



# NEWSLETTER

CIRCULATED FORTNIGHTLY TO INFORM PARENTS OF  
SCHOOL EVENTS AND VIEWPOINTS

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No. 7  
MAY 14<sup>th</sup>,  
2009

**Dear Parents,**

**ATTITUDES TO SCHOOL SURVEYS:** All students at Donald High participated in the Annual Survey last week. Staff are being surveyed this week. A sample of parents will be asked to complete a survey later in the year. All information collected provides valuable feedback for us to take on-board to move the School forward.

**SONIA KARRAS:** Sonia ran an excellent session for our Years 10 - 12 students on many issues facing young adults including binge drinking, ID's and party safety.

**SCHOOL PHOTOS:** These were efficiently carried out by Peter Gillahan, and I thank Mrs Gillahan for organising the process.

**NAPLAN:** This week, our Year 7 and 9 students undertook the NAPLAN in the areas of Literacy, Reading and Maths. Thanks to Mrs. Leishman, who efficiently carried out the organisation.

**VALUES EDUCATION:** All students, staff and several parents provided me with useful feedback. These values will be illustrated at the entrance to the School building. The illustrations will read:

In our School we value.....Learning  
Respect Teamwork Responsibility  
Friendliness Co-operation Trust  
Commitment

**YEAR 11 WORK EXPERIENCE:** Our students are currently undertaking work experience, and most have work placements in Ballarat. Thank you to Miss O'Brien, who did a great job in co-ordinating the students, and to Mrs. Goode, Ms. Perkal and Mr. Leishman, who accompanied them.

GEOFF RIGBY  
PRINCIPAL

## CALENDAR

<b>May</b>	
11 <sup>th</sup> - 15 <sup>th</sup>	Year 11 Work Experience
Tue. 19 <sup>th</sup>	School Council Meeting - 7.30 p.m.
Thu. 21 <sup>st</sup>	Inter-House Cross Country pds 6&7
Fri. 29 <sup>th</sup>	Inter-School Cross Country
<b>June</b>	
4 <sup>th</sup> - 10 <sup>th</sup>	Year 11 Exams
Mon. 8 <sup>th</sup>	Queen's Birthday Holiday
9 <sup>th</sup> - 10 <sup>th</sup>	Year 12 Exams
Wed. 10 <sup>th</sup>	Science Competition
Thu. 11 <sup>th</sup>	GAT
Fri. 12 <sup>th</sup>	Report Writing Day
Tue. 16 <sup>th</sup>	School Council Meeting
Wed. 17 <sup>th</sup>	Intermediate Public Speaking
Thu. 18 <sup>th</sup>	Northern Zone Cross Country
22 <sup>nd</sup> - 26 <sup>th</sup>	Year 9 Green Week
24 <sup>th</sup> - 26 <sup>th</sup>	10B Pre-Driver Ed.
Fri. 26 <sup>th</sup>	End Term 2 - 2.30 p.m. finish Reports given to students at School

## VCAL SELL

### For Sale - Damson Plum Jam

Grown locally and made by the D.H.S. Years  
10/11 VCAL Class.

Only a small supply available, so get in quick.

Small jar (250 grams approx.) \$3.00

Medium jar (450 grams approx.) \$4.00

Large jar (680 grams approx.) \$5.00

## Year 9 History Excursion

On Thursday, 30<sup>th</sup> April, Year 9 History students took part in an exhibit on Aboriginal artefacts organised by the Donald Historical Society. The students were split into two groups and both groups participated in different seminars.

9B, escorted by Miss Farnham, met with the Historical Society and representatives from the Gallery of Aboriginal Art in the National Museum of Australia. The group was treated to ideas on how to recognise and handle potential artefacts.

9A, escorted by Mr Goode, travelled to Avon Plains and surrounding areas as members of a field trip. They examined the landscape and unearthed potential treasures.

*"We learned they made ceremonial robes out of possum skins and engraved pictures into the skins."*

**Jacob Voigt, 9B**

*"We found trees with scars made either by a European axe or a wooden axe."*

**Chelsea Leeder, 9A**

*"While we were there, we learnt how people lived in this area."*

**Reily Dunstan, 9B**

*"The Aboriginal people carved out the trees to make food baskets, shields and bowls. That's why they're called 'scar trees'."*

**Jenna Allen, 9A**

*"We looked at various Aboriginal artefacts and were told how they were used. These included digging sticks, spears, cutting tools, rocks and a cloak."*

**Brayden Newall, 9B**

*"We watched one of the Wotjobaluk people identify a scar tree with a GPS."*

**Jacinta Sheridan, 9A**

# YEAR 7 NEWS

## **NAPLAN TESTING - National Assessment Program in Language and Numeracy**

These tests were conducted on 12<sup>th</sup>, 13<sup>th</sup> and 14<sup>th</sup> May. Results will be sent out to parents as soon as they become available. These results provide information for parents and teachers about a child's performance in English and Maths.

