Update Contact Details

If any of your contact details such as Phone, Email, Address etc have changed recently please let us know at school. It is vitally important that contact details be kept up to date.

Check out the Vegie stall in the foyer of the college.

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>26/03/12</td>
<td>Student Free Day</td>
</tr>
<tr>
<td></td>
<td>Colac Zone Primary Athletics</td>
</tr>
<tr>
<td>27-29/03/12</td>
<td>School Nurse Visit</td>
</tr>
<tr>
<td>27-30/03/12</td>
<td>Bright Exchange visit</td>
</tr>
<tr>
<td>29/03/12</td>
<td>SAKG Ice Cream Stall - More details inside</td>
</tr>
<tr>
<td>30/03/12</td>
<td>Last Day of Term 1 - 2.30 Finish</td>
</tr>
<tr>
<td></td>
<td>Ride to School Day and Community Breakfast</td>
</tr>
<tr>
<td></td>
<td>All School Assembly 1.45 @ Leisure Centre</td>
</tr>
<tr>
<td>19/04/12</td>
<td>House athletics</td>
</tr>
<tr>
<td>20/04/12</td>
<td>Music Festival Parade - see note inside</td>
</tr>
<tr>
<td>25/04/12</td>
<td>ANZAC Day - Public Holiday</td>
</tr>
<tr>
<td>26/04/12</td>
<td>Otway Cluster athletics</td>
</tr>
<tr>
<td>02/05/12</td>
<td>Yr 12 RACV Presentation</td>
</tr>
<tr>
<td>03/05/12</td>
<td>Yr11 Careers Expo - Melbourne</td>
</tr>
<tr>
<td>04/05/12</td>
<td>Yr 12 Careers Expo - Melbourne</td>
</tr>
<tr>
<td>04/05/12</td>
<td>Parents and Friends Meeting</td>
</tr>
<tr>
<td>10/05/12</td>
<td>Yr7 Immunisations</td>
</tr>
<tr>
<td>15-17/05/12</td>
<td>Yr 3, 5, 7 &amp; 9 NAPLAN Tests</td>
</tr>
</tbody>
</table>

A full copy of the News sheet is available on the College web site

www.apollobayp12.vic.edu.au

Please email apollo.bay.p12@edumail.vic.gov.au to automatically receive an electronic copy of the news sheet.

If you would like to participate in a survey about the Foreshore playground please follow this link:

http://www.surveymonkey.com/s/BMBF2VG

Easter Raffle

The pile of eggs is growing - very tempting.

Please make sure that all your raffle ticket stubbs, money and eggs are in by Wednesday the 28th. The big draw is at our Assembly on the last day of school.

All School Assembly - 30th March at 1.45pm. All Welcome.
**Morning Tea with the Principal**

On Wednesday this week I met with a group of parents to discuss issues of concern and to help me understand community perceptions about our College. This is the second time we have met and I am pleased to report a general consensus that, as a result of our previous discussion, communication had improved between teachers and parents. One outcome of our conversation on Wednesday is a commitment to review and improve the college webpage. Initially we will try to get the “what’s on calendar” on the home page. Subsequently we will design a new web-page which is more user friendly for the public and easier for staff to up-date regularly. We will meet again in the second last week of term 2 to review our progress and discuss any further issues of concern. I enjoy the opportunity to take feedback from parents in this forum and look forward to continuing the dialogue.

**Blanket Bay Day**

Tuesday this week our 5 to 8 students spent a great day at Blanket Bay. The middle school team organised a range of activities designed to help develop and foster positive relationships across the middle school. Positive cross age relationships are a feature of our college and events like this provide an opportunity for the older students to develop leadership capacity and for the younger students to see appropriate behaviour modelled.

**Swimming**

Last week our elite swimmers competed in the Barwon South West Region swimming carnival. Amber Whipple won 2 Gold Medals & the under 14 girls relay team won Bronze. Given the size of our school our performance in all sports is extraordinary. Of course Amber is an individual star but it is the level of participation at all levels of competition which sets us apart from other schools. My congratulations to all our students who strive to represent our college and community and thanks to the Sport and PE staff who do so much work promoting participation in sport.

**SAKG**

Staff involved in the Stephanie Alexander Kitchen Garden program visited Port Fairy Primary school last week. Port Fairy Primary School is often held up as an exemplary program. The visit allowed our staff to see some of their program and reaffirmed that we are doping exceptionally well and on the right track.

