Dear Parents

FAREWELL YEAR 12’S: Our Year 12 students left the school last Thursday after a BBQ lunch with staff and participation in the Battle of the Bands. This year there were 18 songs performed by both students and staff and all year levels were represented. I wish our year 12’s well in the exams and for their future lives.

NATHAN DUNSTAN: Congratulations to Nathan who performed extremely well in the High Jump at the recent VSSSA meet in Melbourne. Nathan jumped a personal best of 1.75m which is a great feat.

VCAL STUDENTS: Well done to the VCAL boys for the work they have been undertaking around the school to improve student facilities. As part of their VCAL Personal Development Unit, they have started painting the rebound walls, repaired broken seats in the Year 12 gazebo and repaired other items of furniture.

THANK YOU: to Gary Dunstan and Peter Russell, with help from Mr Cashin and Mr Whitfield, for re-erecting the basketball posts. Thank you Gary for welding the posts and to Gerard Burke for donating the paint for the rebound walls.

STUDIO ARTS EXHIBITION: An outstanding display of Year 12 Studio Arts work is currently on display at the Donald Courthouse until Friday. Please support our students by viewing their excellent work. Congratulations to Mrs Warr on her foresight and effort in organising the exhibition.

SECOND–HAND BOOKS: The booklists for 2011 will be distributed to students shortly. As the school will not be responsible for organising the sale of second–hand books this year, it is important that families quickly seek out books from other families to avoid having to purchase new copies. We have made space available on a notice–board outside the Office, to facilitate students in trying to arrange the purchase of used books.

Geoff Rigby
Principal

CALENDAR

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<th>October</th>
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<tr>
<td>Fri. 29th</td>
<td>Inter–School Bowls &amp; Clay Shooting</td>
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<th>November</th>
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<td>Wed. 3rd</td>
<td>Pastoral Care</td>
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<td>Mon. 8th to Fri. 12th</td>
<td>Year 9 Canoe Camp</td>
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<td>Wed. 10th</td>
<td>Pastoral Care</td>
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<td>Thu. 11th</td>
<td>Newsletter No. 18</td>
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<td>Tue. 16th</td>
<td>School Council</td>
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<td>Thu. 18th to Sun. 21st</td>
<td>RACV Energy Challenge</td>
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<td>Fri. 19th</td>
<td>Year 11 Study Day</td>
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<td>Year 12 Graduation Dinner</td>
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<td>Mon. 22nd</td>
<td>Grade 6 Induction</td>
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<td></td>
<td>Junior Public Speaking</td>
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<tr>
<td>Mon. 22nd to Thu 25th</td>
<td>Year 11 Exams</td>
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<tr>
<td>Thu. 25th</td>
<td>Newsletter No. 19</td>
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<tr>
<td>Fri. 26th</td>
<td>Year 11 attend Yr. 12 Orientation Day</td>
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<td>Mon. 29th</td>
<td>Year 10 Exams</td>
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<td>Tue. 30th</td>
<td>Year 10 Study Day</td>
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<td>Grade 6 Orientation</td>
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Organisational Skills

Already into the fourth week of Term 4, and I am witnessing a number of students who are still yet to develop good organisational skills. Some students are consistently forgetting homework, and forgetting books or other equipment. This inhibits their learning and makes teaching difficult. I would hope that students can make a greater effort in this area, and that parents can continually monitor their child’s progress.

Parents still need to be looking at diaries (making sure they are being used correctly), discussing with students what is and has been going on at school, and reminding them of important dates, events and classes. We should not just assume all is fine just because we are into Term 4.

Staff will make a concerted effort over the remaining weeks to assist students with their organisation, but we need back-up support from home.

Incubating Chicken Eggs

The eggs are in the incubator. Fingers crossed for the next 21 days.

Students taking their own responsibility

We have also asked all students that they are not to phone home or borrow money from the office unless there is an emergency. Students must start to take responsibility for remembering lunches, P.E. gear, homework, etc.

Mobile Phones

I would like to remind parents that students are not to bring mobile phones to school. If they are required after school they must be handed in to the office.

Super 8’s Clinic

The Super 8’s team have been selected from Years 7 and 8 students. Well done – Morgan, Chloe, Belicia, Sarah Stuchbery, Sophie & Meg.

Students need lunch, water, snacks, school sports uniform, cricket bat, hat & sunscreen.