All students in Years 7 and 9 at Donald High School have sat the tests during this week. Students involved all received an information brochure and letter explaining the tests.

## **House Cross Country**

The Inter-House Cross Country will be held on Tuesday, 21<sup>st</sup> May. I hope some training has been taking place. Year 7's will do a 3 km course along the Richardson River, past the Football oval, down Elizabeth Street, and finishing on the Goff Letts Oval. Students who finish in the top 10 of the Junior category will then be selected to represent the School at the Inter-School event the following week, Friday, 29<sup>th</sup> May.

## **Pastoral Care**

Bullying can involve behaviour such as isolating other students, put-downs, spreading rumours, or it may be of a more physical nature. In both Pastoral Care and in Year Level Assembly, I have expressed to the students that this type of behaviour will not be tolerated at Donald High School, and every effort will be made to support the victim. We have a strict anti-bullying policy, and people who engage in this form of activity can expect to be caught and dealt with according to the policy. As I have consistently mentioned to the class, every student has

the right to feel comfortable at School. You don't have to be best friends with all class members, but you must not go out of your way to put others down. We have also been looking at different ways of expressing anger and appropriate ways of behaving in class. Hopefully you, as parents, can support the School in our endeavours to improve in these areas by having discussions about these topics at home. Thankfully, so far, the Year 7 group appears to have been working together as a cohesive unit. Well done.

### Study Techniques

It has come to my attention that many of the Year 7 students still do not know how to study correctly. With Topic Tests again beginning to appear on the Work Schedule, now is a good time to revise a few simple points about Study Technique:

*Testing is an important and regular part of assessment at Secondary School and students need to develop a systematic approach to studying for tests that they find successful. Too often, students satisfy themselves that they have 'studied' for a test when all they have done is read over the relevant section in their workbook.*

**To give you some idea how to help your child approach tests, I suggest the following study tips:**

1. Read over the section of your workbook that the test will be based on (this is as far as a lot of students ever go)
2. Make brief notes in point-form or draw up lists of key names or words
3. Have someone at home ask questions from your workbook
4. Go back over workbook and study notes, concentrating on areas where lack of knowledge or understanding was apparent

5. Retesting at home until weaknesses are overcome

**When these processes have been followed through, then you can honestly say you have studied. 'Studying' certainly goes a lot further than reading over notes in the isolation of your bedroom, or in front of the television. Even the preparation for weekly spelling tests should follow this routine.**

### School Photos

Proofs of school photos will be given out when they arrive. Included with the proofs will be the order forms. All order forms and payment should be sent direct to the photographer in the envelope provided. Ordered photos will then be sent back to the School for distribution when processed.

### Homework due:

- Please cut this out and stick it on your fridge. Make sure these tasks are placed in your diary.
- Tests are marked with an \* asterisk
- Please note that this schedule only reflects tasks that teachers have set in advance. Other homework may be set from day to day.

Day/Date	Subject	Task
<u>Maths:</u> MathsMates 4 & 5 due Fridays.		
Fri. 15/5	7B Geog.	Plate Tectonic Map due
Wed. 20/5	Science French	* States of Matter test * Written numbers 11 - 69
Thu. 21/5	7A Geog.	Plate Tectonic Map due
	History	Continue with Egypt project
<u>Maths:</u> MathsMates due Fridays.		
<u>English:</u> Successful English exercises:		
7A: due every Thursday /7B: due every Friday		
Spelling tests: 7A & 7B: due Mondays		


## Important Dates for Term 2

May	
Thu. 21 <sup>st</sup>	Inter-House Cross Country (pds 6&7)
Fri. 29 <sup>th</sup>	Inter-School Cross Country
June	
Mon. 8 <sup>th</sup>	Queen's Birthday Holiday
Wed. 10 <sup>th</sup>	Science Competition
Fri. 12 <sup>th</sup>	Report Writing Day - Pupil Free
Thu. 18 <sup>th</sup>	Northern Zone Cross Country
Fri. 26 <sup>th</sup>	End of Semester Reports given to students Last day of Term (2.30 p.m. finish)

Kindest regards,  
JENNY LEISHMAN,  
YEAR 7 CO-ORDINATOR  
Home Phone: 5497-1206

### For sale

New "Face Off" girls School pants. 1 size 16, 1 size 14 at \$20 each. See Kathy Hose at School (for fitting), or phone 5497-2141 (after School hours).


