

Issue 8, November, 2008

Our college **VALUES:** *Respect, Doing your Best, Support & Compassion, Fairness, Teamwork, Responsibility, Honesty, Trust & Integrity*



2008 Secondhand Book Sale

Thursday 4th December 8.45am – 3.30 pm

- Books for sale to be taken to S6
- Place a completed *book sale slip* in each book (attached/available from Student Welfare or General Office)
- On an unsealed *envelope* write student's name, form and a list of all books put in for sale

Friday 5th December 8.30am – 1pm

- *Book Sale* in S6
- Books must be paid for on day of sale. *Cash* only

Tuesday 9th December 8.30am – 3pm

- *Money* and/or unsold books to be collected from S6 (this day **ONLY**)
- *Uncollected money* will be credited to student's account in 2009
- *Uncollected books* will be considered a donation to the school (as per signed consent on book sale slip)
- *Written permission* can be given for someone else to collect books/money

If you are available to volunteer your time to help with the book sale, please contact Barbara Lloyd, Student Welfare Co-ordinator on 97441066

Calendar of Events Term 4, 2008

December

2	Yr 10 into VCE Orientation Day
5	Second Hand Book & Uniform Sale Casual Clothes Day Japan trip ends
9	Grade 6 Orientation Day (No Yr 7's required at school)
15	Activities week
17	Yr 7 Presentation 7:30pm Yr 8 Presentation 5:00pm Yr 11 Presentation 10:00am
18	Yr 9 Presentations 10.00am
19	Yr 10 Presentation 12:00pm END OF TERM 12:00pm

2009 TERM DATES

Term 1:	2nd February to 3rd April
Term 2:	20th April to 26th June
Term 3:	13th July to 19th September
Term 4:	5th October to 17th December

Note: Casual Clothes Days
No thongs allowed. If the student has a P.E. class on a Casual Clothes Day please ensure that runners are worn or brought to school for class and closed leather shoes for Science & Technology classes.

Enclosures with this Newsletter
2008 Second Hand Book Sale List
Uniform Information
Canteen Menu

A Word from the Principal...

I would like to take this opportunity to thank all of our parents for their support throughout the year and to wish all of our families a happy and safe holiday. I particularly thank those parents who give up their time to be on the College Council, the council president Mrs. Rhonda Richards, the Friends of the College and those who assist with sport, reading, drama and in other aspects of the school program.

I wish to thank our assistant principals, Mrs. Ada, Mrs. Bates and Mr. Fitzgerald and the leading teachers, sub-school managers and faculty coordinators who ensure the smooth and effective running of the school. This has been a most successful year in terms of student achievement and the teaching staff are to be congratulated for their dedication. I must also thank our business manager, Vickie Cassar and all of the support staff for their contribution to the effective management of the school.

We particularly recognise the contributions of Mr. John Fitzgerald and Mrs. Anne Ada who are resigning from their assistant principal positions and moving on to new things. They have both dedicated their skills as teachers and educational leaders to enhance the education of the students in the schools they have worked in and they have made a significant contribution to the success of Sunbury College. We all wish them well in their new endeavours.

Mrs. Karyn Gallagher is also retiring after more than 30 years at Sunbury College. She has been an outstanding teacher of Art and Graphics as well as Driver education and we will miss her happy and enthusiastic contribution to the school. I know that many students have enjoyed her classes and benefited from her outstanding teaching skills.

We are looking forward to some changes to the curriculum that we will be introducing next year. The new Year 7 Learning Program will make the transition to secondary school easier for our new students and we expect an improvement in student learning outcomes. The new timetable that gives all year 10, 11 and 12 subjects an increase to five classes per week will make it easier for students and teachers to effectively cover the demanding courses and these levels.

To conclude an a more mundane topic, parents need to be aware that with all students commencing on the same day next year, you can expect very heavy traffic in the streets around the school on the first day and you need to remember that you are not allowed to drop students off in the school grounds. Only buses and staff cars are allowed in the car park between 8 - 9 am and between 3 - 4pm.

