**Forthcoming Events**

### August

- **Monday 25th**
  - Radiance Program Yrs 9, 10&11-Leisure Centre

- **Tuesday 26th**
  - SCHOOL PHOTOGRAPHS

- **Wednesday 27th**
  - Drug & Alcohol Parent Evening

- **Thursday 28th**
  - Hepatitis B - Immunizations
    - Year 10 & VCAL - North Central Careers
    - Day - Charlton

- **Friday 29th**
  - Junior SRC Disco for Primary students

### September

- **Tuesday 2nd**
  - 7 – 11 Drug & Alcohol Talk #3

- **Wednesday 3rd**
  - VCE Parent & Student Information Night

- **Friday 5th**
  - P6 Athletics Sports – Donald

- **Monday 8th**
  - P6 Cultural Performance - ‘It’s a mad World’

- **Tuesday 9th**
  - Secondary Interschool Athletics Sports - Rainbow

- **Tuesday 16th**
  - 7-12 Personal Safety Talk

- **Tuesday 16th → Grade 4 & 5**
  - Camp to Wesley Point - Lake

- **Thursday 18th**
  - Eppalock

- **Friday 19th**
  - Term 3 ends at 2.30pm

- **Monday 22nd → Driver Education Year 10, 11 & 12 students**

### October

- **Monday 6th**
  - Term 4 commences

- **Wednesday 15th**
  - Keys Please

- **Friday 17th**
  - Hospital Flower Show

- **Thursday 21st**
  - Year 6 Environmental Festival Wycheproof

### Drug and Alcohol program

Snr Constable Andrew Downes and Snr Constable Roberta Barry have now delivered two sessions with students from years 7 – 11. The program will continue again with days 3 & 4 on Tuesday 2nd September 2008 and Tuesday 16th September 2008.

### Parent Drug & Alcohol Information Evening

**Wednesday 27th August 2008**

All parents are asked to keep this night free please. A **casserole tea will be provided free of charge**. Snr Constable Andrew Downes and Snr Constable Roberta Barry will then deliver an address on Drug and Alcohol issues within our communities along with aspects of the Party Safe program. **Lucky door prize of a DVD recorder valued at $499.00. The evening will be held at the Birchip Community Leisure Centre.**

### 2009 Alpine School – Information Evening

There will be a 2009 Alpine School Information Evening for parents and students who will be in year 9 in 2009. There meeting will take place on Monday 25th August 2008 from 7:00 p.m. – 7:45 p.m. in the Staff Recreation Room.

**Radiance Program – for students in years 9, 10 and 11**

On Monday 25th August 2008, all students in years 9, 10 and 11 will meet with students from Donald, Boort and Wedderburn at the Birchip Community Leisure Centre. The program is facilitated by Tina Nikolovski and focuses on preparing students for success and develops employability skills. The program is being funded by the North Central Local Learning & Employment Network. We thank the Birchip Parents’ Club for catering for this activity.

**MIPS TIPS – Interested in School Based Apprenticeships?**

There are opportunities for students to undertake vocational training while at school – this includes Australian School Based Apprenticeships (ASBAs). There are many ways to be job-ready by the time you leave school – with combinations of VCE/VET/VCAL and ASBA – each school will have their own combinations available. **But you have to be organized and YOU need to be talking to your parents and**
your teachers about options NOW! You will also need to find an employer. Make the most of what’s available. If you are in Year 10 and interested in finding out about an Australian School based Apprenticeship (ASBA), or Structured Workplace Learning (SWL) placements, or just need clarification on options, be a part of your school’s subject selection process, speak to your Teachers or MIPS Co-ordinator. Start your research now: www.aajobpathways.com.au

Grade 6 students golfing at Cohuna

Hayley Hogan and Joe Boyle travelled to Cohuna today to take part in the next stage of the primary gold championship. We are sure they acquitted themselves well and look forward to hearing their scores.