<p>67 Woods Street, DONALD. 3480 Ph. 5497-1821</p>

## THE REX, CHARLTON

### Coming Films:

"KNOWING" (M) Sat 16 May, 8 pm; Sun 17 May, 2 pm; Tue 19 May 8 pm

"MONSTERS Vs ALIENS" (PG) Sat 23 May, 8 pm; Sun 24 May, 2 pm; Tue 26 May, 8 pm

"RACE TO WITCH MOUNTAIN" (PG)  
Sat 30 May, 8 pm; Sun 31 May, 2 pm; Tue 2 June, 8 pm

## Science - Special Effects

Last week the Science Department was lucky enough to get their hands on some Dry Ice (solid carbon dioxide). A big thank-you to Glenis Berry. A lunchtime session was conducted by Miss O'Brien to demonstrate some of the properties of dry ice. Like how it sublimates at  $-78^{\circ}\text{C}$  (turns directly from a solid to a gas), how that carbon dioxide gas is denser than air. When dry ice sublimates, it produces a white cloud, and that the gas expands very quickly. All students who attended thoroughly enjoyed the demonstrations.

## Year 7A & 7B Gain their Bunsen Burner Licenses

In Year 7, students must pass a competency-based test to gain their Bunsen Burner License, and prove to Miss O'Brien that they understand how to use the Bunsen Burners Safely.

All 34 Year 7 students passed their test last term with flying colours. Congratulations to all the students on this accomplishment.

## Scholastic Book Club

Please return any Book Club orders to Mrs Russell by 22<sup>nd</sup> May, 2009.

## NEW BOOKS IN YOUR LIBRARY THIS WEEK



*"Pip: the story of Olive"* by Kim Kane

Olive finds her social status and self-esteem dwindling when her best friend changes allegiance. Then the stroppier, more rebellious and confident Pip appears. Pip is both the daredevil friend Olive needs in order to feel less alone, and her tougher self: the Pip inside the Olive.

*"How to ditch your fairy"* by Justine Larbalestier

For 14-year-old Charlie, having a Parking Fairy is worse than having nothing at all. At first, teaming up with arch-enemy Fiorenza (who has an All-The-Boys-Like-You Fairy) seems like a great idea. But when Charlie unexpectedly gets her heart's desire, it isn't at all what she thought it would be, and she'll have to resort to extraordinary measures to ditch her fairy.

*"Dinosaur knights"* by Michael Gerard Bauer

A reckless scientist is conducting the experiment of his life - attempting to stretch time to bring a living dinosaur to the present. A slip-up occurs, landing the great, blood-thirsty, bone-crushing Theropod into the Middle Ages.

*"Slumdog Millionaire"* by Vikas Swarup

Ram Mohammad Thomas is being held in a jail cell in Mumbai, India, after correctly answering all twelve questions on India's biggest quiz show, *Who Will Win a Billion?* It is hard to believe that a poor orphan who has never read a newspaper or gone to school, could win such a contest. But through a series of exhilarating tales, Ram explains to his lawyer how episodes in his life gave him the answer to each question.

## CAREERS AT THE ZOO

On 17<sup>th</sup> April, Angie Clark, Rachel McLoughlan, Claire Wall and I went to the Careers Day at the Werribee Open Range Zoo. (Ally Doak also went on 6<sup>th</sup> April). The day kicked off with an introduction/assembly in the Conference Centre. Here they told us about the different animal courses that are available in Victoria, and work experience and volunteer work that we can do.

Next the woman from the Experiences and Learning Department told us about her job. After she told us what she likes and dislikes about her job, she took us into a room filled with all kinds of animals. We sat on the floor, and she passed around a Mongolian Boa Constrictor, Ring-tail Possum, Bearded Dragon, and a Green Tree Frog. Claire was the only one who refused to touch the snake! Morning tea was next, and after that we went back to the Conference Centre. A man with long hair, who looked like he lived in one of the enclosures, introduced himself as a Safari Guide. He showed us a hilarious presentation on the big screen about his job, and then we went on a safari tour. As we passed each animal, the guide told us some interesting facts about them. This was followed by lunch.

Next the Zoo Vet and Vet Nurse told us about their jobs, and how they got there. We were split into groups, and did some activities that the Vets would do as part of their job, such as examining animal teeth and x-rays, and practising to blow a dart at a baby hippo.

Then we were introduced to one of the keepers. After she told us all about her job, we took a sponge or rake each and walked over to the hippo enclosures. Every day the keepers clean the enclosures for the night so the hippos can sleep

there, and we did just that (clean it, not sleep there!). We were pretty close to the hippos, even though we were separated by a thick iron gate.

When we were done for the day, we filled out an evaluation sheet.

It was a great experience, and I would recommend it to anyone else who is interested in animals.