This is the last news letter for the term so I wish you all a great Easter. I hope you are able to spend time with family and friends and enjoy a break.

John McConchie

Principal
5-8 Homegroup Excursion to Blanket Bay

After a few attempts to run this excursion, it finally happened. This first part of the day involved each home group working together to complete a “Gilly Style” amazing race. Each home group had ten tasks to complete in a set amount of time. After lunch it was time for snorkelling, swimming and beach activities in small groups. Some year 8 students commented on the day.

Seamus – I loved diving down deep and looking into crevices and finding new cool spots to snorkel.

Aidan – Going snorkelling was fun with everyone.

Aki – I liked snorkelling because we all went out to the reef.

Pat – snorkelling was my favourite activity because there were a few fish and it was really fun.

Amber – I liked snorkelling. It was awesome fun diving down and looking at all the little creatures.

Meg – snorkelling was really fun and so was the amazing race.

Dustin – I thought the snorkelling was fun and a good experience.

Lani – I liked the snorkelling because I haven’t done it before.

Heath – I liked going snorkelling. It was really fun.

Joey – I liked snorkelling at the end. I think I saw a stingray tail.

Tyler – It was a great way to get one on one with nature.

Millie – I really liked the amazing race.
Getting ready to enter the water.

One of the buried treasures.
Welfare Planner
Term 1 2012:

- Mentoring program planning
- Healthy Breakfast program Middle School
- Music Festival Student Alert @ Marrar Woori including presentations for Ambulance Victoria, CAH drug & alcohol worker

Welfare Team:

Brian Humphries
Assistant Principal
Student Welfare Co-ordinator

Michelle Fillmore
Secondary School Nurse
(Days of work Tuesday & Friday all Thursday)

Marni Briffa
School Chaplain
(Days of work Monday)

We also have access to a number of visiting services centred around student engagement and wellbeing.

If you would like to talk through a concern or request additional support for a student please contact the school office on 52 376 483 or alternatively drop in to arrange appointment.

Breaking News Mentoring Program

The Year 7/8 Mentoring Program is well underway in the preparation to commence 1st week back Term 2.

We have 11 local women who will commence individual projects with our 7/8 girls featuring activities around ‘the life of women in Apollo bay’.

We have 7 local men who will start building ‘Billy carts’ with our 7/8 boys in preparation for a race at the end of Term 2 which include the broader school community.

An education session with our mentors has been organised for this Friday.

Students and mentors have completed a survey which will enable the welfare committee to appropriately match individuals.

For more information on the mentoring program contact Michelle Fillmore.

Mentoring programmes provide positive outcomes for both mentees and mentors. Some of the benefits include:
- Increasing understanding between the generations
- Increased sense of support and positive relationships for young people in the community
- Increased self esteem and confidence in young people
- Strengthened community fabric by creating new supportive relationships and networks
- Greater sense of belonging and connection
- Improved positive life skills and ability to manage life situations
- Sharing knowledge, skills and experience between mentors and mentees

School Chaplaincy

What does a school chaplain do? Often I am asked this question whether it be by a student, parent or community member.

Firstly the school chaplain’s role is very much linked to the needs of the school community. My primary focus is to provide pastoral care and support to the school community.

How this support and care is demonstrated is quite varied and may change from week to week. It may include providing one on one support, small group work, class visits or informal chats.

Students can be referred by their teacher, parent or themselves. For primary students to work with the school chaplain on a regular basis a parent permission form is required.

Individual or small group work could include social skills activities or working on anger management strategies or building a positive sense of self worth. It could also just be an opportunity to talk about how things are going with friends, school and life in general.

With older students we might go for a walk, visit a community setting or go down the street for a cuppa.

I am also available to chat with parents and am able to provide some support to families.

Please feel free to get in contact with me if you would like to know a little more about my role or to talk about something in particular — Marni
Howdy Folks
PREPARE TO ROCK!...BUT WE NEED YOUR HELP!

This year the Apollo Bay Music Festival is attempting to revamp the opening parade.

In the past, AB P-12 has been a big part of this.

We're encouraging all students and families from prep to grade six to head down to the main street on FRIDAY APRIL 20th, where we'll make as much noise as possible and draw attention to the event!

IT'S IMPORTANT TO NOTE THAT THIS IS A VOLUNTARY ACTIVITY AND PARENTS/GUARDIANS WILL BE REQUIRED TO BE IN ATTENDANCE AND TO PICK UP THEIR KIDS.