Scores just in: Hayley was placed 2nd and is off to the State Finals on the 1st of September 2008. Joe hit a personal best of 51. Congratulations to both Hayley and Joe.

Year 4 & 5 Camp

The year 4 & 5 camp to Bendigo will take place from Tuesday 16th – Thursday 18th September 2008. This is the last week of term 3. Students will be accompanied by Mrs Sandra Naughton, Mr Chris Colbert and Mrs Merrilyn Kelly. The cost of the camp is $170.00 but due generosity of external charitable agencies, who have subsidised 40% of the camp, the actual cost to students will be approximately $100.00.

Consent and medical forms and an itinerary will be sent home in the next few weeks.

Parent Opinion Survey

Some parents in our school community have been randomly selected to participate in this year’s ‘Parent Opinion Survey’. Each year the Department of Education and Early Childhood Development asks parents from within our school to participate in an information gathering survey. This opinion data acts as a measure of school performance according to parent opinions, and the results are taken very seriously. This information can, and does, inform us on directions the school will take in the future towards our goal of overall school improvement. If your family is randomly selected to participate in this year’s ‘Parent Opinion Survey’, please complete the survey as soon as possible and return it to the Office. Opinion surveys are then sent directly to Melbourne, and the school will be notified of the results in due course. The parent opinion survey is planned to commence from Monday 18th August 2008 until Friday 29th August 2008.

Book Fair Update

Fuel Your Mind

The Book Fair is going well so far this year. Thank you to all the parents, grandparents and students that have made purchases. The students are getting really excited about our daily prizes. Winners so far include Alana Wood, Tahlia Flowers and William Botheras. The Grand Prize drawing of a $40.00 book fair voucher will be on the morning of Thursday August 28. To enter the draw all you need to do is buy a book. We look forward to seeing you in the library and thank you so much for your support!

Don’t forget about our daily prizes.

Buy a book and enter the draw to win!

Homework Questions
due 29th August 2008

1. Who was the first president of Zimbabwe?
2. Which stretch of water separates Alaska from the Russian mainland?
3. How many letters are in the Greek alphabet?
4. Who was the lead singer of The Boomtown Rats?
5. What is Jimmy Choo most famous for?
6. Helen Sharman was the first woman to go where?
7. What colour is saffron?
8. What is a Blenheim orange?
9. The largest known diamond is the ….
10. Where did canasta originate?

Last weeks answers.

1. Which season does the word vernal relate to?

Spring

2. What does a chandler make?

Candles
3. In which country was the first permanent bungee jumping site established? NZ

4. Name the three original members of The Supremes. Diana Ross, Florence Ballard and Mary Wilson.

5. At what stage of development is the imago stage of an insect? Adult

6. Baguette is the French word for what? Stick

7. In which constellation is Rigel? Orion

8. If a clock shows ten to nine in a mirror, what time is it really? 3:10


10. Which fabric is Donegal famous for? Tweed

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**ROCK EIESTEDDFOD**

As you know our school was ranked in the top six in the state of the RAW division. The Grand Final will take on Thursday 11th September 2008 in Melbourne’s Hisense Arena from 7:00 p.m. As yet, we are still to be allocated the time for our rehearsal on Thursday and so final planning at this a stage is difficult. The Rock Eisteddfod performers and support crew will need to be accommodated in Melbourne and be transported to and from Melbourne.

The school has been very fortunate in obtaining funding from ‘Tyson Piping and Construction’ through their manager Ian Betteridge in Griffiths NSW. This very generous contribution will pay for the accommodation component of the activity. The school community thanks very sincerely Tyson Piping and Construction for their most generous donation to our school. www.tysonpiping.com.au

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**Congratulations Steven Reid**

The school community congratulates Steven Reid on his selection in the Australian Under 18 Cricket squad. Steven was selected by the Australian Youth Selection Panel based on state recommendations and his personal performance at the under 17 championships last season. Steven will spend two weeks at Cricket Australia Talent Camp which is held at the Cricket Australia Centre of Excellence in Canberra.

