



# DUNKELD CONSOLIDATED SCHOOL

*We are a Child Safe School and we will protect all children at all times.*

93 Victoria Valley Road, DUNKELD VIC 3294

Phone: (03) 5577 2384 Fax: (03) 5577 2540

Email: [dunkeld.cs@education.vic.gov.au](mailto:dunkeld.cs@education.vic.gov.au)

Website: [www.dunkeld.vic.edu.au](http://www.dunkeld.vic.edu.au)

Dunkeld  
CONSOLIDATED SCHOOL No. 6215

*'Optima Semper'*

Find us on

## Newsletter No. 7 – Wednesday 1 November 2023

### NOVEMBER 2023

- Wednesday 1 Pyjama 'PJ' Day – gold coin donation (to support The Pyjama Foundation who raise awareness and funds for children in Foster Care.)  
SRC Zooper Dooper Fundraiser for Elizabeth's Legacy. Zooper Doopers \$1.00 each.
- Thursday 2 MARC Library.
- Friday 3 SAKG Kitchen and Garden classes. Year 6 students in the Kitchen.  
Division Cricket Blast Primary School competition at Pedrina Park, Hamilton.  
Special Assembly commencing at 2.40pm in the hall.  
Tomato Plants available for sale from 2.00pm to 3.30pm (near the school hall).
- Tuesday 7 **MELBOURNE CUP PUBLIC HOLIDAY.**
- Wednesday 8 SRC Zooper Dooper Fundraiser for Elizabeth's Legacy. Zooper Doopers \$1.00 each.
- Thursday 9 MARC Library.
- Friday 10 SAKG Kitchen and Garden classes. Year 4 and Year 5 students in the Kitchen.  
Year 6 students will hold their My Business Rules (MBR) Market Day stalls at morning recess.
- Saturday 11 Dunkeld RSL Sub-Branch Remembrance Day Service at the Dunkeld Cenotaph commencing at 10.50am.
- Monday 13 Chess Competition at Baimbridge College (Year 6 students).
- Wednesday 15 Kinder to Prep Transition Program – Kinder students to visit the school from 9.00am to 11.00am.  
SRC Zooper Dooper Fundraiser for Elizabeth's Legacy. Zooper Doopers \$1.00 each.  
Dunkeld Races – logistics assistance (school fundraiser).
- Thursday 16 SAKG Year 6 Royal Mail Hotel Kitchen Garden Tour and Fine Dining Experience.  
MARC Library.
- Friday 17 Crazy Hair Day – gold coin donation (in aid of Cystic Fibrosis).  
SAKG Kitchen and Garden classes. Year 6 students in the Kitchen.  
Visit by the Upper Hopkins Land Management Group to view the school's SAKG Program.  
School Assembly commencing at 2.40pm in the hall.
- Saturday 18 Dunkeld Races - ticketing (school fundraiser).
- Sunday 19 Clean-up at the Dunkeld Racecourse (school fundraiser).
- Wednesday 22 SRC Zooper Dooper Fundraiser for Elizabeth's Legacy. Zooper Doopers \$1.00 each.
- Friday 24 SAKG Kitchen and Garden classes. Prep and Year 1/2 students will each have a Kitchen class experience today.
- Monday 27 MARC Library Readers Cup Challenge for Year 6 students.
- Wednesday 29 Kinder to Prep Transition Program – Kinder students to visit the school from 9.00am to 12.00pm.  
Michael Ymer Maths PD for staff.
- Thursday 30 **LAST MARC LIBRARY visit for 2023 – ALL library books must be returned.**  
Wimmera South-West Literacy Learning Community PD for staff.

