Welcome to the start of term 4, I trust you had a safe and enjoyable holiday. This term is an extremely busy term with Year 12 exams less than 4 weeks away. Click on the following link to view the 2012 exam timetable [http://www.vcaa.vic.edu.au/vce/exams/timetable.html](http://www.vcaa.vic.edu.au/vce/exams/timetable.html).

Before I highlight some important term 4 dates I would like to congratulate all P-6 students who participated in the Merbein Cluster athletics. Once again, it was fantastic to see so many parents at Kenny Park.

I must also congratulate the SRC for their work on the last day of term 3, they managed to provide ‘game day’ lunches to a large number of teachers and students. It was impressive to see so many Essendon supporters dressed in red and black!

Although this term is busy I am pleased the majority of camps and excursions are behind us! In saying that, we have 3 students participating in extra curricula activities in coming weeks. Kieran Simmons, Katrina Simmons and Ashley Rowe have all qualified for the next stage of athletics. Good luck to all three students!

Next week is the Scholastic Book Fair. Students, parents, teachers and community members will be able to purchase quality books and classroom materials at reasonable prices, while earning free books for our school. See the advertisement later in this publication for further details.

Amelia Symes has continued to excel in textiles. She has produced an 18th Century garment with a modern twist. The garment will feature in the local fashion and design awards. Log on to the school website to see photographs of the masterpiece!

Some other important dates for this term:

- October 27- Last school day for Year 12 students
- October 28- Beat Box performance
- November 1- Melbourne Cup day
- November 9- School Council
- November 21- Year 11 exams begin
- November 28- Year 7/8 leave for University of Ballarat trip
- December 5- Year 9/10 exams start
- December 12- Flying start
- December 20- Presentation night
- December 22- Last day of term 4

If you have any questions regarding any of the events listed above contact me at school.

Finally, all of the students attending the Gnurad Gundidj Leadership camp in Glenormiston arrived safely on the weekend. I am yet to make contact with the Principal of the Glenormiston School however I will have regular contact throughout the term and keep you posted via the Pipeline!
Hello again folks. I hope that the school holiday period saw you safe and well and that the weather has been kind to you and your crops.

This week I am simply going to pass on some information to you. Our Regional Wellbeing and Drug Education Support Officers along with the Child and Adolescent Mental Health Service Mildura recently sent out an information sheet for staff and parents to be aware of regarding adolescent mental health which I shall attach to the school’s website.

Please take the time to read this valuable information.

Students are also reminded that the anonymous “Wellbeing Box” is set up in the library and that students can contact me through that should they require it. I can also be contacted on my email at morrison.kelly.j@edumail.vic.gov.au.

Helpful Hint:

See CAMHS Tip Sheet

More information can be found at the following sites:

See CAMHS Tip Sheet

Please contact the school if you would like any assistance or more information on this.

Be Well

Kelly Morrison
Wellbeing Coordinator
## Dates to Remember

### October
- **Book Fair**: 17th—21st October
- **Casual Dress**: 21st October
- **Last day for Yr 12’s**: 27th October
- **Beat Box performance**: 28th October

### November
- **Public Holiday (Melb Cup)**: 1st November
- **School Council**: 9th November
- **Yr 11 exams begin**: 21st November
- **Yr 7/8 Uni of Ballarat trip**: 28th November

### December
- **Flying Start**: 12th December
- **School Council**: 14th December
- **Presentation night**: 20th December
- **Last Day School**: 22nd December

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**WHOLE SCHOOL PHOTO**

If anyone would like to order a whole school photo for $10 please come to the office.

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Some of our students have their art work entered in the Mildura Show. If you have a chance please go and have a look.

Student art works on display are by Evie Rowe, Holly Harmer, Riley Berry and Nathan Kingi.
Why the healthy eating pyramid is imported. The healthy eating pyramid is a chart that tells you what you can have for a healthy diet and it can tell what things are not healthy to eat.