We've got a couple of cool projects on the go including:
* individually designed hats designed by all prep to year 4's, in keeping with an 'under the sea' theme
* the grade 5/6 Ping project has been working up some thunderous routines on the homemade drums they've produced.
* The AB P-12 Music Dept. will be supplying a piece of percussion for all the P to 4's to wield on the occasion!

DON'T FORGET.......... FRIDAY APRIL 20th

HELP US MAKE THIS 20th ANNIVERSARY PARADE A 'BEWDY'...WOO HOO!!

Cheers
Matty O
GRADE 3 CAMP 2012

A PICTURE TELLS A THOUSAND WORDS...

A VERY big thank-you to the amazing parents who helped us on camp. Especially the dinner and brekkie crews! Without you this would not be possible and it’s just a joy to see how much fun the kids have!

Jade & Chris

Thanks to Dave, Lizzi Mc and Holly for letting us raid the garden and use the Kitchen!
Apollo Bay P-12 College Parents and Friends Group AGM

A Parents and Friends Group is a vital part of a fully functioning school. The goals may vary amongst schools but in all cases, it’s the well-being of the students that is at the heart of them.

So, after a year’s hiatus, the Apollo Bay College Parents and Friends Group is once again full of enthusiastic parents with some amazing ideas and skills as evidenced by what has occurred over the last year!

Although the main objective or at least, the one that is most visible is fundraising, a very important aspect is to bring together the members of the school community and to bring the school to the wider community. On a simple level, this is achieved by setting up stalls in the main street, selling raffle tickets door-to-door, writing articles for the newsletter and generally keeping people informed as to what the school is doing.

A great example of the latter was the morning tea held after a school assembly last year. With the help of Tanja Brunner of Otway Health who organised for residents from the aged accommodation to attend, we had some appreciative guests. Many stayed on to enjoy talking with the students and parents whilst tasting the culinary achievements of year 9 home economics class.

Working bees are another way to bring parents together. These can be very rewarding as it only takes a couple of hours and a sad, weedy bed can be transformed into a productive garden. I’m referring here to the tomatoes, pumpkins and loan apple that are now growing thanks to a few parents and the tireless help of Nieka. Much of what you see in the garden beds is thanks to the gorilla gardening activities of Nieka and Nicola which occurs when we’re all in bed!

On a personal note, I’d like to thank my fellow executive members, Susan and Jenny. I’ve thoroughly enjoyed our ruminations over whether or not we actually needed to be an incorporated entity and whether or not we should have a Facebook page to discuss various relevant policy issues.

And I especially thank all the parents for their ideas and suggestions, willingness to do anything that is asked and for coming along to a meeting or two.

Bettina Terry
ON THE MENU

Zucchini, herb and feta fritters
Roast Beetroot, garlic & Thyme
Corn on the cob
Apple Strudel and Custard

Our thoughts so far...

The food is fresh. Fresh food is so much better than bought food. (Kirra Jayne)

Each week I watch the children become more organised in the kitchen and cooperative with one another. This program offers so much more than just gardening and cooking. (Miss Jade)

It’s been a joy to watch the kids bring beautiful produce into the kitchen, work with it and then enjoy tasting it in such a supportive and educative environment. They’re all learning very quickly what foods are in season and how we can all eat sustainable and delicious meals. Lizzi and Dave have worked tirelessly for months in the garden to grow the produce we need, so thank you. Lastly, where would we be without the wonderful volunteers who come in each week and help in the kitchen and garden? A VERY BIG thanks to all of you. (Holly)

I love to cook dishes and then try them ourselves (Rhiannon)

Holly is fair and very nice. She knows a lot about food and cooking. (Dimitri)

I’ve really improved my cooking skills and trying new foods (Jemma)
Look at our beautiful and plentiful garden...

Thank you Lizzi Me & Dave for the amazing job you're doing and for making this experience so worthwhile and valuable for all of us.

REMEMBER OUR PRODUCE IS FOR SALE IN THE OFFICE FOYER. ALL PROCEEDS GO TO SUSTAINING THIS PROGRAM.
Apollo Bay Classroom Recipes

Zucchini, fresh herb and fetta fritters

**Recipe source:** My own recipe from home when we have too many zucchinis!

**Season:** Summer / Autumn

**Type:** Starters. These are perfect for dinner with sides or for a light lunch.

**Difficulty:** Medium

**Serves:** At least 20 students for a taste; a large family and friends with a salad.

**Fresh from the garden:** Zucchinis, fresh dill, parsley, spring onions, eggs

These fritters are one of my favourite ways to make the most of the abundant crop of zucchinis over the Summer. Any Summer herbs can be used to add freshness and other cheeses such as haloumi also work well.