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**P-6 Disco**

Friday 29th October
5pm – 7pm

**Theme:** Super Heroes or Sports

**Admission**
- $2.00 in theme
- $3.00 out of theme

**Available:**
- Pythons 70c
- Primas $1.00
- Water $1.00
- Smarties $1.00

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**PRIMARY INTERSCHOOL SPORTS - DONALD**

We have quite a number of duties to perform at the Primary Athletics Sports at Donald on Friday 5th September 2008. At the moment we are still seeking a number of helpers to assist with tasks on the day. If you can help please let Mr Welton know.
House Athletics - Young the Victor

This week students from Grade 5 & 6 through to Year 12 have been competing in both track and field events for the inter-house athletic sports.

On Wednesday they were joined by all students in the primary section for the track events at the George Cartwright oval. After two busy days of running, jumping and throwing it was Young who were victorious. It was pleasing to see so many students trying their hardest to gain valuable points for their House. It was also encouraging to see so many students pleased with their best efforts – even though it may not necessarily have achieved a win.

As a result of this endeavour, many students achieved a personal best in a number of events. The personal best details have been available on the school notice board and on the school’s website for students to view and many took on the challenge of improving on previous performances. These will now be updated.

**Congratulations to all students who participated with such enthusiasm.**

Thank you to:
- School staff for participation in the preparation of the venues and officiating over two busy days
- Ian Smith for his expertise in laying the lines of the athletics track.
- SRC and staff for providing the BBQ
- Parents for supporting their children and assisting with the officiating
- Birchip Community Leisure Centre for the use of the George Cartwright Oval.
- House Captains and House Teachers for organising teams
- Mr Sayle for his excellent organization in preparing the venues and events for the athletics carnival.

**Interschool Athletics**

Next on the athletics calendar is the Interschool athletics in Rainbow on Tuesday 9th September.

The team for this is selected on the basis of House results – first two in each event (with a maximum of 6 individual events)

*We have a proud record in this event and I am sure the students selected will be gearing up to again produce their best in their efforts to retain this trophy.*
### CHAMPIONS
(derived from best 7 scores from all events)

