



Boort District P - 12 School

9 - 27 Malone St

BOORT, 3537

Ph: 03 5455 2201

Mobile 0477 741 594

Email: boort.district.p12@education.vic.gov.au

Website: www.boortds.vic.gov.au

June 2nd 2021

Issue 16

VISION STATEMENT

Our vision is to empower our students and staff to work together to become active and valued community members. We provide a safe and supportive learning environment, which fosters independent, resilient lifelong learners.

BDS Motto: 'Achieving Excellence Together'

BDS Beliefs and Values: Thinking Creatively and Independently

DIARY DATES

JUNE

8th – 10th VCE Exams

9th GAT

11th **F-6 only** pupil free day

14th Queen's Birthday Holiday

15th Pupil Free day all students

16th School Council Meeting

16th Biology Exc Unit 1

18th Yr 9 Try a VET day NCTTC

21st – 25th Year 11 Trip

Principal's Report

Once again, we entered lockdown.

We are sorry we had to cancel or postpone some activities due to take place this week but we will re-schedule many of them when we can.

Thanks to those families who have called the school to discuss supervision on-site. It is so helpful to us that you call to work out the best solution for everyone and are happy to try to fit in with arrangements already made.

Get in touch with teachers if you have any problems and use

Xuno to contact via email.

Good news today – all students will return on-site on Friday.

Parent Teacher Interviews for Unit 3 studies

All families of students doing a Unit 3 study have been notified of interviews to take place next week. Both face to face and WebEx interviews will be available. From 5pm today, you will be able to book your interview times online.

Scholastic Book Club

Issue 4 of Scholastic Book Club is now available. Orders for Issue 4 of Scholastic Book Club need to be completed by Friday 11th June. Please note that all orders need to be completed and paid for online. Payment cannot be accepted at Boort District School.

F-6 Gymnastics Program

Over the past 4 weeks, students from Foundation to Year 6 have been fortunate to be able to participate in Gymnastics sessions run by Maree from Goldfields Gymnastics in Dunolly. Thanks to Sporting Schools funding, we were able to arrange Maree to travel up to us once a week for four weeks and teach students some fundamental gymnastics skills including tumbling, handstands and cartwheels as well as walking along a beam. It was fantastic to see students excited about participating in this activity and lots of practice occurring in the yard.

We hope that students enjoyed this opportunity and we hope to be able to repeat these opportunities in the future.



The Granites Bike Riding Camp

Monday of last week, in perfect riding conditions the Year 8 Outdoor Education class headed off to the Granites as the culmination of their bike education program. In class, students had learnt the skills of riding in a group, which involved merging into single file when a car approached and changing leaders. These skills were put in place throughout the ride. Once we arrived at the Granites, the afternoon was spent exploring the top of Mount Egbert and the southern slope, an area unfamiliar to most. Students participated in bouldering and climbing different sized rocks; the views were spectacular. Lazing on the rocks in the sunshine, students completed their journal questions. Some students chose to ride to the top of Mount Egbert and ride the different tracks to the bottom for an adrenaline rush. Swags were set up and tea prepared using the Trangia stoves before daylight was lost. The smell of steak sandwiches, burgers, sausages, creamy pasta, casserole, chicken wraps and pulled pork fried rice wafted in the air. Night games of 40 40, and Sardine, saw the group perfecting their hiding skills and sneaking to home base. Mr Sims eluded the group in a game of Sardine with many only a metre from him in the cover of darkness. The campfire was stoked, marshmallows toasted, smores eaten and spooky stories told, before heading off to their swags.

On Tuesday, students woke to gusty winds and dark clouds forming, so it was decided to head home early to beat the cold weather change expected. 30 -35km/hr headwinds were a challenge and slowed the group down. The support vehicle was used as a windshield, with numerous stops along the way to have a break. Mr Grogan and an adventurous group of boys rode along the railway track between Borung and Mysia and made it to Woolshed where they waited for the remainder of the group. Unfortunately, the group didn't beat the rain and as we were riding into Woolshed the heavens opened and not only did we get wet, we got muddy. Sheer determination, resilience to the conditions and a desire to successfully make it all the way home was rewarded with students being treated to hot chips, dims sims and potato cakes and going home early to get dry and warm up.

Special thanks to Mr Lee for driving the support vehicle on Monday, Mr Sims who camped overnight and Mr Grogan for riding on Tuesday. Thank you to the parents who came at short notice to collect their child. It is definitely a camp students will not forget!



Student of the Week

Year 1/2	Matthew Soumelidis	For good friends of 10 work.
	Beau Kane	For fabulous set up of spelling book.
	Ralph Chawla	For fantastic work on minibeasts.

