YEAR 10 MOUNT ARAPILES CAMP

Last week the year 10 students and I headed north and across the border into Victoria to attempt the challenging pursuit of rock climbing and abseiling. Located near Horsham is the world renowned Mount Arapiles, one of the best places in the world for rock climbing.

Under the guidance and care of Adelaide outdoor education instructor Wally Olenich, the 5 students learnt about safety equipment, harnesses, rope tying, belaying, abseiling technique, safety procedures but most of all they learnt more about themselves individually and as a group.

Rock climbing and abseiling is one of the safest sports you can do but it is one of the scariest! You have to place trust in ropes, other people and yourself! Some people find climbing up the rock face easy but being belayed down by someone frightening. Whilst others think abseiling yourself down the rock face from the top is easy. All of the students did really well in trying something new and persevering when things became fearful for them.

We had terrifically mild and calm days which were ideal for climbing. We managed to fit in two bush walks, one around Mitre Rock and the other one, a hour-and-a-half round walk to the Arapiles Lookout and down.

This is the 5th year of this camp and I am pleased that each time it has been a pleasure to take our students away for several days. Many of our students have never been proper camping before so that in itself is a challenge and a new experience.

I look forward to planning a similar trip for 2017.

Suzie Mitchell
Teaching and Learning Co-ordinator
**Canteen News**

**SOUP OF THE WEEK**

Cauliflower

Don’t Forget!

We have Milo available for $1.50

Tracy Bald / Canteen Manager

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**Pyjama Party Disco**

Last Friday, students enjoyed our School Pyjama Party Disco.

They wore their pj’s, ate pizza and played limbo.

More photos in next week’s Newsletter.

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**Community Notices**

**FREE SHORT COURSE TABLET TRAINING** - At the Port MacDonnell Community Complex on Sunday, 19th June, 2016 from 10.00am to 4.00pm. Bring your iPad or Android and get the most out of your tech devices! Whether you are a beginner or intermediate user, this course is for you. Learn how to - set up your device, perform common tasks, download apps, share content with friends or family. For further information and to register your interest, please contact - Rene Poulish on 87351510.

**FOOTPRINTS THROUGH THE CLUTTER** - Do you work directly with those who are affected by Hoarding and Squalor issues? Junction Australia, along with Partners in Recovery, is offering a one day free of charge training program for those who work directly with people who are affected by Hoarding and Squalor issues. For further information, visit - www.hoardingandsqualorsa.com.au or collect a flyer from the School Front Office.

**HEADSPACE MOUNT GAMBIER** - As a father it can often be hard to know the difference between normal behaviour, such as occasional moodiness and irritability, and an emerging mental health issue. Join in an informal group chat with Rhett, Headspace’s Senior Practitioner. Rhett will discuss what mental health is, warning signs, and advice and tips for talking with your son about mental health. This will be held on Wednesday, 8th June from 6pm to 7pm and on Thursday, 9th June from 1pm to 2pm at the Parlour Room, Mac’s Hotel, 21 Bay Road, Mount Gambier. For more information and to RSVP, phone 87250443 or email mikerlap@unitingcommunities.org

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**White Ribbon**

Did you know that women with a disability are 40% more likely to experience domestic violence than non-disabled women?

“We can change our culture for the better by standing together against the quiet tolerance of sexual assault”.

President Obama

A 2013 Transport for London survey found that 1 in 7 women had experiences unwanted sexual behaviour and less than 10% had reported it.

1800 RESPECT has launched a national campaign to help Australians recognise the warning signs of intimate partner violence, and to promote advice about how to support someone safely.

If you or someone you know is impacted by sexual assault or domestic violence call 1800 RESPECT on 1800 737 732.

Just because a person doesn’t touch you, doesn’t mean they aren’t being abusive -

CONTROL

DISRESPECT

INTIMIDATION

MANIPULATION

These are all forms of emotional abuse. It is not your fault and it is never OK.

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**Primary Assembly for R-7** will be held in the Performing Arts Room on -

Friday, 3rd June / week 5 at 1.40pm. Parents welcome!

‘Coming together is a beginning. Keeping together is progress. Working together is success’.

- Henry Ford

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Always striving
HEADLICE
If your child is constantly infested by headlice, please check their hair after out-of-school activities and well as school days. Eg. Football, Netball, Dancing etc.
It is a parent’s responsibility to make sure your child is lice and egg free.
Report all cases to the front office immediately.
A two-sided information flyer has been included with today’s Newsletter.
Your support is appreciated.

Breakfast Club is available on Tuesdays, Wednesdays and Thursdays this term from 8.30am.
Staff will be serving toast with various spreads and warm milo to students.

STEM Information
A two-sided information flyer has been included with today’s Newsletter, detailing exciting events that are on this week around Mount Gambier.

Teachers from all around our district will be attending STEMsummit16 at the Barn Palais this Friday. This day will include keynote presenters and various informative workshops.

Last Wednesday, several classes participated in a Jelly Baby Oval run. The younger students ran around the tennis courts, and older students ran around the oval. At the end of each lap, they were given a jelly baby.
Luke Bald gave an informative speech about living with diabetes and the impact it has on his life.

Shooting For The Stars !

Rec/Year 1 - Mrs Grubb - LACHY PALTRIDGE - Great work telling the time in Maths.
Year 1/2 - Mrs Neu - MACLAREN GILLINGS - Excellent manners !
Year 2/3 - Miss Ridley - ADELE PERRY - For being a positive and cheerful class member.
Year 4/5 - Miss Merrett - NATE WHITEHEAD - For always being a kind and caring class member.
Year 5/6 - Mrs Biggins - AINSLEY GILLINGS - For always striving to do her best.
Year 6/7 - Mrs Murdoch - IMOGEN JACOBS -- Working very hard in class at all times.
This Wednesday, 25th May, our school will be facilitating this exciting event after recess with an activity to follow for Reception to Year 3 classes.

This year’s story is: ‘I Got This Hat’ and takes place across Australia each year.

It would be great if students could wear a hat of their choice to make the day colourful and fun.

Rosie Bronca
Teacher/Librarian

KARATE NEWS

The Allendale & Pt MacDonnell Karate Club had two students compete in the Victorian Open Kyokushin Championships on Sunday 15th May - Kyle & Koby Moulden.

Both students did very well against very strong competition and gained valuable tournament experience ready for larger competitions later in the year.

Anyone interested in learning Karate we train -
Tuesday 6:00-7:30pm at Port MacDonnell Community Hall
and Fridays
6:00-6:30pm Juniors (5-7 years old)
6:30-8:00pm at Allendale School Gym

All ages and fitness levels welcome
(our students ages range from 5 to 50 with all ages in between)

Any enquiries please contact :
Sensei Ian McGregor
Allendalekarate@gmail.com
Phone: 0419833031

Last Friday, students competed at Naracoorte Primary Cross Country. Stevie Collins came fifth in under 10 girls and Ainsley Gillings came fourth in under 11 girls and have both been invited to compete at Oakbank State Cross Country on June 9th. All kids tried very hard and did the school proud!