**Equipment:**

<table>
<thead>
<tr>
<th>2 baking trays and baking paper to line</th>
<th>Ingredients:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chopping board</td>
<td>5 medium zucchinis (to make 4 cups)</td>
</tr>
<tr>
<td>Large knife</td>
<td>5 large sprigs of dill</td>
</tr>
<tr>
<td>2 graters</td>
<td>5 spring onions OR one brown onion</td>
</tr>
<tr>
<td>Whisk</td>
<td>5 stems of parsley, dill if available</td>
</tr>
<tr>
<td>2 large mixing bowls; 2 small mixing bowls</td>
<td>2 cups self-raising flour</td>
</tr>
<tr>
<td>Metric measuring cups and spoons</td>
<td>1 cup freshly grated parmesan cheese</td>
</tr>
<tr>
<td>Fine-mesh sieve</td>
<td>1 large block of fetta cheese, crumbled</td>
</tr>
<tr>
<td>Salad spinner</td>
<td>2 cloves fresh garlic</td>
</tr>
<tr>
<td>Wooden spoon</td>
<td>5 fresh eggs</td>
</tr>
<tr>
<td>2 tea towels</td>
<td>Salt</td>
</tr>
<tr>
<td>2 Egg lifters</td>
<td>Pepper</td>
</tr>
<tr>
<td>2 Fry-pans</td>
<td>Olive oil</td>
</tr>
</tbody>
</table>

**What to do:**

- Pre-heat oven to 150 degrees Celsius
- Set out the chopping board and knife, with a damp tea towel under the chopping board to **prevent the board from slipping.**
- Wash the zucchinis and **pat** dry with a tea towel. Chop off the ends and cut into smaller pieces to make them easier to grate
- Lay the tea towel used to dry zucchinis into a large mixing bowl and grate the zucchinis into the tea towel. **Ring out** any moisture from the zucchinis and transfer into the other large mixing bowl. Have someone grate the parmesan into a small bowl whilst the zucchinis are being grated to save time. Add the cheese to the zucchini mix when done
- Rinse herbs and gently spin dry in the salad spinner. Place these on your chopping board, roughly chop them and add to the zucchini
  (If using brown onion instead of spring onions, peel the onion, finely dice and add to mix)

- Lay the garlic cloves on the chopping board and press down on them with the flat blade of your knife, with the skin still on. This will make them easier to peel. Finely chop and add to the zucchini

- Measure out the self-raising flour. Hold the sieve over the large bowl of zucchini mixture and sift the flour through the sieve with a wooden spoon

- Measure out one teaspoon each of salt and pepper and add. Gently mix these ingredients together with the wooden spoon

- Gently break the eggs into a small bowl and lightly whisk them. Add them to the zucchini mixture and stir well

- Roughly crumble the fetta into the zucchini mixture and stir it through. Don’t over-stir as this recipe works well when there are chunks of fetta

- Lay a sheet of baking paper on each baking tray and put into the oven to keep warm

- Add a little oil to each frypan and place on a medium heat on the two largest cookers on the stovetops. As the oil starts to sizzle, carefully spread it over the frypan with the egg-flip

- Place heaped spoonfuls of fritter mixture into each frypan- you should be able to fit in about 4 fritters at a time. Let these cook for 3-4 minutes; you may be able to see them ‘setting’ on the bottom

- Use the egg flip to carefully turn each fritter over and cook for a further 3-4 minutes on the other side

- As each batch of fritters are ready, place on the baking tray in the oven to keep warm while you cook the rest of the mixture

- Continue to cook the rest of the fritters. You may need to add a little more oil to the pan in-between batches so that the mixture doesn’t stick. As each batch is ready, place on the tray in the oven

- When all the fritters are cooked, arrange on 4 serving plates ready to share with the class
The 7/8s Dinosaur Exhibition

On the 15th of March the 7/8s went to the Otway Dinosaur Exhibition. It was a great morning, and we learnt so much in a short space of time.

We arrived and looked around the broad range of fossil displays. After that we split up into 2 groups. One group were involved in a research task using the fossil displays, while the other group participated in a fossil hunting activity.

The fossil hunting activity was very enjoyable as you were given a tub of sand and brushes, and had to uncover whatever was in the tub. There was usually an array of bones or complete animals to be found. Students then had to try and determine how the fossils had come to be where they were. It gave the class a great insight into the almost forensic nature of palaeontology.