Community News

Loddon Cluster Kindergartens

2022 Kindergarten Information Sessions

Do you have a child turning 3 or 4 in 2022? Come along to one of our information sessions for prospective parents and learn more about the kindergarten program, meet the education team and find out how to enrol your child in kindergarten

Boort Preschool

123-127 Godfrey Street, Boort
Tuesday 22nd June 2021
7:30pm

Dingee Preschool

785 Dingee Rd, Dingee
Monday 21st June, 2021
2:30pm

Inglewood Kindergarten

75A Grant St, Inglewood
Monday 21st June, 2021
9:30am

Pyramid Hill Preschool

67 Kelly St, Pyramid Hill
Wednesday 9th June 2021
7:30am

Wedderburn Kinder

77 Ridge St, Wedderburn
Thursday 24th June, 2021
2:30pm

For more information contact council's Early Years Team on 03 5494 1201



Join DUKE OF ED in Boort

The Duke of Edinburgh's International Award is a global framework for non-formal education, which challenges young people find their purpose, passion and place in the world. The Award is open to young people aged 14 to 24, and is run in over 130 countries.
<https://dukeofed.com.au/>

Call or come into
The Boort Resource and Information Centre
to discover how your child can join DOE.

Call 5455 2716 to speak to
Sophia Herrington at BRIC on a Tue,
Wed or Fri.

BRIC are also seeking Volunteer Assessors.
You must be 18 Years or older to become an Assessor.
Please contact Sophia for more information.



Thank you to the Loddon Shire for their support



COVID-19 seven-day lockdown

For the most up to date information about coronavirus restrictions please visit:
<https://www.dhhs.vic.gov.au/victoria-restriction-levels-covid-19>

Simple steps to help stop the spread

- **Face masks** must be worn indoors and outdoors except if at home, or if an exemption applies
- **Cover** your coughs and sneezes with your elbow or tissue
- **Bin** your tissue
- **Wash** your hands with soap and water regularly for at least 20 seconds
- **Clean** and disinfect surfaces and objects that are used often
- **Physical distancing** – have a 1.5 metre distance between you and others



Tips for explaining the lockdown to your kids

Let them ask questions: Your children will have questions about what is going on right now. Let them ask you questions – drawing or writing can be helpful. Answer truthfully, in a child-friendly way – if you are unsure, research.

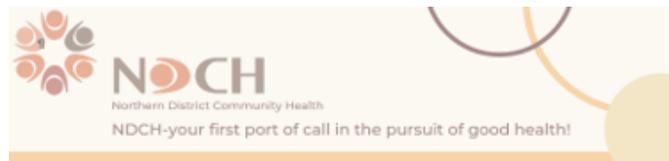
Don't ignore their worries: Listen to them if they are feeling worried. Let them know that lots of health professionals are working hard to make sure they do not get sick.

Be a role model: Your kids can tell if you are worried. Role model calm behaviours and look after yourself if you are feeling anxious.

Turn off the TV: The news can be scary – turn off your TV.

Keep routine & enjoy activities: Try to keep routine at home as much as possible. Do activities that they enjoy and can help them to relax.

www.ndch.org.au



PUSH FOR BETTER MENTAL HEALTH! 📈

For the month of June, NDCH staff members will be working together to complete 6,316 push-ups over 25 days while raising money for Headspace - Swan Hill. Join us as we #pushforbettermentalhealth. 📈

How can we boost our mental health? To keep our bodies healthy, we eat healthy food and exercise regularly—but there are also lots of things we can do to strengthen our wellbeing and mental health. To help with this, Headspace has developed “7 tips for a healthy headspace”. 📈

- They include: 📈
- create connections 📈
 - get into life! 📈
 - eat well! 📈
 - stay active! 📈
 - get enough sleep! 📈
 - cut back on alcohol and other drugs! 📈
 - learn skills for tough times. 📈

You can read all about them at headspace.org.au/tips. 📈



Make a difference to mental health and suicide prevention



headspace National Health Mental Health Foundation
headspace National Health Mental Health Foundation provides critical mental health services for young people aged 12 to 25 online, by phone and through headspace centres across Australia.
www.headspace.org.au



www.ndch.org.au

ANIMAL CIRCUIT

Physical activity is vital for children of all ages. Kids should accumulate 60 minutes of moderate to vigorous physical activity every day. Learning healthy habits early on will ensure that stronger muscles and bones should be incorporated at least 3 days per week.