<table>
<thead>
<tr>
<th>Name</th>
<th>House</th>
<th>Points</th>
<th>Name</th>
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<td></td>
<td><strong>5/6 Boys</strong></td>
<td></td>
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<tr>
<td>1st</td>
<td>Marnie Lehmann</td>
<td>F</td>
<td>42</td>
<td>Jacob Christie</td>
<td>Y</td>
</tr>
<tr>
<td>2nd</td>
<td>Hayley Hogan</td>
<td>Y</td>
<td>39</td>
<td>Nikko Garcia</td>
<td>Y</td>
</tr>
<tr>
<td>3rd</td>
<td>Sophie Hogan</td>
<td>Y</td>
<td>30</td>
<td>Riley Sayle</td>
<td>Y</td>
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<tr>
<td><strong>U13 Girls</strong></td>
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<td></td>
<td><strong>U13 Boys</strong></td>
<td></td>
<td></td>
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<tr>
<td>1st</td>
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<td>Y</td>
<td>41</td>
<td>Riley Doran</td>
<td>F</td>
</tr>
<tr>
<td>2nd</td>
<td>Emma Hogan</td>
<td>F</td>
<td>38.5</td>
<td>David Casey</td>
<td>F</td>
</tr>
<tr>
<td>3rd</td>
<td>Jay Connelly</td>
<td>Y</td>
<td>33</td>
<td>Tim Phelan</td>
<td>Y</td>
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<tr>
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<td><strong>U14 Boys</strong></td>
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<tr>
<td>1st</td>
<td>Laura Lee</td>
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<td>47</td>
<td>Jake Hogan</td>
<td>Y</td>
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<tr>
<td>2nd</td>
<td>Emily Smith</td>
<td>Y</td>
<td>35</td>
<td>Jarryd Hogan</td>
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<tr>
<td>3rd</td>
<td>Bridgette Hogan</td>
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<td>Ethan Cooper</td>
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<td><strong>U15 Boys</strong></td>
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<tr>
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<td>41</td>
<td>Tim Walder</td>
<td>F</td>
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<tr>
<td>2nd</td>
<td>Evelyn Reid</td>
<td>Y</td>
<td>38</td>
<td>Brenten Delaney</td>
<td>F</td>
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<tr>
<td>3rd</td>
<td>Demi Donnellon</td>
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<td><strong>U16 Girls</strong></td>
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<td><strong>U16 Boys</strong></td>
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<tr>
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<td>49</td>
<td>Nathan Witherow</td>
<td>F</td>
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<tr>
<td>2nd</td>
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<td>F</td>
<td>35</td>
<td>Brett Barker</td>
<td>F</td>
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<tr>
<td>3rd</td>
<td>Marshall Connelly</td>
<td>F</td>
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<tr>
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<td><strong>U17 Boys</strong></td>
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<tr>
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<td>Maddelyne Foot</td>
<td>Y</td>
<td>47</td>
<td>Jamie Lovett</td>
<td>F</td>
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<tr>
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<td>Laura Bales</td>
<td>F</td>
<td>41</td>
<td>Simon Bardell</td>
<td>F</td>
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<tr>
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<td>32</td>
<td>Tyler Lahmann</td>
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<tr>
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<td><strong>U21 Boys</strong></td>
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<td>Kirby Smith</td>
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<td>Lachlan Foot</td>
<td>Y</td>
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<tr>
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<td>Alicia Emonson</td>
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<td>37</td>
<td>Steven Reid</td>
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<tr>
<td>3rd</td>
<td>Brianna Smith</td>
<td>Y</td>
<td>26</td>
<td>Arren Smith</td>
<td>F</td>
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<tr>
<td>4th</td>
<td>Roseanne King</td>
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**AGGREGATE**

<table>
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<tr>
<th>Rank</th>
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<tr>
<td>1st</td>
<td>YOUNG</td>
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<tr>
<td>2nd</td>
<td>FRASER</td>
<td></td>
<td>1371.5</td>
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**POINTS**

**Records**

- Tim Walder  U15 Boys
  - Shotput: 12.94m
  - Javelin: 38.88m
  - Long Jump (equal) 4.72m

- Marnie Lehmann  U13 Girls
  - Shotput: 9.30m

- Georgia Lee  10yr old Girls
  - 100m sprint: 16.5s
  - Gr 3&4Girls 200m: 37.0 s
Teaching our kids money smarts for uni

Rule 1: Get a pre-paid debit card, not a credit card.
If you think it’s hard to pay the bills without a credit card, getting one can make it virtually impossible.

Rule 2: Pay yourself first.
Each time you get paid, make sure the first person you pay is yourself.

Rule 3: Your degree is important; your life skills are too.
The biggest factor in scoring a job is not your IQ, but your EQ (emotional quotient). Your biggest asset isn’t the letters after your name but your ability to interact with others.

Rule 4: Get a job while studying.
The “I need to focus on my studies” argument doesn’t wash.

Rule 5: Take the job, even if it’s unconnected to your course.

Rule 6: Get real.
Study “Real World 101”.

Rule 7: Embrace share-house living.
Make sure you have adequate contents insurance, so that when that party crasher takes off with your television, you aren’t left high and dry when it’s time to watch Grey’s Anatomy.

Rule 8: Learn to budget.
Take the time to work out a budget (even if the end goal is having enough to blow on Thursday night), learn about how to invest and figure out your goals.

Rule 9: Take advantage of student packages.
Marketers love students because they see your potential to be lifelong customers. Most banks offer a basic student-banking package that will charge zero fees, but commonly come with a credit card. Don’t touch the plastic; it’s their first step toward training you to live a life on credit.

Rule 10: Have fun.
As those of us who adhere to the daily grind would well attest, there are few times in your life where you can truly enjoy such freedom.
The learning that comes from university happens just as much outside the lecture hall as it does inside.