### DECEMBER 2023

- Friday 1 **LAST SAKG KITCHEN and GARDEN classes for 2023.** Year 6 students will prepare and share a "Thank You Lunch" for staff (no Kitchen Friends required).  
School Assembly commencing at 2.40pm in the school hall.
- Tuesday 5 Baimbridge College visit to meet with Year 6 students (Secondary School Transition).
- Wednesday 6 House Athletics Sports Day.
- Thursday 7 Year 6 Graduation Dinner and Official Ceremony.
- Friday 8 Crazy Wear/Crazy Casual Clothes Day – gold coin donation (in aid of Elizabeth's Legacy).  
Dunkeld & District Lions Club will provide a free sausage sizzle lunch for all students and staff.  
Clean-up Day for SAKG Kitchen and Garden.
- Monday 11 "Thank You Morning Tea" for all school helpers and volunteers.
- Tuesday 12 State-wide Orientation Day.  
Kinder to Prep Transition Program - Kindergarten students to attend school all day.  
Dunkeld Consolidated School students step up to their new 2024 year level for the day.  
Orientation Day for Year 6 students going into Year 7 in 2024.  
Parent information session at 2.45pm in the school hall as part of the Kinder to Prep Transition Program.
- Thursday 14 **LAST SCHOOL LUNCH ORDERS for 2023.**  
Whole School Concert at the Dunkeld Community Centre - 7:15pm for a 7:30pm start. Gold coin donation entry.  
*Lucky door prize.*
- Friday 15 Class Parties (at lunch time) and Mystery Gifts.  
**LAST SPECIAL ASSEMBLY for 2023 – commencing at 2.30pm in the school hall.**  
Student Leaders for 2024 will be announced at this assembly.  
Student Reports sent home.
- Tuesday 19 **PUPIL FREE DAY – Planning Day for 2024 for staff.**
- Wednesday 20 **PUPIL FREE DAY – CPR/First Aid Training for staff. LAST DAY OF TERM 4 2023.**

## FROM Mrs Angela Field, Principal...

There is lots happening this term as you can see in the event dates/calendar. Staff have also been very busy with reporting requirements, including assessing students and finalising our learning statements for our updated reporting system, Student Maps. Our school camp program is now complete and by all reports everyone, including students, staff and our wonderful parent volunteers had a fantastic time.

**School Review and Annual Implementation Plan (AIP):** We are tracking well with our Review process and timeline of events. At our most recent School Council Meeting councillors completed a Traffic Light Protocol (stop, keep, change). Councillors were given the opportunity to provide feedback on our school, existing programs and practices. This information is collated and analysed as part of our School Review.

Our parent/carer community has also been provided with a survey to complete, providing our Review process with feedback to analyse and discuss towards the completion of our next School Strategic plan (2024-2027). This survey was emailed last week, and open until Friday 10 November – please take the time to provide the school feedback. [School Review Parent/Carer Survey](#)

I have attended a recent Principals Forum in Hamilton where David Howes, Deputy Secretary, Schools and Regional Services (SRS) presented statewide updates for government schools. This included highlighting the importance of Civics and Citizenship education in our schools, along with ensuring schools have a planned program to teach routines and expectations of our students. I also attended the Glenelg Network meeting, where I met with my Acting SEIL, Mr Rob Pyers to discuss our current AIP and to consider goals and targets for our 2024 AIP.

**Teaching and Learning:** There are always many opportunities for teaching staff to complete professional learning and Mrs Jackie McShane and Ms Dee-Anne Raymond have attended Numeracy Local Leaders workshops presented by the Victorian Teaching and Learning Academy. These sessions have been shared with all staff as we focus on Numeracy instruction, practices and resources across the school. Recent meetings at school have seen teachers sharing open-ended Numeracy tasks, involving problem solving strategies and developing students' critical thinking skills.

Mrs Anne Gilbert recently attended two days of DIBELS training (Dynamic Indicators of Basic Early Literacy Skills). DIBELS is a set of procedures and measures for assessing the acquisition of literacy skills. They are designed to be short (one minute) fluency measures that can be used to regularly detect risk and monitor the development of early literacy and early reading skills of students in Foundation to Year 8. When implemented as recommended, DIBELS results can be used to evaluate individual student development as well as provide grade-level feedback toward validated instructional objectives. Staff have begun implementing the DIBELS assessment.

**Staff:** Mr Mat Wale has commenced as our DET ICT Technician, working each Thursday. Mat has vast experience in the IT field and we appreciate the support, particularly with the new XUNO Management System that is currently being set-up.