EXERCISE RIGHT at home

01 FROG JUMPS X 10
Squat down with your hand between your knees, now hop like a frog.

02 BEAR WALK X 20
Hands and feet on the floor, hips high, walk left and right like a scary bear.

03 CRAB CRAWL X 20 SECONDS
Sit on the floor and reach your hands behind you with palms flat to the floor. Now lift your bottom up and crawl forwards, backwards and sideways like a crab.

04 INCH WORMS - X 10
Stand tall, keeping your legs as straight as possible, and reach your palms to the floor. Now crawl out to a plank. Lift your hips to the sky and inch your feet towards your hands (small steps) trying to keep knees straight.

05 CHEETAH RUN X 20 SECONDS
Run as fast as you can on the spot.

06 GORILLA WALK X 10 EACH DIRECTION
Squat down with your hands between your knees, now reach your hands past your right knee and place your palms on the ground. Lift your hips to the sky and in one movement slide your body across and land with your hands beside your left knee.

FOR MORE RESOURCES AND INFORMATION ON HOW TO STAY ACTIVE, VISIT EXERCISERIGHT.COM.AU

HIT FOR KIDS & PARENTS

Physical activity is vital for children of all ages. Kids should accumulate 60 minutes or more of moderate to vigorous physical activity every day (involving mainly aerobic activities). Activities that are vigorous, as well as those that strengthen muscle and bone, should be incorporated at least 3 days per week.

45 SECS

SET YOUR TIMER TO DO 45 SECONDS OF WORK AND 15 SECONDS OF REST. DO AS MANY OF THE MOVES AS YOU CAN BEFORE TIME RUNS OUT.

EXERCISE RIGHT at home

1. STAR JUMPS
Stand up tall, then jump your feet apart and raise your arms above your head at the same time.

2. PUSH UPS
Hands under your shoulders and knees under your hips. Bend your elbow and allow yourself to rock forward, then straighten your elbows. If this is easy, straighten your legs.

3. SQUATS
Arms reaching out in front, feet shoulder width apart and knees tracking over your toes, reach your hips back like you are sitting on a chair. Squat as low as you can before coming back up.

4. PLANK
On your hands and knees, hands under shoulders, knees under hips. Engage your core by pulling your belly button toward your spine, now straighten legs.

5. MOUNTAIN CLIMBERS
Find your plank position, now reach your left knee to left elbow, repeat on the right side.

6. WALKING LUNGES
Feet shoulder width apart, take a step forward with your right leg, now drop your left knee toward the floor, do not lean forward and keep your eyes looking ahead. Now to the other leg!

FOR MORE RESOURCES AND INFORMATION ON HOW TO STAY ACTIVE, VISIT EXERCISERIGHT.COM.AU



**North
Central
LLEN**

CAREERS NEWSLETTER



Issue 10

24th May 2021

DISCOVER DEAKIN COURSE WEBINARS



To Register Visit:

www.deakin.edu.au/about-deakin/events

Nutrition and Dietetics Course Information Webinar

Tuesday 25th May 6:00pm – 7:00pm

Want to change the way society views food for the better?

Our cutting-edge nutrition and dietetics program explores the vital role of food and nutrition in human health and disease prevention, preparing students for a range of careers in the food industry, health services, business, mass media and beyond. Receive specific advice from our course experts and get a taste of what to expect from nutrition sciences at Deakin.

Psychology Webinar

Wednesday 26th May 6:00pm – 7:00pm

Want to take a closer look at the human mind?

Our leading psychology program explores human behaviours, personalities, mental states, the brain and its processes, providing the opportunity for students to gain hands-on work experience and professional recognition in one of Australia's largest and most progressive psychology departments.

Hear from our course experts and discover how psychology at Deakin can lead to a range of meaningful pathways, from further study to a range of rewarding careers.

Nursing and Midwifery Webinar

Thursday 27th May 6:00pm – 7:00pm

Want to study in a world-leading School of Nursing and Midwifery?

Join our online webinar to receive specific advice from our passionate course experts and discover why Deakin's School of Nursing and Midwifery is ranked in the top 1% in the world. We'll cover topics, such as:

- clinical placements occurring from your first year of study, so you get hands-on experience as soon your course begins
- graduating with in-demand knowledge, skills and professionalism
- the pathway to working as a registered nurse and/or midwife in a diverse range of health settings.



Discover what's next: Media

Thursday 27th May 5:00 pm - 6:00 pm

Discover all you need to know about studying Media at RMIT!

Thrive in an evolving media landscape and gain the skills to adapt through studies in digital media, journalism, music, audio or film.

This is the perfect session if you're in secondary school and are considering studying Media courses at RMIT.