Peter Hendrickson
Principal

Assistant Principals' Message

Margaret Bates, John Fitzgerald & Anne Ada

As the end of the year draws to a close we wish all students good luck with their final results. For the information of parents there will be a function for John Fitzgerald and Anne Ada, our two departing Assistant Principals on Monday 15th December. Inquiries at the General Office

2009 Booklists

Booklists will be distributed to students in the next few weeks. Parents are reminded that our booklists for all levels are now on the College website. Parents can also order their books through Geelong and Bellarine Books' website.

A further reminder that English books for next year's 11 and 12 students will be sold on their respective orientation days Tuesday 2nd December (year 11) and Monday 24th November (year 12)

Parents need to be aware that there are a number of books for next year which have been produced by the school for various subjects which in the past they have been able to buy from the General Office. **Next year this will not be the case.** These internally produced books will be now listed on the booklist and must be purchased through the bookseller via the booklist. Please ensure that you place an order using the booklist.

Presentation Ceremonies

End of year presentation ceremonies will be held as follows

Year 7 Wed 17th December 7.30 p.m.

Year 8 Wed 17th December 5.00 p.m.

Year 9 Thurs 18th December 10.00 a.m.

Year 10 Thurs 18th December 12.00 p.m.

Year 11 Wed 17th December 10.00 a.m.

Correction Day/Second Hand Booksell Day

Advance notice to parents that the 25th November is a correction day and students will not be required at school. The second hand book sale will be held on 5th December.

Friends of College

Our final dinner will be on 10th December at 6.30 at Clarkefield.

Debutante Balls

The process is almost complete. Debs and partners must not make bookings etc until they have a letter from the College confirming their participation.

UNIFORM

At the Sunbury Council meeting on Monday 11th August the following change to the school uniform was passed.

"Girls school uniform dresses and skirts must not be shorter than four centimetres above the knee."

This motion was passed to enhance the sun-protection afforded by the school uniform and also because the council has become aware that some girls dresses are inappropriately short.

Sunbury Project Steering Committee Sunbury College – Sunbury Downs College Steering Committee Report Number 2 – October 2008

The steering committee met for the second time on Tuesday 21st of October at Sunbury College. At its inaugural meeting, the committee had decided to collect as much information as possible about other secondary provisions and to make sure that it had explored all the options before making a recommendation to the College Councils of both Colleges.

Visit to Wodonga

To that end, early in Term 4, a group made up of the principals, some parents and teachers visited Wodonga to see the way secondary education has been provided in that town. The group visited the Wodonga Senior Secondary College which has its own Council and staff and then they visited one campus of the Middle Years College, which has two campuses, one Council and one staff for both campuses. A report on the Wodonga trip was circulated to all members and a discussion of the strengths and weaknesses of their provision was part of Tuesday's meeting.

Some points of interest were: The improved VCE results, the range of options available to students, the Middle Years Colleges providing a very different style of education to what had been in place previously and the very short time in which the new education arrangements were put in place. A decision had been made about structure first and an expert panel was brought in to decide on the appropriate school sites for the junior and senior parts of the provision.

Bayside Secondary College

We also invited Mr Mike Kerin to speak to the meeting. Mike is Principal of the three - campus Bayside Secondary College which is in the Altona - Newport area. Bayside College was formed in 1993 as part of the Kennett rationalization of schools and was initially formed with a Senior College for years 11 and 12 and two 7 -10 Colleges. Recently, the Senior College became a Years 10 – 12 College to better accommodate students doing VCE units in Years 10 and 11 and to provide more VCAL options. Mike also talked about recent moves to build a Prep to Year 9 school to link some local primary schools with one of the Bayside Junior Colleges. He also talked about how having a clear plan for the future enabled the schools to access money from the Education Department for buildings and facilities.