**XUNO Management System:** Officially from 2024, the school will be utilising XUNO Management System that that will see us move to a digital organisational platform. The program includes:

Roll Marking	Event Management
School Calendars	News and Announcements
Daily Organisation	First Aid and Sick Bay
Parent Interview Bookings	Parent and Student Portal
iOS / Android Mobile Apps	Email and Push Notifications
Instant Messaging	Online Student Reports and Results

Terrie and I have begun training for this platform and staff will also begin the process in the coming weeks.

**School Council:** Year 6 Portrait Fence – the old basketball court fencing has been removed and a new south-facing timber fence installed for the 2023 Year 6 class to begin painting their portraits. Thank you to Andrew Peters, Peter Roads and Paul Phillips for the fencing works and to the Year 6 parents that have assisted with painting the fence so far – still more to do. ✍️😊 Please let the school know if you can assist.

Many thanks to our Facilities Sub-Committee, for their continued support with improving our school.

**Sport:** We had 3 teams attend the Year 5/6 Cricket Blast in Hamilton last Thursday. Again this was a great day for our children and couldn't be managed without the volunteer support of our parents; thank you Bridget Hyland, Rachel Blackwell and Mick Alderman for assisting with umpiring and scoring. ✍️

Two of our students, Hamish and Jude Rush are competing at the 2023 AusCycling BMX Racing National Championships in Shepparton this week and we wish them all the best as we await their results. 🚲

**Shelter-in-Place – Building Works:** Terrie and I recently attended a start-up construction meeting for the Shelter-in-Place building works that have commenced this term under the VSBA Shelter-in-Place and Planned Maintenance Program. Terrie also met with a team member from LandBuild, to go over the finer details of the building works. This has had limited disruption to our daily classes as much of the works are external.

*Ange Field, Principal*

## SCHOOL COUNCIL

School Council met on Tuesday 24 October and items of business included:

- Major whole school fundraiser – committed to providing volunteer staff/support for the Dunkeld Races e.g. Logistics assistance, Ticket Box staffing and Racecourse clean-up.
- Advised by the DET School Improvement Division, South Western Victorian Region that the placement of a relocatable by a third party (i.e. Grampians Cricket Club) on a school site requires School Council approval, which has been received.
- Division 5 Asbestos Audit will be conducted in November.
- School Review and School Compliance update provided by the Principal.
- Donation of \$1 000.00 received from Peaks & Trails Inc.

## SCHOOL HIGHLIGHTS

### Term 4 2023 Class Captains

Congratulations to the following students who have been appointed as Term 4 Class Captains:

Prep: Layla Macgugan  
 Year 1/2: Harry Prentice  
 Year 3/4: Xavier Macgugan  
 Year 4/5: Lucy Rennie  
 Year 6: Felix Hyland



## Honour Certificates

### Friday 8 September 2023

**Prep:** Toby Hyland and Annabel Wilson.  
**Year 1/2:** Harry Prentice and Sailor Grimmer.  
**Year 3/4:** George Phillips and Bobby Blackwell.  
**Year 4/5:** Lucy Rennie and Will Griffin-Willson.  
**Year 6:** Alex Bird, Clementine Blackwell and Gemma Kyle.

### Friday 20 October 2023

**Prep:** Phoebe Patterson and Nixon Elliott.  
**Year 1/2:** Nixon Gerring and Sam Parkinson.  
**Year 3/4:** Class award for supporting each other on camp.  
**Year 4/5:** Class award for supporting each other on camp.  
**Year 6:** Class award for supporting each other on camp.

## Students 'Gotcha' Awards

### Week Ending Friday 8 September 2023

**Prep:** Billy Gaylard.  
**Year 1/2:** Abigail Welsh.  
**Year 3/4:** Sybil Patterson.  
**Year 4/5:** Tyson Riddle.  
**Year 6:** Gemma Kyle.

### Week Ending Friday 13 October 2023

**Prep:** Phoebe Patterson.  
**Year 1/2:** James Cochran.  
**Year 3/4:** Audrey Black.  
**Year 4/5:** Nate Elliott.  
**Year 6:** Korey Rennie.