Important Dates for 2010

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<tr>
<th>Day/Date</th>
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<tr>
<td>Mon 22/11</td>
<td>Junior Public Speaking</td>
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<tr>
<td>Wed 8/12</td>
<td>Summer Sport</td>
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<td>13-17/12</td>
<td>End of Year Program</td>
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<td>Tues 14/12</td>
<td>Speech Night</td>
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<td>Fri 17/12</td>
<td>End of Term 4</td>
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<tr>
<td>Fri 29th</td>
<td>7A &amp; 7B</td>
<td>Maths Mate 4 &amp; 5 due</td>
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<tr>
<td>Fri 28th</td>
<td>7A &amp; 7B</td>
<td>*Spelling test</td>
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<td></td>
<td>Sci</td>
<td>Mammalian Research Assignment DUE 12/10/10</td>
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<tr>
<td>Wed 3rd Nov</td>
<td>7A &amp; 7B</td>
<td>*Test Ancient Greece</td>
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<td>Hist</td>
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English: English Rules 7A: due every Tuesday /7B: due every Monday
*Spelling tests: 7A: due Tuesdays
7B: due Mondays

French: Spelling Test every Wednesday

Kindest regards, JENNY LEISHMAN,
2011 BOOKLISTS

Booklists for 2011 will be distributed in November. These will need to be returned to the school by Monday 22nd November for Year 7’s and all other years to be returned by Wednesday 24th November 2010.

Payment of and distribution day will be 1st February 2011.

REMINDER

During Term 4, ALL students are to wear hats during lunchtime and recess.

DONALD HIGH SCHOOL SPORTING EVENTS

Northern Zone Athletics

On the Thursday 7th of October 2010, 7 students competed in the Northern Zone Athletics held at the Bendigo Athletics Track. There were a variety of mixed age groups and events that our students excelled in, and they all competed very well at the zone level. The results for the day were as follows:

- Sam Dunstan in the Boys 12-13 Years High Jump placed 7th
- Sebastian McConville in the Boys 14 Year Shot Put placed 6th
- Jack Onley competed in two events, firstly the Boys 14 Year Triple Jump placed 4th, and then the Boys 14 Year Long Jump placed 5th
- James Heslop in the Boys 16 Year Shot Put placed 7th
- Alexander Bourchier in the Boys 16 Year Olds 400 metres placed 6th

- Alexandra Doak in the Girls 17 Year Olds Long Jump demonstrated an impressive natural ability and placed 3rd
- Nathan Dunstan showed an outstanding effort in the Boys 16 Year High Jump, where he won the event by jumping 1.73m and progressed to the next level, which was the Victorian Secondary School Athletics in Melbourne.

We would like to thank all of the parents and staff involved with the transportation and organisation of the students.

Minyip Shoot

Lock, Stock and two smoking barrels! On the 18th October 2010, 13 boys from the Donald High School participated in the Minyip Field and Game Shoot. The boys were Daniel Pearce, Sebastian and Will McConville, Dudley Bibby, Sean O'Reilly, Scott Wood, Darby Harrison, Matt Gilmour, Zayha Jorgenson, Levi Borden, Reily Dunstan, Joe Sheridan and Reece Harberger. Fun was had by all of the boys, however their aim was slightly off all day. Daniel Pearce achieved the highest result for the School, shooting 17/24 targets.

A big thank you to Peter Pendlebury, David Falla and Pam McConville for all of your help with the organisation and management of the day.

PARENTS CLUB

The Parents Club would again like to ask for helpers for the Year 12 Graduation Dinner. It would help with the organisation if people
could put their names forward by 4th November either to the school, Robyn Bibby ph: 54966222 or Jan Crowe ph: 53808231. It all. As our Year 12 parents are guests on the evening we are looking for help from elsewhere within our parent community ( Yr 11 parents in particular would find this interesting for next year). For anyone who knows that they are unable to help, a donation of $5 or $10 would be appreciated towards the cost of the night. Thanks in anticipation.

**New Books in our Library**

**Toby Jones and the magic Cricket Almanack**
by Michael Panckridge with Brett Lee

This is the first in a series of time-slip books that take the reader back to famous cricket matches of the past.

Toby Jones and his classmates go to the MCG archives on a school excursion and there they meet the old caretaker at the library, who is amazed to find that Toby has ‘the gift’ - Toby can see numbers and words whirl on the pages of old Wisdens, which means that he has the potential to travel back in time to cricket matches.

The books retell the exciting story of the famous cricket event; the characters’ own cricketing successes and failures; and the time travel dramas and dilemmas experienced by the boys.

**Six Impossible Things by Fiona Wood**
Fourteen year old Dan Cereill is not quite coping with a reversal of family fortune, moving house, new school, a mother with a failing wedding cake business, a just-out gay dad, and an impossible crush on Estelle, the girl next door. His life is a mess, but for now is not a big job but one that needs a few helpers to make things easier for he’s narrowed it down to just six impossible things........

**6 by Karen Tayleur**
6 follows a group of teenagers in their final year of High School - parties, family, work, friendships, learning to drive, end of year formal, after party and making a bad choice.

**Great Speeches of our time / Hywel Williams**
A wonderful collection of Life and World changing speeches. From Winston Churchill to Barack Obama, Nelson Mandela and Anita Roddick. This is a book of many voices that have mattered in our time.

**AGE SUBSCRIPTIONS**
If you wish to subscribe to the Age Newspapers for 2011, please pay Mrs Russell.

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**St Mary’s School Twilight Fete**

St. Mary’s Parents & Friends invite you to an enjoyable evening out
to be held at St. Mary’s School Grounds

Friday November 5th 2010

4.30 – 9.30 p.m.