Draft Timeline for a Recommendation

We looked at a draft timeline for making a recommendation to the College Councils. The draft proposes that we try to get a recommendation ready by April next year. This would be an "in principle" recommendation on the overall organizational structure and any future work would be dependant on the decisions of the Councils. It was felt that many parents of Grade 6 students would want to know what is happening with secondary provision so that they could make an informed choice of schooling for the children. The timeline suggests forming up a shortlist of options and using them as the basis for discussion with the parents, students and staff. The actual form of the consultations could differ from group to group but the idea is to consult in a way that allows people to make well informed comments and suggestions.

Possible Options for Sunbury

We then looked at a series of possible options for Sunbury and the steering committee asked that they be put in this report so that the community knows what sort of options are being discussed.

Status Quo: 2 independent 7 -12 Schools, 2 sites, 2 staffs, 2 Councils

Sunbury Mega College on two campuses One College Council, Each 7 – 12, One large staffing pool, Balanced enrolments

"Sunbury One" College 1 College Council, 2 sites, One Senior 10 -12, One Junior 7 – 9, One staff

"Sunbury Two" Sunbury Senior - Sunbury Junior, One Senior 10 -12, One Junior 7 – 9, Two College Councils, Two sites, Two staffs

"Sunbury Grand" College One College Council, One site, Senior College 10 – 12 in one precinct, Junior College 7 – 9 in a separate precinct, One staff

Providing Options in Sunbury in 2009

Both Sunbury Downs and Sunbury College will use a 5 day timetable in 2009 to enable senior students to choose some subjects from the timetable of either school. This could involve some students moving from one campus to the other a couple of times a week. Some of the subjects paired up include Accounting, Automotive Technology and Building and Construction. Senior students have already been offered these options and some students will be moving between campuses in 2009.

Types of Secondary Provision in other areas

A number of schools have made arrangements similar to those undertaken by the two Sunbury schools to help overcome problems of providing courses that students may want to do as a prerequisite for later study. Sometimes teachers can drive from College to College to provide a particular course like a language or music. Sometimes students will travel to do subjects like Specialist Maths or Physics if the numbers are not strong enough in their home school. Often, however, students will choose another subject rather than spend time traveling.

Next Meeting

At our next meeting on Monday November 24th, the Committee will hear a presentation from Claude Sgroi from the Regional Office on Sunbury's retention rates and where Sunbury students finish up after leaving school. The meeting will then work through the various options above to see if it can list the pros and cons of each. The meeting would welcome written submissions from anyone about the options above or any other options.

Final Comment

The meeting reiterated its commitment to finding the best outcome for the Community of Sunbury. A decision about secondary provision in Sunbury will be made by the College Councils. What has become clearer from talking to other provisions across the state is that the government needs to have a workable and realistic plan in place before it will spend any more money on capital works for schools. Your steering committee has shown that it willing to do the work necessary to explore all options and produce the best outcome for Sunbury.

Peter Gannon

Chairperson

Sunbury Project Steering Committee.

October 2008

Summer Party On The Oval

On November 5th, two year eight groups (8G and 8J) travelled to the Senior Campus of Sunbury and Macedon Ranges Special School at Bullengarook to throw a 'Summer Party On The Oval'. The two forms organized this special event with their English teacher, Natalie Sacco. The focus of the day was to establish links between our mainstream school and the special school. The Sunbury College students went to great efforts to provide a fun day for the Bullengarook students and the occasion was a great success. The two schools played dodgeball together, flew kites, danced, had a sausage sizzle and ran relays. The party ended with a waterbomb fight between students and teachers, which was enjoyed by all! Many of the students took the golden opportunity to waterbomb their principal! There were numerous comments from the Special School staff on the excellent behaviour of our students and their willingness to interact enthusiastically. Well done 8G and 8J!

We would like to thank the following local businesses for donating goods towards this event:

McMahons Dairy - Sungold Milk

Bakers Delight

Safeway

Junior Sub School News

It has been a very busy and successful start to term four in the Junior Sub-School. Students have been involved in a range of exciting school programs and Fundraising activities.

Year 8 students have been involved in designing and creating a Sunbury Calendar for the local community. This week students have taken photographs of their local community on subjects such as history, sport and recreation, education, food, shopping etc. In Week 8 they will then design the calendar to sell to the school community. This is the first time we have run the program and the response from students and staff has been very positive.