### Week Ending Friday 20 October 2023

**Prep:** Henry Armytage.  
**Year 1/2:** Tom Harris.  
**Year 3/4:** Xavier Macgugan  
**Year 4/5:** Hamish Rush.  
**Year 6:** Harry McShane.

### Week Ending Friday 27 October 2023

**Prep:** Phoebe Patterson.  
**Year 1/2:** Abigail Welsh.  
**Year 3/4:** Dempsey Gerring.  
**Year 4/5:** Elodie Cochran  
**Year 6:** Yin Vass.

*Term 3 Gotcha' Awards Lunch Order \$10.00 Gift Vouchers recipients: Harry McShane, Year 6 and Felix Hyland, Year 6*

## Positive Citizenship Awards

Students recognised by their peers for displaying and demonstrating positive behaviour while learning and within the playground:

**Year 6:** Harry McShane, Max Russell and Millie McShane.  
**Year 4/5:** Jim Herrmann, Grace Macgugan and Annie Jackson.  
**Year 3/4:** Lochie Bird, Digby Heazlewood, Jude Rush, Audrey Black, Jed Russell, Dempsey Gerring and Xavier Macgugan.

## The Super Science Circus Show

The Super Science Circus Show, with Ring Mistress extraordinaire Heidi Hillier, was held on Tuesday 24 October. Heidi held the children in her spell with her exhilarating, inventive, interactive and educational show that used the fun of circus, comedy and magic to inspire scientific inquiry into the natural, physical and material world!

Heidi put a super science show on for us and we learnt a lot about gravity and push pull forces and did you know the human body's centre of gravity is your bottom. Or did you know that sound is measured in decibels. I thought this show was very upbeat and exciting. *By Kai Roads and Ned Peters*



## CAMPS

### Year 5 and 6 Students – Cave Hill Creek from 11 to 13 September 2023

The Year 5 and 6 students, accompanied by Mrs Phillips, Mrs Mibus, Mrs Field and parent helpers, Mick Alderman and Lachy Patterson, all had a fantastic, action-packed time at Cave Hill Creek Camp in the Glamping Village. Outdoor activities included mountain bike riding, possum gliding, crate stacking, hut building, canoeing, bush cooking, map reading, low ropes and bouldering. Students and staff were excited to have Lizzie as their camp instructor again!



### Year 3 and Year 4 Students - Port Fairy Camp from 18 to 19 September 2023

The weather was perfect for the two-day school camp on Wednesday 18 and Thursday 19 October. Year 3 and 4 students and staff members, Mrs Mibus, Mrs McShane and Miss Calvert supported by parent helpers, Peter Roads and Hamish McKindlay, had a fantastic time at Warrnambool and Port Fairy! First stop students had an adventurous time at Lake Pertobe playground before exploring Flagstaff Hill. There they got to go searching for clues in the scavenger hunt and were fortunate to meet a Maremma Sheepdog from the Middle Island Penguin Project. Afternoon beach games and activities at Port Fairy kept the children entertained, followed by yummy fish and chips for dinner. That evening a dazzling disco was held at Southcombe Lodge, to get right into the disco theme glow sticks and fluoro glasses were worn. On Thursday morning, everyone donned wetsuits for the exhilarating surf lessons at East Beach. Then lunch and games at Martins Point Reserve, before heading for home. An incredible camp where students had different opinions on what they enjoyed the most.



### Year 2 Students – Grampians Retreat Camp from 11 to 12 September 2023

Year 2 students accompanied by Mrs Prentice and parent helper, Mrs Roads, had a fantastic time on their Grampians Retreat Camp ... and the weather was perfect! They enjoyed many of the outdoor activities including a walk to the Piccaninny summit, indigenous culture and got to design their own bush art to take home. A scavenger hunt and campfire with toasted gooey marshmallows that stuck to your fingers and tasted the best. The flying fox is always exhilarating as you take that step off and go flying along the wire trying to touch the tyre with your feet at the other end. Giant swing so scary as you drop you get such a shock but always wanting to go again, even higher. What a great adventure they all had!! How lucky we are to have such an amazing camp at Dunkeld.