Thank you to Miss O'Brien for organising this opportunity, and to NCLLEN (North Central Local Learning and Employment Network) for funding the program.

By Fabian O'Shannessy

## WANTED

### WINTER SCHOOL SKIRTS

If anyone has any Winter School skirts at home which they no longer need, there have been enquiries of students wanting to buy a skirt. Please contact the Office, or send the skirt in with the price attached.

Donald Hockey Club

## Twilight Hockey

Mixed (High School Age and up)

Starts Tuesday, 19th May, 2009

(for 12 weeks)

At Hockey Field 6pm

Join in for some fun and exercise.  
You don't need to know how to play  
Hockey!

Non Donald Hockey Club members \$30

Names to Melissa (0428 971 850) by

Wednesday, 15<sup>th</sup> May

Also list in Hockey Shed

## WORKCO Apprenticeship and Traineeship Vacancies

Job Title	Town	Contact	Closing Date
Information Technology Traineeship	Stawell	Chris Perry	15/05/2009
Apprentice Chef	Warracknabeal	Kate Clark	15/05/2009

More information on these positions can be found on the wall outside the Office.

### From May, put sun hats away

Autumn leaves are falling, and so are Victoria's UV levels - so now is the time to think about your sun exposure and vitamin D levels over winter. When UV levels are 3 and above, sun protection is required, because that is when the sun can damage skin and eyes and lead to skin cancer. However, in Victoria, average UV levels from May to August are low (1 or 2), so sun protection isn't needed unless you are in alpine areas or near highly reflective surfaces such as snow or water.

UV Index levels do vary throughout the state. To check the UV levels in your area, go to the SunSmart UV Alert in the weather section of your daily newspaper or go to [www.sunsmart.com.au/ultraviolet\\_radiation/sunsmart\\_uv\\_alert](http://www.sunsmart.com.au/ultraviolet_radiation/sunsmart_uv_alert). When UV levels are low, a "No SunSmart UV Alert" is issued and sun protection is not required.

To get enough vitamin D during the winter months, it is recommended that faces, arms and hands (or equivalent area of skin) are exposed to the sun for two to three hours over the week. People with naturally very dark skin may need three to six times these exposure times. So, over the winter months, for healthy bone development, put sun hats and sunscreen away. Take Care, Arna - Secondary School Nurse

Reference: [www.sunsmart.com.au](http://www.sunsmart.com.au)

### ASTHMA - Frequently Asked Questions

#### **Can a child grow out of asthma?**

No, there is no cure to asthma. It is more likely to occur in younger years when the airways in the lungs are still developing and therefore more sensitive. However, once someone has been diagnosed with asthma, they can remain symptom-free for an extended period with symptoms then reappearing later in life.

#### **Why should a spacer be used when taking medication through a puffer?**

Spacers deliver more medication to your lungs, minimize side effects and require less co-ordination. A spacer is a plastic container with a mouthpiece and one-way valve at one end and a hole for a puffer at the other. Medication is sprayed into the spacer, then immediately breathed in.

#### **Can I overdose a child on reliever medication?**

No, the blue reliever medication is completely safe and you cannot overdose a child with this medication. There can be side effects from the extended use of blue reliever medication in a short period of time, including raised heart rate, hyperactivity, shakiness or headache, but these side effects usually subside quickly, and are preferable to the potential damage from not being able to breathe.

#### **What if the child is allergic to Ventolin?**

It is very rare for this to occur; however, in this circumstance you can administer a Bricanyl turbuhaler, as it does not contain salbutamol. If the child is allergic to the propellant in the metered-dose inhaler; then a dry powder turbuhaler is suitable to use in this circumstance.

## ROUND 2 FOR YEAR 8 SOCCER

### Game 1:

The start of Round 2 saw the Donald Roos versus the Schoolies. The Donald Roos got off to a great start, and the Schoolies fought back with Scott Wood bringing hope back to the Schoolies, but it was too late. The Donald Roos had already won.

### Game 2:

The second game saw the Schoolies versus the Deep Blues. The Deep Blues got off to a good start, and the Schoolies could not come back, allowing the Deep Blues to win the game.

### Teams:

#### Deep Blue

Levi Borden  
Brody Haddow  
Sean O'Reilly  
Dudley Bibby  
Nick Atkins  
Kirstie Davidson  
Jacinta Clifford  
Hannah Hogan

#### Schoolies

Scott Wood  
Matt Fritsch  
James Young  
Bella Milne  
Luke Sheather  
Kate Stuchbery  
Renee McEwen  
Grace Brennan

#### Donald Roos

Tom Gillahan  
Matt Butler  
Tobie Chapman  
Katrina Heslop  
Kayla Allen  
Laura Ackland  
Daniel Pearce  
Quaid McKenzie