You'll hear from our staff and a current student on:

- Course options
- Industry Experience
- Our state of the art facilities
- Global Opportunities
- Prerequisites and Pre Selection Tasks
- Clubs and societies
- Our graduates

You'll have the chance to ask questions and find out where Media at RMIT might take you.

Discover what's next: Biomedical Sciences

Tuesday 1st June 5:00 pm - 6:00 pm

Discover all you need to know about studying Biomedical Sciences at RMIT.

Discover how pharmaceutical, laboratory and biomedical science fields can change lives and communities.

This is the perfect session if you're in secondary school and are considering studying Biomedical Sciences courses at RMIT.

You'll hear from our staff and a current student on:

- Course options
- Industry Experience
- Global Opportunities
- Prerequisites and Pathways
- Clubs and societies
- Our graduates

You'll have the chance to ask questions and find out where Biomedical Sciences at RMIT might take you.

To Register for these Webinars

Visit:

www.rmit.edu.au/events

Charlton, Donald, St Arnaud & Wedderburn

Sue Clay
0429 426 950

s.clay@ncllen.org.au

Birchip, Boort, East Loddon & Wycheproof

Angela Poxon
0429 148 399

a.poxon@ncllen.org.au

Pyramid Hill

Barb Bear
0477 242 485

b.bear@ncllen.org.au



UPCOMING INFORMATION SESSIONS

Diploma of Justice

Location: Online
Thursday 27th May 10:00am

To Register Visit:

www.eventbrite.com.au/o/bendigo-tafe-information-sessions-3346265028

Victoria Police | Information Webinar



Thursday 10th June 2021, 5:00 pm - 6:30 pm

If you are seeking a stimulating, challenging and rewarding career and have values aligned to those of Victoria Police, we encourage you to consider a career in policing. Please join us at this session to learn about the Police role, the recruitment process and training at the Academy.

Find out more:

www.eventbrite.com.au/e/police-information-session-webinar-tickets-134722648061



The Engineering Australia website states that Engineering is an occupation with extremely wide reach. The term 'engineering' covers many fields and, by extension, many skills. Engineers are scientists, inventors, designers, builders and great thinkers. They improve the state of the world, amplify human capability and make people's lives safer and easier. There are so many different types of engineering, and students are encouraged to browse the following link, and also watch the useful YouTube clips available at that link - www.engineersaustralia.org.au/For-Students-And-Educators/Engineering-Careers/What-Is-Engineering



Charles Sturt University

Campus tours

Come and get a feel for uni life and see what's possible at Charles Sturt. Book a tour time that suits you – we're available on any working day of the year. You'll go behind the scenes with one of our current students and check out our amazing learning and teaching facilities, student amenities and support services.

Visit: <https://study.csu.edu.au/life/events/campus-tours>

New Zealand is Open for Gap Years



The Letz Live team are incredibly pleased to announce that applications to New Zealand for January 2022 are still open. Read more about Gap Years in New Zealand: www.letzlive.org/types/gap-year/



Learn how VU can help you develop your skills with an undergraduate course at our Undergraduate Webinar Series, this June, via Zoom.

Each webinar will explore:

- course options in each study area
- industry partners
- pathway options
- application process.

DATES & TIMES

- **Early Childhood Education** – Tuesday, 1 June 2021 5.30–8pm
- **Law, Criminology and Legal Services** – Wednesday, 2 June 2021 5.30–8pm
- **Creative Arts, Screen Media and Animation** – Thursday, 3 June 2021 5.30–8pm
- **Building Design, Building Surveying, Construction Management and Engineering** – Tuesday, 8 June 2021 5.30–8pm
- **Science: Biomedical and Health Sciences** – Wednesday, 9 June 2021 5.30–8pm
- **Primary and Secondary Education** – Thursday, 10 June 2021 5.30–8pm
- **Community Development, Social Work, Youth Work and Criminal Justice** – Tuesday, 15 June 2021 5.30–8pm
- **Information Technology and Cyber Security** – Wednesday, 16 June 2021 5.30–8pm
- **Sport, Exercise Sciences and Outdoor leadership** Thursday, 17 June 2021 5.30–8pm
- **Business** Tuesday, 22 June 2021 5.30–8pm
- **Tourism, Hospitality and Event Management** Wednesday, 23 June 2021 5.30–8pm
- **Nutrition** Thursday, 24 June 2021 5.30–8pm

For more information or to register visit:

www.vu.edu.au/about-vu/news-events/events/undergraduate-webinar-series-june-2021

Torrens University Australia

Virtual Careers Expo

Thursday 27th May 2021, 11:30 am - 7:00 pm

In its second year, the Virtual Careers Expo is an innovative and interactive collaboration between Australia's major tertiary education providers, designed to showcase the wide range of options available to students as they prepare for life after school. Hear from more than 50 institutions. Highlights include:

- Wander through our virtual expo hall and Webcast Hub to watch seminars and feature presentations from more than 50 institutions.
- Download course guides and take a virtual campus tour.
- Chat with staff and current students to find out more about each institution.