### Prep and Year 1 Sleepover (end of Term 3) – 7 to 8 September 2023

Prep and Year 1 students had a fabulous time at their Sleepover with Mrs Gilbert, Ms Raymond and Mrs Wilson. A quick team effort to make beds then off for fun-filled activities including Dunkeld Detectives, games, sparklers, a treasure hunt, spotlighting for possums, musical chairs always a hit and movies. On Friday morning all gathered for an excursion to the Dunkeld Rural Fire Brigade followed by a hot lunch at school. The Prep students participated in a musical performance at the Special Assembly. An exciting, action-packed time was had by all!



### Kinder to Prep Transition Program

As part of the school's Kinder to Prep Transition Program, the Year 5 students (2024 Buddies) and Mrs Field, visited the Dunkeld Kindergarten on Wednesday 13 October. Our aim is for the Year 5 students to develop relationships with the younger children, help ease the transition from Kindergarten to Prep for the younger children and to develop a sense of leadership in our own students.

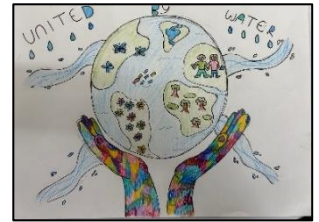
Year 5 students went to the Kinder to visit next year's Preps. When they arrived, the Kinder children invited them inside to introduce themselves and get to know each other. Later, they were taken outside to see the playground and learn their favourite games. The Year 5 students all enjoyed the day and are looking forward to having a Prep Buddy next year. *By Freddie Jury*





## Wannon Water National Water Week Poster Competition

Year 6 student, Clementine, was presented with her third prize award in the Year 5/6 section of the 2023 Wannon Water National Water Week Poster Competition ("United by Water") by Anna Sanderson at Friday's School Assembly on 20 October. A pop-up exhibition of the winning posters was held in the Gateway Plaza, Warrnambool.



## 3 Peaks Festival

### Year 6 students record their advertisements on Ace Radio Hamilton:

The 3 Peaks Festival Community love involving the local community in their annual event. Every year the Year 6



group of Clementine, Millie, Harry and Lachie. They did a fabulous job recording their ad and it sounded very professional on the radio!

Students write and audition radio scripts to advertise this event. The winners selected get to go into Ace Radio in Hamilton and record their ad. Much excitement (some nerves) and curiosity are on display as they get coached through the process of piecing together their scripts, ready for production and then release onto live radio. Well done to all the Grade 6 children who all presented excellent scripts with wonderful enthusiasm. Congratulations to the winning



## SRC Fundraiser and Upcoming Events

Here are some events that the SRC (Student Representative Council) have planned for Term 4:

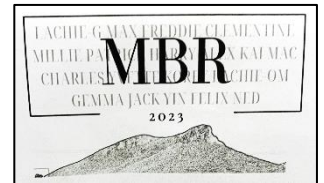
- **Pyjama Day** on Wednesday 1 November - which is to raise money to support children living in foster care – gold coin donation.
- **On Wednesdays**, from 25 October up until 6 December, Zooper Doopers will be sold at lunch time for \$1.00 each. Funds raised will go towards Elizabeth's Legacy: <https://makingadifference.gofundraise.com.au/page/ElizabethsLegacy>
- **Friday 17 November** is Crazy Hair Day with the money raised to support Cystic Fibrosis – gold coin donation.
- **Crazy Wear/Crazy Casual Clothes Day** is on Friday 8 December to raise money for Elizabeth's Legacy – gold coin donation.

By Millie McShane and Lachie Gordon



## My Business Rules (MBR)

Children in Year 6 have commenced a project called 'My Business Rules'. Students are asked to come up with a business idea (a product) and market it to our community with the intention of selling as many of their products as they can to make a profit after expenses. They are encouraged to think about who would buy their products, where they could market their product and how they would advertise in order to corner the market in a competitive environment. The school has provided each of the children a small loan to get them started.



Each Year 6 student also creates a logo for the project. The logo chosen this year was designed by Felix Hyland.