For details, email scott@barefootsaver.com or visit www.barefootinstructor.com

Long Tan Day

The school was represented by School Captains Bianna Smith and Steven Reid along with year 6 representatives Hayley Hogan and Jordan Galway. Students laid wreaths at the war memorial and were welcomed to the ceremony by Vietnam Veteran Frank Hunt.

Congratulations to Robert James

Ex-student Robert James, was awarded a Merlyn Myer Leadership Award in recognition of his work as a leader in the community. Robert received an award of $500.00. He was one of 29 students in Victoria to receive the award which promotes leadership and the pursuit of excellence in education. The school community congratulates Robert on his award.
**Joining the Chorus**

Students from the district of St. Arnaud, Donald & Birchip (including Karleigh & Zoe Weir from Birchip) have been practicing hard to learn four dance routines to perform at the State Schools Spectacular held at the Hisense Arena in Melbourne on 6th & 7th September 2008. Under the dedicated direction of St Arnaud Dance Studio teacher Linda Grigg, the troupe will perform with 2500 students. The Victorian State Schools Spectacular is one of the largest and most breathtaking performances in Australia showcasing the enormous talent we have in our schools. Rehearsals last week took them to Melbourne where the girls’ talent and passion for dance was evident. Regional rehearsals have taken them to Mt Clear Secondary College as well as additional classes in St Arnaud.

The theme for the 2008 spectacular *Made in Australia* is a celebration of all things Australian. From the outback to the sea, the bush to bustling cities, the hum of crickets to the crack of a cricket bat… it’s time to get together and celebrate all the things we love about our home, Australia. Students will dance to the music of Silver Chair, Jimmy Barnes, Christine Anu.

Karleigh is in the centre in the back row while Zoe is second from the right in the front row. Congratulations to Karleigh and Zoe Weir on their efforts and best of luck for your final performance.

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**Fathers’ Day Stall**

The Parents’ Club, Fathers’ Day Stall will be held on

**Thursday 4th September 2008** during period 4 & 5 in the Staff recreation Room.

Gifts to the value of $5 can be purchased

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**BWFC Junior Vote Count & Presentation night**

Friday 29th August, 6.30pm

Birchip Community Leisure Centre

Families a salad please

Players, families & supporters welcome

There will be a small charge for the Football break-up to cover meal costs

Could U13 footballers please bring $2.00 to the Wycheproof game on Saturday to put towards a coaches gift.
PARENTS’ CLUB NEWS

The Parents’ Club General Meeting was held at Birchip P-12 School last week. Thank you to those parents who attended the meeting. The following information is being provided for all parents’ interest.

What do we do with the money raised by Parents’ Club? Monies raised have been used to purchase the following items:
- Sunscreen
- Mothers/Fathers Day Stall items
- Digital Camera for school
- Welder for Technology area

We have other projects ahead and any new suggestions are welcome.

**Future catering events include:**
- 25.08.2008 Radiance program for Years 9, 10 and 11
- 11.09.2008 Principals meeting
- 23.10.2008 Year 12 Valedictory Dinner
- 31.10.2008 Art Show
- 08.12.2008 Grade 6 Dinner

Thank you to all parents who helped with past catering events – we could not do without you.

A magnetic first aid book has been sourced and is excellent, has up to date information that is easy to read. Any parents interested should contact Ros McCallum.

The school logo for school uniforms (embroidered) is available for $7.00 per item at McAlpines Sewing Centre in Swan Hill.

We would like to take this opportunity to say welcome and thank you to Mr John Richmond who attended our meeting last week. It was the first meeting that John attended as Principal of our school. John provided us with a detailed report on what is happening at Birchip P-12 School. John spoke of the some new teaching innovations (especially the new teachers’ curriculum webpage), the building and garden developments around the school and many new programs for students (many funded).

