YOU CAN DO IT – WORKING TOUGH
In his famous book, "The Road Less Travelled", M.Scott-Peck talks about building character by delaying gratification. This is the skill of tackling the hardest tasks first and rewarding ourselves with the tasks that we find easier, more pleasant and more enjoyable.

When this practice becomes a habit, people achieve more – by actually completing the harder tasks rather than avoiding them. These people also develop an aspect of their character - they don’t shy away from difficulty, but face it head on. This makes for more resilient and more competent people. To help our students to develop this key skill, support them by encouraging them to:

1. list all the jobs/tasks they need to complete
2. number the tasks in order from hardest to easiest or in order of preference
3. tackle the hardest or least preferred task FIRST
4. do the second hardest task next, and so on until they’re all completed.

The reward is getting to do the task you like the most.

ENERGY BREAKTHROUGH – CONGRATULATIONS!
Mrs. Crothers has included a detailed account of the 2015 Energy Breakthrough Challenge in this edition of the newsletter. I just want to say THANK YOU to everyone who made this year’s event such a great success – staff, parents and students. I am always amazed at the sheer scope of the EB Challenge. The whole town is affected, streets are closed off, the entire sports ground is given over so that children from across the state can challenge and extend themselves. What a HUGE gesture this is to our children. What an incredible message this sends about how much our society values its youth. It is no wonder that children find EB a life-changing experience: it provide them an opportunity to dig deep, to do the hard things, to belong to a team and play a part in its success. Not to mention the authentic learning opportunities that EB fosters in relation to health, fitness, mechanics, science, teamwork, personal growth and resilience. Well done and congratulations to the 2015 Energy Breakthrough Team.

TRANSITION SESSIONS NEXT WEEK
Meet your child’s 2016 teacher and spend half an hour learning how you can support your student to make the transition. Each year of school presents new challenges and, as students progress through grade levels, there is an increasing emphasis on them taking more ownership of their learning and personal organisation. We want to explain some of these changes to parents at the transition sessions and provide a “heads up” on what to expect next year. The progress and wellbeing of students is our priority and the transition sessions are an important part of supporting a smooth changeover into 2016 classes. We hope you can make it!

2016 Grade 1: Monday 30th November @ 5.30pm
2016 Grade 2: Monday 30th November @ 6.00pm
2016 Grade 3: Tuesday 1st December @ 5.30pm
2016 Grade 4: Tuesday 1st December @ 6.00pm
2016 Grade 5: Wednesday 2nd December @ 5.30pm
2016 Grade 6: Wednesday 2nd December @ 6.00pm

TER M 4 IMPORTANT DATES

- 26th November Graduation Committee—5:15pm
- 30th November Grade 1 & 2 Transition Sessions
- 1st December Grade 3 & 4 Transition Sessions
- 1st December 2nd Prep Orientation
- 2nd December Grade 5 & 6 Transition Sessions
- 7th December School Council
- 8th December Whole School Orientation Day
- Uniform Orders Due Back
- 14th December End Of Year Concert
- 16th December Grade 6 Graduation Dinner
- 17th December Grade 6 Excursion
- 18th December Last Day of School 2015

Free Fruit Roster
2nd Dec—Amy Blake

Friday Lunches Roster:
26th & 27th November
Thurs—Erin Malone & Amber Osborn
Fri—Lisa Pouler & Sonya Taylor

3rd & 4th December
Thurs—Jen Harris & Mel Scoble
Fri—Libby Ferguson & Mel Prendergast
GRADE TWO MALDON CAMP
Ms. Rennae Blencowe organised a brilliant first school camp experience for our Grade Two students last week. Everyone coped well with spending a night away from home and family and showed great resilience and persistence in completing all of the activities. The best thing was the way everyone got along so well and really enjoyed each other’s company – this was most evident in our soccer match on Tuesday afternoon. It was lovely to see the students encouraging one another during the rock climbing, mine tour and slip and slide activities and to hear them using the language of “You Can DO It!” in their everyday actions. The camp’s grand finale was a ride on the Maldon steam train. A MASSIVE thank you to Ms. Blencowe for organising the camp and to Sebastian Greene (La Trobe student teacher) for attending.

RENTAL PROPERTY URGENTLY NEEDED
One of our families is in urgent need of two-bedroom rental accommodation. They can pay $150-$300 per week. Please contact the office if you can help.

TERM 4 UNIFORM
Attached to today’s newsletter is a copy of the last uniform order form for 2015. Orders and money should be returned to school by Tuesday 8th December. (Orientation Day).
Please note that the supplier has increased their prices, so most items have gone up slightly to cover this increase.

GRADE SIX GRADUATION COMMITTEE
Interested parents met last week to begin preparation for this year’s Grade 6 Graduation ceremony to be held on Wednesday 16th December.
The next committee meeting for this group will be held on Thursday 26th November at 5:15pm in the staffroom. All welcome to attend.

ORIENTATION DAY MORNING TEA
Parents Committee will be hosting our annual Orientation Day Morning tea on Tuesday December 8th, in the Library. We would greatly appreciate any donations of yummy treats to share with our new and existing families on this morning.