Below is the list of items our students will have for sale on both 'Market Days' - **Friday 10 November** and the second Market Day is on **Friday 24 November**. Each Market Day will be held at morning recess:

Gemma Kyle: <b>Puppy Packs.</b>	Patrick Lomas: <b>Sleeping Scrub.</b>	Max Russell: <b>Tie-dye Shirts and Socks.</b>
Yin Vass: <b>Pickle People.</b>	Alex Bird: <b>Indoor Footballs.</b>	Felix Hyland: <b>Come Back Balls.</b>
Yvette Fanning: <b>Bookmarks.</b>	Harry McShane: <b>Shoe Removers.</b>	Ned Peters: <b>Door Stoppers.</b>
Lachie Gordon: <b>Stress Heads.</b>	Charles Prentice: <b>Snap-on Bracelets.</b>	Freddie Jury: <b>Pull Back Cars.</b>
Kai Roads: <b>Basketball Hoops.</b>	Lachie Oldfield Mann: <b>Theme Cups.</b>	Jack Oldfield Mann: <b>Wooden Keychains.</b>
Korey Rennie: <b>Slime.</b>	Mac Jackson: <b>Nature Pets.</b>	
Millie McShane: <b>Millie's Magnificent Bracelets</b>	Clementine Blackwell: <b>Clem's Custom Charms.</b>	

Items are for sale to students, staff and the school community directly on Market Day and by pre-order. **Could children please remember to bring small change (coins are most welcome) to pay for their items and a bag to place their purchases in.** Everyone is encouraged to support our young entrepreneurs by pre-ordering items. *Remember Christmas is coming!*

After the businesses close, Year 6 students will be required to repay their loans ... hopefully. All profits from the businesses will be pooled and the students will then decide what they think they would like to purchase for the benefit of the school.

We hope you are able to support our students in this endeavour.

By Max Russell, Yin Vass, Clementine Blackwell and Gemma Kyle

## Kinder to Prep Transition Program

Listed below are dates for the school's formal Kinder to Prep Transition Program during Term 4:

- Wednesday 15 November Kinder students to visit the school from 9.00am to 11.00am.
- Wednesday 29 November Kinder students to visit the school 9.00am to 12.00pm.
- Tuesday 12 December State-wide Orientation Day – Kinder students to attend the Dunkeld Consolidated School all day (from 9.00am to 3.25pm).  
Parent Information session with Mrs Angela Field and Mrs Anne Gilbert in the school hall commencing at 2.45pm.

## Year 6 Graduation on Thursday 7 December 2023

Year 6 students and their parents, together with staff and official guests, will share a light meal together at the Dunkeld Consolidated School on the timber deck, 6.15pm for a 6.30pm start, on Thursday 7 December 2023.

Then at 7.15pm, extended family and friends are invited to join us for the official ceremony and presentations in the school hall. Presentations will include the Myers Family Dunkeld Scholarships, Williams Family Sports Scholarship, School Council Citizenship and Dux Awards. Year 6 families who are leaving the school will also be formally acknowledged.

Year 6 students are to wear their full summer school uniform, including black shoes.

Thank you in advance to the Year 5 parents and students for their generous support with decorating, setting up and serving for the Year 6 Graduation.

## SPORT



### Greater Western Region Track and Field Championships

Congratulations to our seven students: Felix Hyland, Jack Oldfield Mann, Edward Alderman, Hamish Rush, Lucy Rennie, Grace Macgugan and Banjo Hyland who recently competed in the Greater Western Region Track and Field Championships in Ballarat, with all students performing to the best of their ability and displaying excellent sportsmanship.

Congratulations to Banjo who was awarded third placing in the Boys 9 - 10 years 80 metres Hurdles!

On Friday 6 October, seven students from our school went to Ballarat to compete in the Greater Western Region Track and Field Championships.