We were given a “whistle stop” tour of the school improvements. It is wonderful to see all the hard work and commitment to these projects coming to fruition.

Lastly, I would like to invite all parents to participate in Parents’ Club. The success and viability of the club rests with your continuing support.

**NEXT MEETING:** Wednesday 17 September 2008

Guest Speakers: Simone Christie and Marc Cox. Supper provided.

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**Watchem Craft Market & Car Boot Sale**

- **Sunday 12th October 2008**
- **Watchem Hall**
- **9:00 a.m. – 1:00 p.m.**
- **$10.00 per site**

For enquiries and bookings please call Tammie Tait on 03 53 992 228

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**Wanted: Photographs of Birchip**

Slides, negatives or prints - historical or contemporary.

Photos must characterise the places and faces that have shaped Birchip.

One hundred of the best photographs will be displayed at an exhibition in October 2008 and a selection of these will be published in a book of stories and photographs of Birchip.

Please submit the photographs to the Birchip Business and Learning Centre at the Shamrock or contact Glenys Rickard to organise a time for scanning.

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**VCE SAC next week**

- Biology
- Legal Studies
**Homework!**

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<th>Subject</th>
<th>Teacher</th>
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<tr>
<td>Prep/1</td>
<td>Class</td>
<td>Mrs Welton</td>
<td>Sounds - read, recognise and write, counting backwards</td>
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<tr>
<td>5/6</td>
<td>Class</td>
<td>Mr Welton</td>
<td>General Knowledge questions, Tables and List words</td>
<td>29th Aug</td>
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<td>7</td>
<td>English</td>
<td>Mrs Smith</td>
<td>Man Without a Face, spelling</td>
<td>ongoing</td>
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<td>8</td>
<td>English</td>
<td>Mrs Smith</td>
<td>Run Lola Run</td>
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<tr>
<td>12</td>
<td>English</td>
<td>Mrs Smith</td>
<td>Read In The Lake of the Woods by Monday</td>
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*All Years - 15 minutes reading a day!*

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**Junior Football Roster**

Saturday 23rd August at Wycheproof

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<th>Under 13</th>
<th>Interchange</th>
<th>Timekeeper</th>
<th>Goal Umpire</th>
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<tr>
<td></td>
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<table>
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<th>Waterboys</th>
<th>Boundary</th>
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<td>Mark Trollope, David Casey</td>
<td>Matt Rickard, Jordan Walder</td>
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<td>Nick Bales, Matthew Smith</td>
<td>Marshall Connelly, Tim Walder</td>
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</tbody>
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**AWB GRAINFLOW - BIRCHIP**

**GRAIN CENTRE**

**HARVEST CASUALS**

AWB GrainFlow Pty Ltd is seeking applications from people interested in casual employment for the 2008/2009 harvest period.

Positions include grain samplers, administrators and labourers at their Birchip grain centre.

AWB GrainFlow Grain Centres are state of the art grain storage and handling facilities, delivering a fast and efficient professional service to grain growers.

Experience in the grain storage industry is an advantage but not essential. You must be able to work flexible hours and various shifts. Full training is provided for all positions.

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**Birchip Watchem Netball**

At Wycheproof

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<th>Name</th>
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<tbody>
<tr>
<td>A</td>
<td>Lyn Boyle</td>
</tr>
<tr>
<td>B</td>
<td>Stephanie Scambler</td>
</tr>
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<td>C</td>
<td>Jackie Tierney</td>
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<tr>
<td>JA</td>
<td>Sharleen Connelly</td>
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<td>JB</td>
<td>Bev Forrester</td>
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<td>13A</td>
<td>Julie Weir</td>
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**Squash**

If you’re interested in playing in a short squash competition that starts on Wednesday 27th August, give your names to Shota, Mrs Eileen Smith or Mark Bowen.
2008 Potato Olympics

Chelsi Kemp with her Spudlete ‘Potseiil Jones’.

Mason Bland’s Spudlete was named ‘Hot Dot’.