Our Year 7 and 8 students are currently rehearsing for our performance of 'The Rouge'. There will be a range of different acts. These include mime, clowns, one-act plays, instrumental music and can-can dancers. The performance is scheduled for Wednesday the 3rd of December and Thursday the 4th of December. Tickets will be available for purchase from the front office after Monday 10th November. Cost of tickets are adults \$5 and students \$2.00.

Our Orientation Day for Year 7 students (2009) will take place on Tuesday 9th December. **Current Year 7 students will not be required to attend school on that day.** Our Year 8 student leaders will be hosts for the day. We are also in the process of changing our Year 7 classes going into Year 8.

On Friday the 7th of November we had a casual clothes day to raise money for Christmas presents for disadvantaged children in the Sunbury community. Students donated a total of \$1500 to buy toys and equipment from Toy world.

A reminder that our Year 8 presentation night will be held on Wednesday the 17th of December at 5:00pm and the Year 7 presentation will follow at 7:30 pm on the same date. All students must be in **full school uniform** and no notes will be accepted.

Fiona Davies
Student Connectedness Leader

Diane Wilson
Junior Sub-School Leader

Learning Enhancement

Advance St John Ambulance

A number of cadets have not submitted their Bronze Level Duke of Edinburgh books for completion. It would be fantastic if some awards could be presented this year.

Eight Sunbury College Cadets joined some Sunbury Division Cadets and about sixty other cadets from around Victoria to participate in the Government House St John Ambulance Parade on Saturday 25th October. The Parade, speeches and inspection by the Governor was followed by a BBQ where our cadets could mix with cadets from other Divisions. Well done to those cadets who attended. (see picture)

Recently Michael Georgio, the St John Ambulance Cadet Liaison Officer for Sunbury, visited the College and presented a class which included an accident scenario and triage. This was a very rewarding and informative experience for all the cadets. (see picture)

As this is the last Newsletter for the year, it is worth reflecting on the achievements of the Division. Thirty eight cadets achieved their Preliminary First Aid while 13 achieved their Senior First Aid certificates. Eleven attended duty at ANZAC Day and twelve at the Grand Prix. Over 250 hours of first aid duty was spent at the College in sick bay or at sport while over 300 hours were spent supporting St John at the AFL at Telstra Dome. The total duty time for the year was 770 hours with more duties planned for summer at the test cricket, A League and Australian Open tennis.

Thank you for your support through the year and congratulations to the cadets for their efforts.

Competitions

Students who participated in the English, Computer and Mathematics competitions were invited to luncheons in the library earlier in the term. The students received congratulations and their certificates recognising their participation and achievement from Mr Hendrickson and Mrs Bates. (see picture)

Engineers without Borders

Over 30 Year 9 and 10 students will attend a special program later this month at Melbourne University promoting the work done by Engineers Without Borders (EwB) an organisation that takes on voluntary construction projects in needy areas of the world.

Year 9 Literature Enhancement

In recent years Alex Pierce has provided this program for very capable students seeking a challenge by exploring and presenting ideas related to a novel or writer with a depth and complexity greater than they might in the classroom. The students in the program are Emma Ware, Jordan Turner, Gabe Sheehan, Stephanie Cust, Marcus Jackson, Annalise Naimo, Miranda Brown, Alex Hutchins, Vanessa Rocis & Sibel Ali-Zwart. Many thanks to Alex and congratulations to the students participating.

Siemens Science Experience

A number of Year 9 students have expressed interest in this three day activities packed program to be held over the summer break.

If you believe your child would benefit from this program please contact me or get more information and an application form directly from the website <http://www.scienceexperience.com> **Outstanding Achievement Awards**

Congratulations to the following students who received Outstanding Achievement Awards. Some students received more than one award for the same subject.



Outstanding Achievement Awards

Congratulations to the following students who received Outstanding Achievement Awards.
Some students received more than one award for the same subject.