We got there at 9.00am for a 9.15am start. We were standing around all

day in the cold Ballarat weather. Finally, the events started but we didn't start cheering until Banjo lined up for his hurdles race. When they started it was over in a flash, they were all on the ground gasping for air. We all thought Banjo got third but there were two Banjos in the same heat and the other Banjo got third! But then we realised they put the Banjos in the wrong lanes, so Banjo Hyland got the third place after all. As the day went on Edward, Jack, Hamish, Lucy, Grace and I all raced but Banjo was the only one that got a medal. Even though the day was quite cold it was still fun competing and watching all the other competitors race. *By Felix Hyland*



## Cricket Blast Competition



Well done to our Year 5 and 6 students – *Clementine Blackwell, Yvette Fanning, Gemma Kyle, Millie McShane, Yin Vass, Elodie Cochran, Henrietta Patterson, Lucy Rennie, Zoe Trotter, Alex Bird, Lachie Gordon, Felix Hyland, Freddie Jury, Patrick Lomas, Harry McShane, Ned Peters, Charles Prentice, Corey Rennie, Max Russell, Edward Alderman, Nate Elliott, Will Griffin-Wilson, Jim Herrmann, Tyson Riddle and Hamish Rush*; who competed at the Cricket Blast Primary School competition at Pedrina Park, Hamilton on Thursday 26 October. One girls' and two boys' teams represented our school. The students all displayed great teamwork, sportsmanship and encouraged and supported each other so well. Thank you to Mrs Prentice, Mrs Mibus and parents, who kindly assisted with coaching and scoring on the day! Dunkeld White and Dunkeld Blue boys' teams competed against each other in the semi-finals, with Dunkeld White playing against Tarrington Lutheran School in the grand final.

We have been asked by the Warrnambool Hamilton Portland Division Coordinator to provide a team of cricketers for the Division Cricket Blast Competition being held this Friday 3 November at Pedrina Park, Hamilton as this will eliminate a bye for the event. The team will be Edward Alderman, Jim Herrmann, Freddie Jury, Harry McShane, Alex Bird, Felix Hyland, Lachie Gordon and Charles Prentice, with emergency players Max Russell and Ned Peters.

## 2023 AusCycling BMX Racing National Championships

Good luck to Hamish and Jude Rush, who will be competing at the 2023 AusCycling BMX Racing National Championships in Shepparton from Wednesday 1 to Friday 3 November. Hamish (77) will be competing in the 11 – 12 years boys Cruiser 24" and 11 years boys 20". Jude (44) will be competing in the 9 years boys 20" section. Riders from across Australia will be competing at this event.



## Stephanie Alexander Kitchen Garden (SAKG) Program

### Stephanie Alexander Kitchen Garden (SAKG) Program

#### Kitchen and Garden Report

Friday 6 October 2023: Year 6 students prepared and shared a "Flavours of the Middle East" Menu with Mrs Phillips, Bev Hampton, Lisa McIntyre and Kitchen Friends: Pita stuffed with Spiced Potatoes, Tabbouleh, Chargrilled Middle Eastern Lamb Meatballs and Beetroot Borani.



Friday 13 October 2023: Year 3 and Year 4 students prepared and shared the following meal together with Mrs McShane, Bev Hampton, Lisa McIntyre and Kitchen Friends: Fried Rice, Rice Paper Spring Rolls, Sushi, Fruit Salad and a tangy Citrus Drink.

Friday 20 October 2023: Year 6 prepared and shared the following meal together with Mrs Phillips, Bev Hampton, Lisa McIntyre and Kitchen Friends: Pakora's with Mint Yoghurt, Butter Chicken, Yellow Rice and Roti.

Friday 27 October 2023: Year 4 and Year 5 students acknowledged World Teachers/Support Staff Day and prepared and shared the following meal with Mrs Mibus, Bev Hampton, Lisa McIntyre and Kitchen Friends: Beef Sliders, Spring Rolls; Egg, Bacon and Spinach Quiches; S'mores (using the solar ovens made during Science Week) with a refreshing Citrus Drink.