Dammy Owa called her Spudlete Little Miss Chatterbox.

‘Spuddy Franklin’ was the name of Ronald Turner’s Spudlete.

Ronald Turner, Jordan Galway and Connor Buteux were about to measure. Joe Boyle, Ashleigh Baird and Darci Tierney were measuring accurately.
**HABITS OF MIND**

‘Striving for accuracy’

**2008 Potato Olympics**

We brought a potato from home for an unknown reason. On Wednesday, Mr Welton told us we were creating a SPUDLETE to participate in the Potato Olympics. We all pulled faces, nobody knew what he meant. He said, “It is a vegetable name for an athlete.” We started designing it with material, wool, textas and eyes. After that we had to give our potato a name and then measure its height, mass, width and volume.

**Emily Totzenberger.**

When measuring our potatoes we were striving for accuracy. When we used the scales we had to know what the marks meant and we had to have someone to verify it, which means you had to get someone to check it for you.

**Dammy Owa.**

We measured our potatoes to put them into different classes. We needed to strive for accuracy because if we had the wrong measurements then the medals may be a false win.

**Riley Sayle.**

Striving for accuracy is a big thing in life. Even when we were setting up for events we had to be accurate. If something went wrong with the measuring it would not be fair.

**Claudia Lee.**

We discussed many strategies when measuring with the potatoes to be accurate. When we were measuring the volume we made sure that the water was at a perfect point on the measuring jug. When we were weighing the potato we made sure that we had at least two people looking at the scale to get it right.

**Molly Hogan.**

We did high and low potato rolls down a ramp. Spudnick P Butterfingers (my potato) is representing Denmark. Spudnick’s low roll of 1.54m won gold in the 175g - 225g class.

**Ashleigh Baird.**

We worked out what the range, median, mode and mean were for each of the five weight classes. We then graphed the medals won for the countries Mexico, Togo and Denmark.

**Joe Boyle.**
STANDARD DRINKS AND LOW-RISK DRINKING

This fact sheet provides an overview of the Australian Alcohol Guidelines for young people and tips on how to minimise the risks...

Did you know?

The Australian Alcohol Guidelines provided by the National Health and Medical Research Council of Australia, recommend the use of standard drinks and low-risk drinking to help minimise the risk of harm.

Key facts

What is a standard drink?

A standard drink contains 10 grams of pure alcohol (12.5 ml of pure alcohol). Different types of alcoholic drinks contain different amounts of pure alcohol. These are all equal to approximately one standard drink:

- Low-alcohol (light) beer (2.7%): 1 1/4 of a 375ml can
- Midi-strength beer (3.5%): 1 stubby, total volume 375ml
- Regular beer (4.9%): 1 pot, 285ml
- Regular beer (4.9%): 2/3 of a 375ml stubby
- White or red wine (12%): 1 small glass, 100ml
- Pre-mixed spirits, ready-to-drink (RTDs), mixed drinks (5.5%): 2/3 of a 340ml bottle
- Mixed drinks: 1 glass, 30ml of spirits (40%) plus mixer
- Spirits or liqueurs (40%): 1 nip, 30ml

Things to remember

- A drink served in some hotels may contain more than one standard drink. Large wine glasses can hold two standard drinks or more.
- A drink served at home may contain more than one standard drink.
- Cocktails can contain as many as five or six standard drinks, depending on the recipe.

What's on the label?

The labels on bottles, cans and Oasis of alcohol carry important information about the alcohol content of the product you have purchased. This information includes how much actual alcohol (ethanol alcohol) is in the container, and is expressed as:

- A proportion of the total fluid (e.g., regular strength beer contains 4.8% to 5.0% alcohol)
- The number of standard drinks (e.g., a can of regular beer contains approximately 1–1.5 standard drinks).

The label may also list other ingredients in the product, such as preservatives, sugar or milk. The label on some pre-mixed drinks also indicates the type of alcohol (wine, vodka, bourbon etc.).