Adriana Boyle	10B	Sci	Brandon Perrone	8G	Eng	Drew McLean	9F	Sci	Katherine Nadjidai	8C	Sci
Ailie Hogan	7B	Sci	Bridget Bourke	8G	Eng	Ellie Lowerson	8C	Sci	Kathleen O'Reilly	8F	Sci
Alex Dreer	9F	Sci	Brittany Childs	7F	Sci	Emily Burns	8G	Eng	Kayla Theodore	8C	Sci
Alex Phillips	8G	Eng	Broderic Doneski	8H	Sci	Emily Langdown-Marsden	8G	Eng	Kelly Taylor	8G	Eng
Alexander Pickering	10I	Sci	Caitlyn Wyhoon	8G	Eng	Emily Sutton	9F	Duke of Ed.	Kirby Fisher	8C	Sci
Amanda Schultz	8J	Sci	Chris Albert	8G	Eng	Georgia Prideaux	10J	Maths	Lauren Thomas	8G	Eng
Amelia Clarke	8C	Sci	Chris Bartalotta	8C	Sci	Hannah Brown	8J	Sci	Leyla Gedikali	8G	Eng
Andrew O'Connor	10I	Sci	Christopher Albert	8G	Eng	Jack Meeks	8H	Sci	Liam Miller	8G	Eng
Arielle Luz	7B	Sci	Claire Brown	9F	PE & Sci	Jake McIntyre	8G	Eng	Macleod Seyman	10J	Sci
Ashley Bauer	9F	Sci	Dalton Martin	8G	Eng	Jayde O'Farrell	8H	Sci	Matt Sette	8G	Eng
Ashley Bauer	9F	St John	Dana Fisher	8C	Sci	Jess Dominko	8C	Sci	Matthew Ong	10I	Sci
Belinda Mifsud	10H	Maths	Danah Burrows	8G	Eng	Jess Dudderidge	8F	Maths & Sci	Matthew Sette	8G	Eng
Billy Mitchell	8H	Sci	David Long	8G	Eng	Jordan Bootle	8C	Sci	Matthew Vogel	10L	Sci

Careers

Contact Cecilia Hoey with any queries: 97449023 hoey.cecilia.m@edumail.vic.gov.au

UNITS 3&4 VCE Students

Parents are advised of the following dates regarding results and change of preference. Cecilia Hoey will also be available during this time to assist students.

VCE AND VCAL CERTIFICATES

VCE and VCAL certificates will be available for collection from the College from December 17th. Certificates are normally available from the Careers Room. Uncollected certificates will be sent home in the mail and may arrive creased.

RESULTS

To obtain results students need to know their VCAA student number and PIN number (the first four digits of your birthday OR if you have applied through VTAC, the PIN created for the application process). VCCA STUDENT NUMBERS CAN BE OBTAINED FROM THE SENIOR SUBSCHOOL OR CAREERS OFFICE.

VCE results and the ENTER will be available on the RESULTS 2008 service from 7am on Monday December 15th. A copy of student results and ENTER will be sent in the mail on Tuesday December 16th. All students who successfully complete VCE and meet tertiary entrance requirements will receive an ENTER, regardless of whether you put in a VTAC application. However, they only receive an ENTER statement in the mail, if they have put in a VTAC application.

To find out Unit 3&4 results and ENTER you can:

Telephone 1900 957 888 (\$1.93 per minute inc. GST; higher rates apply from mobile or public telephones). You need to have your VCCA student number and your PIN number to access your results. Phone line will cease to operate at 5pm December 18th.

OR

Log onto the following website (no charge)

<http://results.vcaa.vic.edu.au>

You will need VCCA student number and your PIN number to access your results. This service will cease at 12noon on December 22nd.

OR

Request to have your VCE results and ENTER sent directly to your mobile phone via SMS text messages. SMS to 19 787 888 (cost \$1.10). You can do this from November 17th. Text your VCAA student number without the letter, then space, then your four digit PIN. Send. You will get your results at 7am on Monday December 15th.