Hot food to be sold from 5.30 p.m...

Cakes, Craft & Produce
Mini Auction to begin at 7.00 p.m

**GRADUATION DINNER**
A reminder to Year 12 students and parents to purchase tickets for graduation. All ticket purchases must be finalised by Friday 5th November. Tickets can be purchased at the school office.

**YEAR 11 EXAMS & ORIENTATION DAY**

The Year 11 Exam period is fast approaching, students should be already completing at least 8 hours of study at home each week, they should be increasing the amount of study time they do at home up to 15 hours a week in preparation for their exams. The Year 11 students study day is Friday 19th November, the exam period is Monday 22nd through to Thursday 25th November. There will be a timetable in the next newsletter.

Friday 26th November is their Year 12 orientation day and **ALL Year 11 students must attend. Please keep this day free from appointments.**

**YEAR 7 CHICKEN INCUBATION PROGRAM**

The Year 7’s have started their Chicken Incubating Program. Four dozen eggs went into the incubator last Monday. Thank-you to the VCAL chooks and the Postlethwaite family for donating eggs to the program. Also I would like to thank the Postlethwaites for their money donation, which will allow me to buy much needed chicken starter for the chicks when they hatch. Katie Gillahan helped me Monday night to candle the eggs and many moving embryos were seen. Fingers crossed for the next 10 days.

**AIM FOR THE STARS GRANT**

Do you have a dream but need some extra funds to help achieve it?

Applications for 2011 grants are now open and the Foundation is inviting girls and women across Australia whether they are an academic, an athlete, an artist or even an archaeologist to apply. An opportunity exists for all females striving to achieve their goals.

**AIM for the Stars** is offering grants which include the following:

* $1,500 "Kickstart" grant - 12 to 16 years
* $1,500 "Environmental grant" - 12 years and above
* $3,000 "Individual" grant - 16 years and above
* $3,000 "Athlete with a Disability" grant - 16 years and above
* $6,000 "Group" grant - 2 or more people 12 years and above
Grant applications close 12 November 2010. Grants will be awarded at the discretion of the Foundation, to deserving applicants who meet the criteria and best demonstrate their aspirations to further their education and/or personal development. Interested persons can get additional information by referring to the "Who Can Apply" tab at the top of the website (www.aimforthestars.com.au):

General enquiries to Ph: 0422600733
Email: info@aimforthestars.com.au

JUSTIN D’ATH, AUTHOR VISIT

Justin D’Ath, author, visited Donald High on Monday 11th October to talk about his books and to conduct writing workshops with the students.

Justin is the author of 30 books for children and young adults, including the hugely popular Extreme Adventures series.

One of twelve children, Justin grew up on a farm in Otaki, New Zealand. He was always a story teller and writer of stories from a young age. He continued with his storytelling when he had children of his own, reading them stories at bedtime, or making up tales featuring his daughter and son as the heroes.

Justin came to Australia in 1971 to study for missionary priesthood. After three years, he left the seminary in the dead of night and spent two years roaming Australia on a motorbike living in a tent and drawing to fill in time.

He decided that he would submit cartoons to one of the bike magazines he was reading on his travels and so his first publication was a monthly cartoon strip and then travel stories for the magazine. The Initiate, a novel for adults was his first book that was published in 1989 and Infamous was his first childrens novel published in 1996. Justin was living in Flowerdale during the fires of February 2009 and lost everything, from there he temporarily moved to Queenscliff where he now permanently resides.

In his workshops Justin explained how to write down “What if??” ideas, then to create a character for those situations, create problems for that character to work through and solve. This was now a fully developed story. Although some authors develop a plan first and know what will happen in each chapter as they write Justin likes to create the situation and character and run with the story seeing how it will develop, often surprising himself at the events that happen. His final message to the students was to have fun with their ideas and enjoy their writing and reading.
Could it be asthma?

Do you ever:

- Get short of breath when you are not exercising or at unexpected times?
- Find that your shortness of breath is seasonal, or that during some months or times of year your breathing is worse?
- Have cough or coughing spells even when you do not have a cold?
- Notice times when there is wheezing or whistling in your chest?
- Feel tightness in your chest when you are short of breath?
- Wake up at night with shortness of breath or wheeze?
- Notice wheeze, cough, or chest tightness in certain environments, such as hot/cold air, dusty places, or in certain homes?
- Wheeze when you exercise?

If you experience any of the above ask your pharmacist or doctor about a lung health check.

Asthma: 10 things to tell your doctor

Symptoms
1. If you wake up coughing, wheezing or breathless
2. If you struggle to keep up with normal activity

Triggers
3. Anything that seems to trigger/make your asthma worse
4. What you do about your triggers and whether this helps

Medication
5. How often you take your blue reliever puffer
6. How often you take your preventer medication
7. How you use your device
8. If you are using any other medications or complementary therapies

Asthma plan
9. I would like an asthma action plan
10. I would like a regular asthma review
   If you would like more information please call The Asthma Foundation of Victoria on
   1800 645 130 or visit www.asthma.org.au