Standard drinks: each one of these drinks equals approximately one standard drink.
Australian Alcohol Guidelines

The Australian Alcohol Guidelines describe low-risk drinking as a level of drinking at which there is likely to be little risk of harm occurring to the person.

Is there a safe level of drinking for under-18s?

G Low-risk drinking does not mean 'safe drinking.' In fact, there is no guaranteed safe level of drinking.

G Note that the guidelines that follow are general guidelines designed for young people under 18 years of age. Young people who are on medication (see Fact sheet 5: Medicines and alcohol: a dangerous mix), using illicit drugs, have a health condition (physical and/or mental), driving or operating machinery, playing sport or participating in/supervising risky activities (such as diving or rock climbing) are advised to avoid alcohol.

Guidelines for under-15s

Research suggests that children and adolescents younger than 15 years of age should be advised to not drink alcohol at all as it is the safest option. The risk of death or injury is just too great.

Fact sheet 1: Alcohol and adolescent development explains some of the long-term harms associated with teenage drinking.

Guidelines for 15–18 year-olds

According to the most recent research, young people aged 15–18 years are advised that not drinking is the safest option for them.

Furthermore, the research suggests that if people aged 15–18 years do drink, then they should be supervised by a parent/carer. They should drink no more than two standard drinks (or less) per day and most importantly, should not drink to become drunk.

Health risks for young people

G Immediate and short-term risks—depending on how much a person drinks, he or she could suffer reduced concentration, slower reflexes, reduced coordination, poor muscle control, intense mood swings, confusion, blunted vision, nausea, vomiting, coma or even death.

G Binge drinking—drinking heavily over a short period of time, drinking continuously over a number of days or weeks, or drinking to get drunk. Binge drinking is harmful because it results in immediate and severe intoxication. As well as the health risks, it can lead to young people taking unnecessary risks and putting themselves and others in danger of injury, violence, or accidental death. Common effects of binge-drinking episodes are hangovers, headaches, shakiness, nausea, vomiting, blacking out, and passing out.

G Long-term health risks—excessive patterns of drinking over time can cause cancer (especially of the mouth, throat and oesophagus), cirrhosis of the liver, brain damage and memory loss, and sexual dysfunction, including male impotence.

Additional risks for young people

G Increased risk of dependence (addiction) and brain damage. The changes that occur to the brain during adolescence make young people more vulnerable to the addictive actions of drugs, including alcohol. Until age 21 in women and age 28 in men, the brain is particularly vulnerable to the damage that can be caused by alcohol. (See Fact sheet 1: Alcohol and adolescent development.)

G Alcohol lowers inhibitions. A teenager who drinks excessively or gets drunk can find him/herself doing things he/she may not normally even consider. The young person may be at risk of unplanned or unwanted sex and/or unwanted pregnancy. He/she may suffer social embarrassment or exclusion through, for example, fighting or vomiting in public.

G Alcohol can affect the condition of skin and hair, and thus can affect the young person's appearance.

G The calorie content of alcoholic drinks can lead to weight gain.

G Heavy drinking over time can lead to problems with family, friends, relationships, finances, schoolwork and the law.

Special considerations and tips

G If they choose to drink, it's helpful for young people to know how they can stay in control of what and how much they drink. You can help by explaining what a standard drink is and the guidelines for low-risk drinking (see chart on page one). You can also mention the effects of alcohol vary from person to person, depending on how much or how quickly they drink, whether they are taking other drugs (including medication) at the same time and so on. But how alcohol affects the teenager also depends on whether he or she is used to drinking, his/her mood, age, weight, sex and general health.

Further information/Where to get help

G For further information about the effects of alcohol, standard drinks and low-risk drinking, see www.drugsinfo.adf.org.au

G For telephone counselling, call DirectLine on tel 1800 888 236

G For tips on communicating with your teenager about alcohol, see Fact sheet 6: Which parental factors influence young people's choices about alcohol? and Fact sheet 7: Teenage drinking: Parents' communication style can make a difference.