CHANGE OF PREFERENCE

Students are able to change their Preferences from Monday December 1st (9am) until December 22nd (12pm). Ideally you will wait until you get your results to make final changes. Many Universities hold events around this time to assist students. Students have been provided with information regarding such events. All Change of Preference activities will also be advertised on University websites.

To change preferences students can:

Access MyInfo on the VTAC website: www.vtac.edu.au and follow the directions to change your preferences. You will need to have your VCCA student number and pin number handy.

SCHOOL LEAVERS AND ONTRACK

In addition to normal College procedures for checking on Year 10-12 post compulsory exiting students, the Department of Education and Early Childhood Development also runs a program called 'On Track.' This program follows up students who left in the previous year to obtain information about their transition from school and to offer assistance to those identified as not studying or in full time employment. The students are contacted via their details as placed on the Victorian Curriculum and Assessment Authority (VCAA) records. Any Year 10-12 student who leaves school in 2008 can expect a phone call early 2009. Obviously such a project is hindered by inaccurate contact details so it is important that any changes are brought to the attention of the VCE Sub School Manager as soon as known.

TAFE PREAPPRENTICESHIP APPLICATIONS AND JOB HUNTING

School leavers hoping to begin a TAFE preapprenticeship course in 2009 should be making applications now for the February intake. Many employers now require the completion of a pre apprenticeship before they will employ young people. More and more, a driver's licence is also required. Early school leavers may face difficulties finding a suitable apprenticeship, given some of the transport difficulties in this area.

School leavers looking for an apprenticeship, traineeship or full time or part time employment may find the following resources useful:

VCAL 2009

Interviews for the College 2008 VCAL program are now being concluded. Students will not be accepted into the program without a parent interview. The College will only offer the Intermediate certificate in 2009. A number of TAFE's offer excellent VCAL programs in specific industry areas – these are a viable option but they are also interviewing now.

QUERIES ABOUT ANY OF THE ABOVE SHOULD BE DIRECTED TO CECILIA HOEY – 97449023 OR hoey.cecilia.m@edumail.vic.gov.au

SPORTS

Although the year is rapidly coming to a close the performances by students at our College continue to be outstanding. I would like to take this opportunity to thank all students for their involvement in the College Sports programme whether it was as a member of an interschool team, a participant in the College swimming and athletic carnival, a House Captain, an umpire, helper or coach of a team. Your efforts are much appreciated!! Thank you also to the large number of staff who gave up their time to coach teams and the many parent helpers who come along to the many sporting events, your support is invaluable!!

EQUESTRIAN : During Term 3 the College had seven competitors at the Sacred Heart Event : Erin McKenzie, Alexandra Hay, Jasmine Shields, Hannah Brown, Kaili Thomas-Cathay, Emma Grant and Taylah Johnston. On a beautiful spring day our girls competed in Combined Training and Dressage events. They had a great day and some excellent results. Emma came 5th in the Dressage and Jasmine also came 5th in the Combined Training. The team of Alexandra, Erin, Jasmine and Hannah came 6th overall. Well done and thank you to Mrs Mc Kenzie for helping out as team manager!!!

BASKETBALL: As I mentioned in an earlier newsletter our basketball teams did particularly well with 6 teams competing earlier this term at the WZ finals. There all teams did particularly well especially the Year 8 Girls, Year 8 Boys and Intermediate Girls who all made the final. The Year 8 girls went down by a solitary point however the Yr 8 Boys came out on top also in a close game as did the older girls (who had a very convincing win) to earn the right to represent the Zone at the **STATE FINALS** at MSAC. Congratulations and good luck on the 25/11 to **Sam Lyons, Nathan Wood, Michael Treweek, Rhys Stafford, Michael Stafford, Anthony Briffa, Kane VanRooslen, Trevor Mastin, Ryan Pretty, Luke Farrugia, Hayden Grant and coach Mr Qoon** and on the 26/11 to **Sara Blicavs, Bess Van Ross, Erin Lyons, Zoe Tudor, Sam Box, Kristy Martin, Cayley Armstrong, Katie Holmes, Pania Jackson, Emergencies Jess Ellis and Antoinette Manariti and their coach Mr Cary.**

Thank you also to Jena Baboth and Rochelle Sullivan for their work coaching the Junior Girls and Daniel Childs, Jay King and Jason Williams for their help with refereeing.