Find out more:

www.torrens.edu.au/whats-on/virtual-careers-expo

Chisholm | Allied Health Courses Information Session



Wednesday 26 May 2021, 4:30 pm - 5:15 pm

If you're interested in Allied Health, this information session is your chance to ask questions about what a career in Allied Health could look like for you.

Come along to learn about:

- The diverse range of allied health courses
- What our learning environments and facilities look like
- Study options and campus locations
- Placements within the courses
- Our passionate teachers
- What pathways are available and Free TAFE opportunities.

Find out more: <https://www.eventbrite.com.au/e/allied-health-courses-information-session-tickets-141068817031>

ACU | Experience ACU, Melbourne Campus



Tuesday 29th June 2021, 9:30 am - 3:00 pm

Join our free Experience ACU activities. Tailored to your study area of interest, these sessions will give you an insight into life as a uni student. Explore your local campus, talk to current students and experience student life.

Spend time at your local campus where you'll be able to:

- participate in hands-on workshops related to your degree of choice
- meet staff and current students
- explore your local ACU campus
- learn about industries and careers
- get helpful tips on preparing for university
- soak up the campus atmosphere.

Choose a workshop from a range of study areas, which may include nursing, midwifery, paramedicine, education, physiotherapy, psychology, sports and exercise science and lots more.

Find out more: www.acu.edu.au/about-acu/events/experience-acu

Monash | Campus Tours, Clayton & Caulfield



If you're considering Monash University, join us on a scheduled tour. It's a great way to see and experience each of our campuses.

Clayton

- Monday 28 June, 10am - 12pm
- Friday 2 July, 10am - 12pm
- Monday 5 July, 10am - 12pm
- Friday 9 July, 10am - 12pm

Caulfield

- Thursday 8 July, 10am - 12pm

Find out more:

www.monash.edu/y12hub/events-calendar/articles/campus-tours-clayton-campus2

Or

www.monash.edu/y12hub/events-calendar/articles/campus-tour-caulfield



UNIVERSITY SCHOLARSHIPS

Each year Youthrive Victoria offers a number of scholarships for Year 12 students who are planning to go to university. The number and value of scholarships we offer each year is dependent on funding and donations. University scholarships are funded by private donors, philanthropic trusts and sponsors and provide up to \$10,000 per year for three years plus transition and career mentoring and leadership development opportunities. Scholarships are awarded to Year 12 students who have leadership potential and a commitment to contributing to a strong, just, and sustainable rural and regional Victoria. Applications are open to Victorian Year 12 students who plan to attend university after they complete secondary school. Each rural/regional school can endorse a maximum of three applicants. Selection criteria include demonstrated leadership capacity or potential, financial need, desire to return to rural Victoria after graduation, community service and academic ability.

Applications open 21st June 2021, and close August 23rd

For information re: the selection of the three Students who will be endorsed for these Scholarship applications, please speak with your School's Year 12 Co-ordinator.

www.youthrivevictoria.org.au/scholarships/uni-scholarships/

What are Pre-apprenticeships?



Pre-apprenticeships are entry level training which can provide a pathway into the industry of your choice. They are offered in a variety of traditional trades industries, such as Carpentry, Electrical, Plumbing and Automotive. Pre-apprenticeships can assist in improving literacy and numeracy skills as well as focusing on developing some essential work related skills. These skills can help you be better prepared for work and be a stand-out job candidate.

Benefits of undertaking a Pre-apprenticeship

- Find out whether a particular industry is right for you, without committing to a full apprenticeship
- Undertaking a pre-apprenticeship that includes work experience will help with your chances of finding work, by giving you direct experience to put on your resume
- Develop basic on-the-job skills and some industry-specific skills
- The provider you are doing a pre-apprenticeship with may be able to help you find an employer
- Some employers, particularly in the trade industries, have a preference for people who have completed a pre-apprenticeship. They see the initiative as providing a good grounding in basic skills and workplace awareness
- You may receive credit for the study completed, which could shorten the time it takes to complete a full apprenticeship.

For further information visit:

www.aapathways.com.au/about/pre-apprenticeships