SUMMARY OF 2016 SPECIALIST SUBJECTS

<table>
<thead>
<tr>
<th></th>
<th>Reading</th>
<th>Science</th>
<th>Visual Art</th>
<th>Physical Education</th>
<th>Chinese Language</th>
<th>Music Sem 1/Sem 2</th>
<th>Dance</th>
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<tr>
<td><strong>PREP</strong></td>
<td>✓</td>
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<td></td>
<td>✓</td>
<td>✓ 30 min</td>
<td>✓ 30 min</td>
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<tr>
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<td>✓</td>
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<td>✓ 30 min</td>
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<tr>
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<td></td>
<td>✓ 60 min</td>
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<tr>
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<td>✓</td>
<td></td>
<td>With class teacher</td>
<td>✓ 60 min</td>
<td>✓ 50/45 min</td>
<td>✓</td>
</tr>
</tbody>
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CHRISTMAS RAFFLE
We are well on track for a bumper Christmas Raffle this year, with over $8,000 in prizes donated by local businesses. Our major sponsors can be seen on the sign erected on the Alt. Calder Hwy side of the school.
RAFFLE BOOKS will be sent home next week, with tickets only $1 each!
RAFFLE DONATIONS STILL APPRECIATED – at this time we ask any families who would like to donate items into our Christmas Raffle Hamper Prize, or any other items to use in the raffle, to please bring your donations in to Fiona’s office and place them into the basket provided.

EB SILENT AUCTION
Last chance to get your bid in for our EB Silent auction. Auction sheets are on the noticeboard in the office. If you would like to place a bid and support our EB Team call into the office or email me with your bid. Bids close this Friday 27th November.
The items include:
- 2 x Ashmore Palms Gold Coast Holiday Vouchers worth $200 each
- Archery Tag @ the Zone voucher for 10 people, 1 hour session worth $150
- 2x Bendigo Bowling Centre Free Games worth $12 each
- 6 x Inflatable World Vouchers worth $14 each
- Mary Kay Gift basket worth $45
- Sports Power Gift Voucher worth $50
- Bicknels pack- T-Shirt, Drink bottle, pencil case worth $50
- $50 Ultratune voucher

Helen Hosking

Community Notice
Community Christmas Carols
Saturday 12th December at Lockwood Uniting Church. Starts at 7:30pm. All welcome, please bring a plate of supper to share!
Energy Breakthrough Wrap-Up!

Last weekend we had the honour of taking 15 of our Grade 6 students to Maryborough to compete in the Energy Breakthrough Event. Our students have been working really hard for the entire year for Energy Breakthrough and they were excited to finally be rewarded for all of their hard work. The Energy Breakthrough program is a huge commitment from our Grade 6 students and the parents. Every Friday night since March the students have been training after school and they have spent many hours fundraising and organizing sponsorship.

Many new topics are learnt during the Energy Breakthrough program as well as new skills. Brad Wickham, Helen Hosking and I were extremely proud of our students in Maryborough, their behaviour and attitude was amazing and both teams showed a strong bond with each other. Our two teams GT Zoomers (GelTek sponsored) and Chicken Ninjas (Hazeldenes sponsored) were required to present all of their hard work for the year to three judges. This was a 30 minute presentation and both sets of judges were extremely impressed and stated that they did not need to ask any questions because our students had answered everything in their oral and visual presentation. The GT Zoomers team won this category.

On the track both teams performed exceptionally well. GT Zoomers finished 6th and Chicken Ninjas finished 19th. Unfortunately our Chicken Ninja cart spent about three hours off the track due to mechanical issues, but all students were extremely patient and resilient while they were waiting for their cart to be fixed.

Our overall results for the weekend were GT Zoomers 3rd and Chicken Ninjas 15th in our category. This was once again a sensational effort from both of our teams.

Energy Breakthrough is a program that offers so much for the Grade 6 students and it opens many opportunities for them. This program also involves lots of hard work from not only the students, but also from the parents. I would like to thank all of the hard working parents that have attended meetings, sorted sponsorship, assisted in the huge effort of fundraising and for all of their tireless work over at Maryborough on the weekend. Without these parents our carts would not have been working, the students would not have been fed and neither would the teachers!

A big thank you goes to Mark Allan for the endless hours that he put in this year to maintain both vehicles. Thanks also to Wayne Banset and Stuart Kiel, because they also assisted with the vehicles. Mark, Wayne and Stuart worked very hard in the pits to keep our carts going and to ensure that they were on the track for our students. Thanks also to Mark Stables who painted our vehicles. I would also like to extend a big thank you to Brad Wickham, Fiona Adams and Helen Hosking for their hard work this year in supporting me and for giving up their weekend to assist in running this valuable program.

We would not have been able to run this program if we did not have the major sponsorship from GELTEK (Todd Pickering), HAZELDINES, and McDonalds. Once again we have had another successful year with Energy Breakthrough and it is extremely rewarding to see the fun, teamwork, enthusiasm, confidence and fitness grow in all of our Energy Breakthrough students. As a teacher seeing these skills grow is one of the biggest rewards!

Thanks, Sandy Crothers

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Students Of The Week!

5/6C — Lily P for showing exceptional leadership skills, teamwork and confidence with her EB Presentation.

5/6W — Mitch S for showing great sportsmanship and persistence despite things not going to plan on a number of occasions during the EB Trial.

3/4M — Rose K for always showing persistence in extending her abilities.

3/4H — Alyssa A for being a kind and caring classmate and always thinking of ways she can help others.

2B — Brianna B for demonstrating excellent persistence with all activities while on Grade 2 camp. Well done Brianna, it was great to see you having a good time.

P/1B — Summer R for always putting great effort and detail into her work. Keep trying your best—well done!

P/1H — Meagan R for showing great persistence with writing and working towards achieving her writing goal.

Principals Award: Bella P for showing great persistence at the Maldon Camp and understanding what it means to “work tough”.
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