VOLLEYBALL: The Yr 7 boys and Yr 8 boys and girls recently represented the College at the WZ finals in Werribee. All teams won both of their preliminary games to progress to the final where both teams had great games with the Girls reversing their result from last year to make it to the **STATE FINALS**. Well done to **Nicole Isles, Jess Dominko, Madison Ritchie, Demie Merkel, Katelyn Borg, Jayde O'Farrell, Marlee Thatcher, Ashlee Stirling, Kayla Theodore, Mariah Phillips 8J and their coaches students Chrystie Mitchell, Lynley Huke, Samantha Mitchell and Mrs Faelis** for all their hard work. The boys however had a great win and this now gives them the opportunity to play at the **STATE FINALS** to be played on the 27th of November. Good Luck to **Mitchell Ash, DJ Williams, Logan Gray, Jack Allen, Brayden Feltham, Aran Christensen, Sean Egan, Jake Johnson and coach Mr Lane**. Thank you also to Mr Hammond for his help at Western Zone.

SQUASH: Our Year 7 Boys, Year 8 Boys and Girls and Inter Boys and Girls played in the Western Zone Finals at Gladstone Park and all did extremely well with both the Yr 8 and Intermediate Boys teams qualifying for the **STATE FINALS** to be played on Nov 24th with the younger boys playing at Moorabin, and the older ones at MSAC. We wish the Yr 8's **Matthew Sette, Adam Warncke, Michael Boyd, Nathan Bridgland, Sam Lyons, Nelson Dickson, and the Inter Boys Andrew Warncke, Dean Johnson, Cam Johnson, Revere Bowater and Michael Prewer** all the best as the competition at this level is very tough!!!! Also thank you to their coaches on the day Mrs Ada and especially Mrs Maree Pell for all the work she has put in after hours to train the teams!!!!!!

BASEBALL : Our Yr 7 baseball team will compete next week at the Western Zone finals. The team has been training hard with their coach Mr Chan and Yr 11 student Brock Mangels and should be very proud of their efforts. Good luck!!!!

GOLF:

Well done to **Brandon Webber** of Yr 9 who competed for the first time in the State Golf Finals. On a foreign course he finished his round with a nett score of 104. Well done!!!!!!

SPORTS

Cont..

ATHLETICS: Our Athletes at the State Finals had a fantastic competition. As you would expect this level is extremely tough, competing against the best athletes in the state but our students acquitted themselves extremely well. Congratulations to

Mark Blicavs	Boys U21 3000m SILVER MEDAL & 1500m SILVER MEDAL
Kate Mastin	Girls U21 200m 6th & 400m 6th
Chris Borg	Boys Open 2000m Steeplechase 5th
Sara Blicavs	Girls U16 1500m 4th & 800m 6th
Marlee Thatcher	Girls U14 Shotput 4th
Ash Millane	Boys U13 1500m 10th

And a special thank you to Kate and Mark for all their efforts over the past 6 years representing the College in athletics and cross country. They made State on a number of occasions and have won many medals for the College!!

**** Congratulations to Natasha and Stacey Clarke** who competed in the Karate World Championships. Natasha of Yr 9 got a 1st in Kata, 2nd in Fighting and 2nd in Extreme. Stacey of Yr 10 got a 1st in fighting, 2nd in Kata and 3rd in showmanship.

**** Congratulations to Jamie McLaren** of Yr 9 who has been awarded a Victorian Institute of Sport Scholarship for 2009.