There are the two different eating pyramids? The Healthy Eating Pyramid and the Healthy living pyramid. It has three rows of food and there are food we can eat a lot of and food that are sometime food. We need all of them to be healthy but in different amounts.

Josh Harris

The healthy eating and living Pyramid

There are some foods that are healthy and some that are not healthy. You always need to eat healthy types of food so you can get fit. You always need to exercise every day. The healthy food pyramid is been cut into Sections sperateing food into groups. You need more of some groups then others. You need to drink water every day to feel good inside your body. You need to eat healthy fruit every day.

Shaun Symes
1 kg rolled oats
The grated or shredded flesh of a fresh coconut
1 cup of wheat germ
½ cup Sesame seeds
1-2 cups of chopped, sliced or slivered almonds
½ cup salted Pepitas (shelled pumpkin seeds)
½ cup sunflower seeds
Drizzle with some organic honey (not too much as it will be too sweet
Note that you can vary all ingredients to what you like and what you have on hand.

HOMEMADE BREAD

3 ¾ cups of bread (or all purpose) flour

1 ½ cups of lukewarm water

1 packet (1/4 oz) of dry yeast

2 tablespoons of olive oil

1 teaspoon of salt

OPTIONAL

Water for brushing

Sesame seeds

Method 1: mixing bowl

Mixing with pastry hooks, slowly add 2 cups of flour to the yeast mixture and knead until smooth. The dough will be very sticky and just needs enough additional flour so it can be handled.

Sprinkle a work surface with the remaining ¼ cup of flour and turn out the dough, kneading briefly by hand, pulling in the flour, until it doesn’t stick to hands.

Make the Loaves

Shape into two loaves, place on a non-stick cookie sheet, and on the middle rack in a cold oven for 15 minutes. Turn on oven to 425°F(220°C) for 30 minutes or until golden. Cool on a rack.
Dear Community,

Our school is about to launch a **Galaxy of Books** Scholastic Book Fair on **Monday 17th October to Friday 21st October**
We would love to see you there.

Our Fair will be a wonderful reading celebration giving your family the perfect opportunity to select books together. Plus your support of this fundraiser provides valuable learning resources for our school.

I hope you can join us at our **Galaxy of Books Book Fair** to help us celebrate reading with our students and the school community.

12.30–1.30pm & 3.00pm –3.30pm every day

Yours sincerely,

Jenny Mentiplay
Library Coordinator
This Term the P-8s are participating in EngQuest in their Science classes. They will be creating different models that represent different aspects of engineering.

Some of the tasks include: catapults, model houses, pull along toys, solar cookers, bridges, water wheels and rebuilding a community.

To help us to create our models we are asking for donations of any of the following materials if you have them lying around at home:

* wood       * cement       * cardboard boxes
* glass      * ice cube trays * pvc pipe
* tin        * rope         * springs
* nails      * screws       * nuts
* bolts      * wire         * cardboard rolls
* carpet     * polystyrene

Later in the Term we will also be asking community members to come in and help us to make our models, so if you’re handy we’d love your help!
Welcome back to Term Four! We’ve had a busy year so far and this Term is no exception.

As I mentioned last Term I will be absent for three Wednesday’s this Term in order to complete Practicum requirements for my University studies. These visits will be to Nangiloc which only operates on a Wednesday. Julie Hayward will be at the Pre-School when I am absent.

The Pilot Program will be happening every fortnight for the first six weeks before increasing to weekly as part of the transition to school program (dates are shown below)

In Flying Start the 4 year olds will attend School for four days (Monday, Tuesday, Thursday and Friday) with a day off on Wednesday. On this Wednesday we are hoping to run a transition day for the three and four year olds of 2012 but are waiting on YMCA approval.

On Tuesday December 20th the School will be holding an Awards Night and all children who participated in the Pilot program are invited to attend as they will be recognised on the night.

Miss Caroline Smith