Here is what happened in the Kitchen and Garden in the first part of this term:

- Lots of delicious food has been cooked such as Butter Chicken with Yellow Rice and Roti Bread.
- A lot of plants have been planted in the vegetable garden.
- Tomato plant order forms have been sent out if you are interested in buying some for your own garden. Plants were also sold at the Three Peaks Festival.
- **Tomato plants will be available for sale on Friday 3 November from 2.00pm to 3.30pm (near the school hall).**
- We lost some of our chooks to foxes last term and one of our Year 4 students, Archie, raised some chickens, hatching the eggs in an incubator at the end of Term 3, now they are in the chook pen. Thank you, Archie!
- We have been doing Science with our classroom teachers, Lisa McIntyre and Friends during the first half of our SAKG Garden classes, before moving out to the Garden.
- Because we are coming into warmer weather, we are all keeping an eye out for snakes in the garden, and we know what to do if we see one.

By Patrick Lomas



### The Dunkeld Consolidated School wants your Used Batteries!

Dunkeld Consolidated School Council has been conducting an ongoing Battery Collection Fundraiser. Kelly's AGnVET Dunkeld have kindly offered to be a central collection point for used batteries for the Dunkeld Consolidated School (Mr Jason Linskens was instrumental in organising this). Any unwanted car, truck, tractor, boat batteries etc may be dropped off at Kelly's AGnVET, 101 Parker Street, Dunkeld.

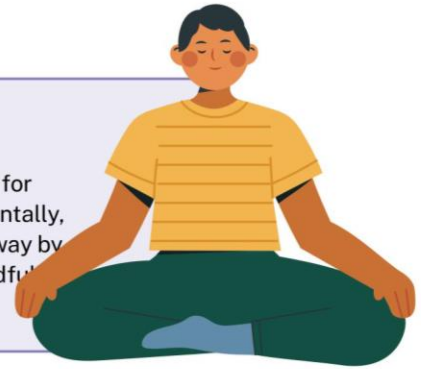
**(All small batteries including A, C, D, AA, AAA, 9-volt, button batteries may be dropped off at the relevant supermarkets in Hamilton for recycling).**

Components of used batteries e.g., metals, acids and plastics are reclaimed, recycled and put back into the manufacturing process to build more batteries and household products, 98% of the battery is recycled.

The Dunkeld Consolidated School Council would also like to thank Mr Nathan Hinkley and Mr Terry Schultz, Grampians Tyre Service, Hamilton for their generous support of our Used Batteries Fundraising project. Thank you for your continued support!

## Mindfulness

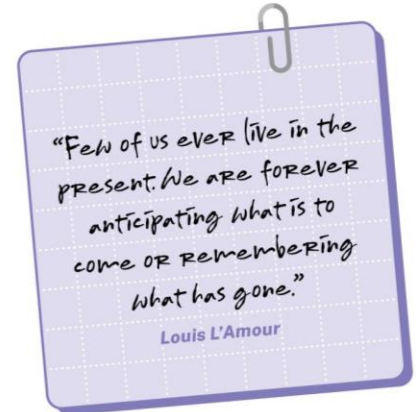
is about **purposely paying attention to the present moment** in ways that are helpful for you. **Looking after our mind** can have great positive benefits, both physically and mentally, such as a **reduction in anxiety and stress**. You can practise mindfulness in a formal way by completing meditations/breathing exercises, or in a more informal way by being mindful/engaged in your day's activities.



**Habits are automated behaviours that we have learned from experience.**

Developing daily wellbeing habits will positively impact your mental health and create a sense of wellbeing. They will further develop your resilience skills to help you cope with life's ups and downs.

**Creating new habits can be challenging**, you need to train your brain. Think about your current daily habits. Do you have a morning routine? What about a pre bedtime routine? **Where could mindfulness fit in?**



## Month Of Mindfulness



Click on the image below or scan the QR code to gain access to a **month of mindfulness practices and information**.



**Not all of the activities** suggested are considered **formal or traditional** mindfulness, but they **encourage an attitude of mindfulness** which will help you to improve your ability to be present or focused, this aids in the practice of more formal pursuits.



Listen to Martin from The Resilience Project talk about the **importance of Mindfulness**. Something to think about...

- Do you or your family practise mindfulness?
- If so, what do you do?
- If not, how could you incorporate mindfulness into your life?

Proudly supported by



The Resilience Project is proud to partner with Coles to support students, teachers and parents to become happier, healthier and more resilient. We are grateful for the commitment and shared vision of Coles to support the mental health of all Australians.