Thank you to all that made this experience possible, especially the teachers and the guides at the exhibition, who were very helpful.
Drama Classes for Kids

Boys and girls will build self-confidence through role-playing and drama games. The children will discover solutions to their own conflicts in a safe and nurturing environment.

**Venue:** Marrar Woom
**Grade Three to Six**
When: 3:45 to 4:45 Mondays from 23 April
Venue: Marrar Woom
Cost: $55 for 9 week term

**Prep to Grade Two**
When: 3:45 to 4:45 Fridays from 27 April
Venue: Marrar Woom
Cost: $50 for 8 week term

**Bookings:**
Rhiannon Cox
rcox@swah.vic.gov.au or 5237 8590
OR
Otway Health Reception
4 Pengilley Avenue, Apollo Bay
5237 8500

---

SAKG Ice Cream Stall

**Yum!!!!**

Holly and the Grade 5's will be making Ice cream with seasonal fruits to sell on the 29th March.

An order form will go home for the PREP - YEAR 4's soon.

---

Children’s Yoga

Children’s Yoga (ages 7-10) Thursdays 3:30-4:15pm.

1\textsuperscript{st} Block: April 19\textsuperscript{th}-May 10\textsuperscript{th} (cost: $35)

2\textsuperscript{nd} Block: June 7\textsuperscript{th}-28\textsuperscript{th} (cost: $35)

*Pre-booking is essential as classes can only run with a minimum number of students...please contact Natasha on 0409 944 878 or natashasikand@hotmail.com/www.natasha-sikand.com for bookings and registration.*

Natasha has been practicing Yoga since 1999 and teaching Yoga since 2006. In addition to being a certified Yoga Teacher, she has also trained in Yoga for Children (Om Shree Om Training: www.worldfamilyyoga.com ) and taught children’s Yoga at an orphanage in Thailand.

Natasha’s classes are inspired by her many years of study of the body, postures, yoga philosophy, and life. Her classes are safe in that there is a strong focus on alignment and they provide a platform for the children to explore their own creativity and playfulness within the practice of Yoga.
Dear Parents / Guardians,

Re: Apollo Bay P-12 College Community Breakfast for Walk and Ride To School Day, Friday 30th of March; a fun and positive active transport promotion with free breakfast, live entertainment and lots of prizes. Its Fun!

Please Note:
Parents are responsible for students walking and riding to school safely. Students and families are encouraged to ride to the breakfast and attractions at school with escort riders from the surf club. Students riding, skating or scooting must wear a helmet. Teaching staff will man the main intersections between the foreshore and the school.

Mass Participation: Ride to the event:
Escort Riders will take groups every 10 mins or so from the surf club to school via Tuxion Rd from 7:45. Chris Hansen will be taking photos on Tuxion Rd so give him a smile and a wave as you go past.

Prize categories include:
Rustiest Bike / Walking Stick, Sexiest Cyclist / Walker, Bike maintenance award, Brightest Lycra Most ill fitted bike, Shortest Ride / Walk Effort, Family participation, Best Helmet Hair, Noisiest bike, Novelty Rider Prize, Most Decorated Bike and Walker, Biggest Walk / Ride Effort, Greatest smile, Dirtiest Bike and more… Including on the spot prizes. Remember to smile for the judges!

Breakfast
A very healthy and incredibly delicious feast prepared and proudly served from 7:50 by the most hospitable VCAL class. Smile as you use your manners!

Bonus Attractions:
The Nieksy and Geeksy 2.0 Live Active Transport Show!! Smile while you’re clapping!

Sponsors and supporters for the event include:
This is a joint initiative between Apollo Bay P-12 College and Otway Health.
With support from Bicycle Victoria, Apollo Bay Sports Store, Moontide, Galapagos Bookshop, Community Care Chemist, Apollo Bay Surf and Fish, Hodgys Surf Centre, Foodworks Apollo Bay, Garden of Eden Fruit Supplies, Fish and Loaves & Police Victoria. Many thanks to all!!

Everybody is expected to be at school safely and on time.

Looking forward to seeing you there 😊

Happy Cycling, Walking, Skating and Scooting!

Pete Geekie
Apollo Bay P-12 College
when - Friday
where - 7:45
surf club

Free brekki

2012
ride to
School Day

prizes for:
rustiest bike
most colourful family participation
noisiest bike
most decorated bike
novelty rider prize