to help your teenager understand that most people choose not to smoke (80% of teenagers do not smoke regularly).
- Ask your teenager about the risks of smoking (getting into trouble, costs, addiction, smell, fitness).
- Ask your teenager to tell you what he/she thinks your views are about smoking.
- Talk to your teenager about making your home and car into smoke-free zones.

If you smoke:
- try to explain how hard it can be to quit;
- try to avoid smoking in the car;
- try to avoid leaving cigarettes lying around;
- try to make your house a smoke-free zone;

Sick of Smoking?!?

Recent Cancer Council Victoria research revealed more Victorian smokers want to quit and more are quitting successfully. Our message to smokers is lots of people are quitting and you can too.

The Quit Program aims to help individuals quit smoking and to support them during the process.

One on one sessions are available with a Community Health Nurse who is an accredited QUIT educator.

Smokers can double their chances of quitting successfully by calling the Quitline on 13 78 48 and can get extra tips and support by visiting www.quit.org.au.

For more information or to see a local QUIT educator, contact Castlemaine District Community Health on 5479 1000.
Healthy eating focus for students - what they drink

Castlemaine Secondary College regularly provides students with a range of education sessions based around health promotion, through the Secondary School Nurse program and other curriculum. A visit from the school nurse to year 7 assembly encouraged students to recognise the harms of caffeine in a range of drinks available commercially.

While it is recognised that many parents wouldn't dream of giving their kids large amounts of coffee to drink, some might routinely serve soft drinks containing caffeine. Foods and drinks with caffeine are everywhere, but it's wise to keep caffeine consumption to a minimum, especially in younger kids.

How Caffeine Affects Kids
Caffeine is a stimulant that affects kids and adults similarly, it is defined as a drug because it stimulates the central nervous system. At lower levels, it can make people feel more alert and energetic.

In both kids and adults, too much caffeine can cause:
- jitteriness and nervousness
- upset stomach
- headaches
- difficulty concentrating
- difficulty sleeping
- increased heart rate
- increased blood pressure

Especially in young kids, it doesn't take a lot of caffeine to produce these effects.

Here are some other reasons to limit kids' caffeine consumption:
- Kids often drink caffeine contained in regular soft drinks. Kids who consume one or more sweetened soft drink per day are 60% more likely to be obese.
- Caffeinated beverages often contain empty calories (calories that don't provide any nutrients), and kids who fill up on them don't get the vitamins and minerals they need from healthy sources, putting them at risk for nutritional deficiencies. In particular, kids who drink too much soft drink (usually starting between the third and eighth grades) may miss getting the calcium they need from milk to build strong bones and teeth.
- Drinking too many sweetened caffeinated drinks could lead to dental cavities (or caries) from the high sugar content and the erosion of tooth enamel from acidity.
- Caffeine is a diuretic that causes the body to eliminate water (through urinating), which may contribute to dehydration.
- Abruptly stopping caffeine may cause withdrawal symptoms (headaches, muscle aches, temporary depression, and irritability), especially for those who are used to consuming a lot of it.
- Caffeine can make heart problems or nervous disorders worse, and some kids might not know that they're at risk.

What's Caffeine Sensitivity?
Caffeine sensitivity refers to the amount of caffeine that will produce an effect in someone, which varies from person to person. On average, the smaller the person, the less caffeine necessary to produce side effects. However, caffeine sensitivity is most affected by daily caffeine intake.

People who regularly drink beverages containing caffeine soon develop a reduced sensitivity to it. This means they need higher doses of caffeine to achieve the same effects as someone who doesn't drink caffeinated drinks often. So, the more caffeine kids take in, the more caffeine they'll need to feel the same effects.

Cutting Back On Caffeine
Can you keep kids caffeine-free? Absolutely! The best way to cut caffeine (and added sugar) is to eliminate soft drinks. Instead, offer water, milk, or you also can serve 100% fruit juice in small amounts. For added convenience, serve water in squeeze bottles that kids can carry around. You can still serve the occasional soft drink or tea – just make it noncaffeinated. And watch for hidden caffeine by checking the ingredient list on foods and beverages.

If your teen has taken up coffee drinking, one cup a day can easily turn into several (as most adults know), especially if your teen drinks it to stay awake during late-night study sessions.

The best way to reduce coffee caffeine intake is to cut back slowly. Otherwise, kids (and adults) could get headaches and feel achy, depressed, or just downright lousy.

Try substituting noncaffeinated drinks. Keep track of how many caffeinated drinks your child has each day, and substitute one drink per week with a caffeine-free alternative until he or she has gotten below the 100-milligram mark.

Someone cutting back on caffeine may feel tired. The best bet is to hit the sack: It's just a body's way of saying that more rest is needed.

Source: http://kidshealth.org/parent/growth/feeding/child_caffeine.html#
Community News

Dance for Life

Dance For Life is an event organised by CSC Steiner Stream Relay for Life Team and supported by the Mt Alexander Shire and others sponsors. The event is a Dance Party for 13 - 17 year olds on 13 September at St Mary's Hall commencing at 6.00pm. The theme is "Hollywood" (optional) with great prizes for best dressed etc. There will be a Melbourne DJ providing music and it will be a fun night.

The event will be fully supervised and is an alcohol and drug free event. Doors will close at 8pm and there are no pass outs. Supper and a drink are included in the entry - $10 from VideoLand or online at trybooking/10055 or $12 at the door.

Come along and have a 'night of nights', rub shoulders with the stars and support Cancer Council of Australia.
Community News

NOW ACCEPTING 2015 ENROLMENTS

Contact Tiffany for more information - 0420 660 364
tiffanytoombs@australiancricketcollege.com
www.australiancricketcollege.com
Community News

Are you Ex Navy, Army or Air Force?

Then Carry On (Victoria) may be able to help you with education costs if you meet our eligibility criteria.

If you have served in the Australian Defence Forces or Allied Forces and you wish to apply for a Secondary Education Grant for 2015, please telephone Carry On (Victoria) on (03) 9629 2648 to establish eligibility and request an application form.

Carry On (Victoria) assists Secondary School students in Years 7–12 with grants for expenses such as fees, books, uniforms, excursions etc. For those students going on to Tertiary Education a grant may also be available.

Children whose Parent/s or Legal Guardian/s have a need for financial assistance and comply with our eligibility criteria may apply. All grants are income tested and applications should be submitted by 30 October 2014.

CASTLEMAINE TENNIS CLUB OPEN DAY

Tennis Programs Victoria has recently been appointed the new coaching provider at the Castlemaine Lawn Tennis Club. Director of Coaching and former top 200 ranked touring professional, Paul Mick, would like to invite all ages and levels for an open day on September 21st at 3pm. A BBQ will be included for all people who attend.

School Holiday Program
Date: Thurs 25th Sep
Time: 9am-4pm
Cost: $25.00 (byo lunch)
Program Includes:
Stroke production
Footwork

Tournament Play
Specific Footwork
Skill Acquisition
Games and Prizes

Please enroll early as numbers are limited

Paul Mick Director of Coaching
(former top 200 ranked touring professional)
Call 0415 511 150 or email p.mick2011@gmail.com