We kick the start of December off with year 9-11 exam week. All students in these year levels are completing their units of work by sitting end of year exams, the skills and knowledge they gain from this experience is invaluable for them when they get to year 12. Hopefully they are all and have been undertaking study over the past week and will continue to do so throughout this week. Parents and students will receive their exam reports home later this month.

Last week Mr Kelly Morrison was busy organising the captain interviews for 2013 and Friday was the school community’s opportunity to listen and vote for school, house and primary leaders for next year. I must congratulate all the students that participated in this process as their speeches were fantastic and after listening to them I have no doubt we will end up with committed and enthusiastic young leaders of our school. A HUGE thanks must also go to Mr Morrison as he has been the staff member directly involved with this process and without his hard work we would not end up with the calibre of leaders we have. The results will be announced during the Awards Night.

As we all know the Reverse Draw was a MASSIVE success and I cannot thank the fundraising committee’s (Kinder and School) enough. The final figure has been compiled and the school’s portion of the night was $2004. Also the Reunion committee has donated $1124 to the school. As with all the money that is fundraised by school parents we put that straight back into family accounts for you to use on school fees, school uniforms, excursions, etc.

Next week is FLYING START just a reminder that all students Prep to Year 12 (2013) are expected at school unless other arrangements have been made. This week allow staff to set their expectations and get the ball rolling for 2013. There is no point wasting time as there is not enough in the school year as it is therefore our early start is essential for increased learning opportunities.

The last reminder I have this week is if you have not returned the permission forms for the activity week then you have til tomorrow to do so as venues have to be informed of numbers. They were due back LAST TUESDAY!
Potential Student Leaders

Congratulations to all of the students who submitted applications for the various student leader positions. The quality of the written applications and the speeches presented on Friday were outstanding. School, House and Primary captains will be announced at awards night.

School Leadership Structure

During the 2012 school review the whole school community were encouraged to provide feedback in order to reflect on and evaluate the school performance. In addition to the reflection/evaluation, the school identified priority areas and set new goals and targets for the next four years.

When reflecting on the current leadership structure it was decided that the school would benefit from a different structure. In 2013 we will see the following structure.

**Semester 1 2013:**
- Acting Principal: Jamie Russell
- Acting Assistant Principal: Matthew McLeod

**Sub School Leaders**
- K – 3: Caroline Smith
- Year 4 – 8: Paul Bamford
- Year 9 – 12: Andrew McCormick

**Semester 2 2013:**
- Principal: Erin Fush
- Acting Assistant Principal: Jamie Russell

**Sub School Leaders**
- K – 3: Caroline Smith
- Year 4 – 8: Matthew McLeod
- Year 9 – 12: Andrew McCormick

Sub School Leaders will be responsible for all matters relating directly to the relevant year levels, the overall welfare of students in the year levels and for promoting and fostering the development of a positive and cohesive sense of community amongst students, staff and the wider school community. The Sub School Leaders will communicate with parents to address matters such as academic progress, illness, or other welfare issues. They will mentor new teachers and facilitate a smooth transition for students new to the school.

In addition, each of the sub school leader positions has specific roles, for example:
- **K-3** Kindergarten Director, transition into Kinder/Prep, bus coordinator
- **4-8** Transition into Secondary School, timetabling, management of student electives
- **9-12** Transition into VCE, management of VET, VCAL & SBAT's, work experience

If you have any questions regarding the school leadership structure for 2013 don’t hesitate to contact me at school.

Jamie Russell
Hello again folks. So 632 is all we need to secure victory in the test series against South Africa. Hmmm. I guess dropping your front line pace attack before going to the WACA, known as the best pace pitch in the country, was a pretty good idea. Oh well, there’s always the series against Sri Lanka. Go Australia.

Today I’ll touch on a subject that while we all know is there, it doesn’t really get talked about a lot. Mental health. This week I have a meeting with a project officer working for the Northern Mallee Local Learning and Employment Network (NMLLEN). The project she is heading up is the use and provision of mental health services and how they can be improved and so that got me thinking about mental health in our local community.

In the report “Australia’s Health” compiled by the Australian Institute of Health and Welfare it states that;

“There is a high prevalence (level) of mental disorders in the Australian population. A 2007 survey showed that 1 in 5 Australians had experienced a mental disorder in the previous 12 months. Overall, the most common types were anxiety disorders (14%), affective (mood) disorders (6%) and substance use disorders (5%). The prevalence of anxiety and affective disorders was highest for people aged 35–44, and more common among females. The prevalence of substance use disorders was highest for people aged 16–24, and more common among males.”

1 in 5. I don’t think I need to labour the point here but that is pretty high. Now I’m not going to go into detail about signs and symptoms of mental illness, the effects it can have on the patient and family and friends and the service providers that exist in order to provide assistance. But having said that here are a few brief reminders.