**** Congratulations to Ash Millane** who competed at the I.G.A State Cross Country Championships last term where he came 7th with a pleasing time of 11.45 for the 3 km

**** Congratulations to Jess Baker**

COMING UP

Baseball Yr 7 WZ Finals	Altona	CM	Thurs	20/11
Squash State Finals Yr 8 Boys	Moorabin	MP	Mon	24/11
Inter Boys	MSAC	AA	Mon	24/11
Bball State Finals Yr 8 Boys	MSAC	RQ	Tues	25/11
Bball State Finals Inter Girls	MSAC	JC	Weds	26/11
Vball Yr 7 Boys State Finals	MSAC	JL	Thurs	27/11
Baseball State Finals	Knoxfield		Weds	3/12
Volleyball Yr 8 Girls Nationals				/12

SUNBURY COLLEGE PROPOSED SPORTS CARNIVAL DATES 2009

SWIMMING

School Carnival	Sunbury Aquatic Centre	Tues	24/2
Section "A"	Oak Park	Weds	11/3
Western Zone	MSAC	Weds	25/3
VSSSA Finals	MSAC	Thurs	2/4

ATHLETICS

School Carnival	Epping	Tues	8/4
Section "A"	Aberfeldie	Tues	8/9
Western Zone	John Landy- Geelong	Mon	12/10
VSSSA Finals	Olympic Park	Tues	20/10

CROSS COUNTRY

Western Zone by entry(10/6)	Ballarat	Weds	24/6
VSSSA	Bundoora	Fri	24??/7

LAWN BOWLS

WZ	Altona	Weds	18/2
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GOLF

WZ	B&G	Bacchus Marsh	Friday	20/2
State	B&G(10-12)	TBA	Mon	11/5
	B&G(7-10)	TBA	Mon	26/10

RACV Radio Transmission Program and Competition

As part of the VCAL program in 2008 students took part in the RACV Radio Transmission Program and Competition. They investigated a road safety topic and developed a Community Service Announcement. They then recorded their advertisement using the software Audacity. Of the four groups from Sunbury College who entered the competition, Sunbury College had two groups reach the finalist stage. Congratulations to Kim Hall, Sharnon Rea, Teagan McFarlane, Trent Burggraf and Andrew Moussi for their achievement. They will have their advertisement played on SYN FM Radio Station.

Felice Pancallo
VCAL teacher

Forty Hour Famine

A special congratulations to our College community for your efforts in the Forty Hour Famine this year. Last year we raised \$183 while this year the total amount has reached over \$5000. Special congratulations goes to Alannah Mason of Year 11 for driving this fundraiser and to Jess Borg, Rachael Prewer and Hannah Johnson of Year 12 for the exceptional amounts they raised. Our Year 7s this year were also pivotal in achieving such a wondrous total! Thank you.



What Triggers Asthma?

Although we don't know what causes asthma, we do know that under certain circumstances the airways react and asthma symptoms develop. We refer to the stimuli that can lead to asthma as "triggers". Triggers are everywhere. Triggers cause inflammation or swelling in your airways and make your asthma worse. Reducing your exposure to things that trigger your asthma is a large part of taking control of your asthma.

Different people react to different asthma triggers and many people with asthma react to a variety of triggers. Asthma may develop from exposure to one trigger or from a number of triggers simultaneously (e.g. a student with a cold goes into a change room where deodorant has been sprayed). For some people it is difficult to determine what triggers their asthma.

Avoiding or reducing exposure to known asthma triggers for an individual is one form of control, but is not always possible. Certain asthma medications can provide some protection that reduces the likelihood of asthma developing.

Common asthma triggers:

Colds and Flu: The most common trigger, particularly for children. When a student with asthma has a cold or the flu it is highly probable that they will develop asthma symptoms.

Exercise: A trigger for many people with asthma. This trigger should not be avoided, but exercise induced asthma can be managed by taking your blue reliever puffer 5-10 minutes before activity and warming up and warming down after exercise.

Smoke: Children of mothers who smoke when pregnant and those who experience passive smoking in early childhood have a higher risk of developing asthma. As well as active and passive cigarette smoke, woodsmoke from open fires, burn-offs or bushfires can trigger asthma.

If you would like more information please call **The Asthma Foundation of Victoria** on **1800 645 130** or visit www.asthma.org.au

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