If you notice a change in either yourself or those around you regarding drastic mood swings, disengagement with friends, family and activities that are a usual part of someone’s life, extended periods of feeling sad, lonely or depressed signs of low self esteem and any thoughts about self harm can all indicate mental illness. Very often it is the people around the person who first notice the changes and it is these people that need to provide the initial support as often people suffering a mental illness will either not notice any changes or wont seek support even if they do.

Your GP is your best first port of call. They will then help you access any relevant mental health or allied health service that may be required.

Keep an eye out for each other and be prepared to step up if you think something is not right. It takes a good friend and loving family to really be there when the need is at its greatest.

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 below a list of websites that can be of assistance with mental health issues;

http://www.mentalhealthaustralia.net/


Please do not hesitate to contact me at the school if you would like any assistance or more information on this.

Be Well

Kelly Morrison

Wellbeing Coordinator
Motor Cycle Training Day, AusLink, Mildura

On Wednesday the 28th of November, students from year 8 to 11 attended a motorcycle safety day at the AusLink training facility, Mildura.

Students were given instruction on the safe riding of motorcycles, with a focus on road use, law and safety when sharing the road with other vehicles. The day consisted of a morning session where students studied the theory behind the day and watched a film on motor cycle safety and riding technique, Ride On, introduced by motorcycle champion Wayne Gardner and produced by the Australian Government. All students were also given practical demonstrations in riding techniques and shown a range of protective equipment available for protection in the event of a crash or fall. After a Pizza and fruit lunch provided, several of the students were given the opportunity to ride motorcycles on the course at the venue and were given further instruction to improve riding and safety techniques. The day was organised by the year 10 student group who attended the Leadership School in 2011 as the completion of their Community Learning Project. Funding for the day was provided by Mildura City Council. Despite the heat experienced on the day all students were positive about their attendance at the course. It was a great we all learnt something. Thanks to Mr Whittle and Miss Hall for supervising and Tony Arney for driving the bus.
Dates to Remember

December
Primary ballet excursion              6th December
(Buses running 1/2hr earlier morning only)
Flying start week              10th-14th December
School Council                         12th December
Early finish 1.00pm                   14th December
Activity Day                        17th December
Awards & Concert early finish 1.00pm
  18th December
Reports go home                     18th December

January
Office reopens                Tuesday 22nd January
School starts 2013          Thursday 31st January

February
“Werrimull Wack”            Friday 1st February

Just a Reminder
As it’s a departmental requirement for students that are
absent, a parent or guardian needs to fill in an absentee
note (green note) as soon as the student returns to school.
These need to be brought up to the office for Mrs Wright
to enter on Cases21

Buses will be running half an
hour early on Thursday
morning due to the ballet
excursion

Don’t forget you Christmas hamper
donation. It can be left at
the office up till Friday
14th December

School Lunch orders are available this Wednesday and
Thursday from the Hotel

Book Club
Final book club orders need to be given to Mrs
Carter no later than Thursday 6th December.
Thankyou to everyone who has purchased during the
year. Credits have been used to purchase books and
resources for our students

Happy Birthday
Morgan Peter-Ruchel 6th Dec
Nikki Fox           9th December
What's Happening

A big thank-you to all the parents who made it to last night’s Parent Committee Annual General Meeting, your time is always appreciated.

This week is our last week of 'normal' kindergarten with Flying Start happening next week where this year’s four year olds become Preps for a week at Werrimull P-12 School.

This year’s three year olds have the chance to become four year olds for a day as part of our Transition and Enrolment day on Tuesday 11 December. As stated in this week’s Millewa News children need to be picked up from the Pre-School at 2:30pm on that Tuesday to allow us ample time to take those children travelling home by bus for the first time over to school and get them settled on the right bus.

Parents of new three year olds for 2013 (remember, they must turn three before April 30th) are invited to visit us for the morning with your child rom 9:30am to 11:30am. Please bring along a piece of fruit so that they can join us for shared snack.

Dates to Remember

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>5 December</td>
<td>2013 Prep Transition</td>
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<tr>
<td>6 December</td>
<td>K-6 Mildura Ballet Excursion</td>
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<tr>
<td>10-14 December</td>
<td>2013 Flying Start Week</td>
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<tr>
<td>11 December</td>
<td>2013 Kindergarten Transition Day</td>
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<tr>
<td>18 December</td>
<td>Christmas Party, 1pm finish</td>
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<tr>
<td>18 December</td>
<td>Awards Night / Concert</td>
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<tr>
<td>5 February</td>
<td>First Day Term One, 2013</td>
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Shared Snack Ideas
- Fruit
- Vegetables
- Cheese
- Dry biscuits
- Dried fruit

Water
Please remember to pack a drink bottle for your child every day. As the weather warms up it is even more important to stay hydrated throughout the day to stay healthy.