Welcome Back
Welcome back to students and staff for Term 4. This term is always busy with a range of ‘extra events’.

I would particularly like to acknowledge our Year 12 students. I wish them the very best for their last days of schooling and planning for final exams as they prepare to enter the next phase of their lives, in tertiary education and the workforce. My sincere wish is that they all benefit from these final days and take advantage of the guidance and support offered to maximize their success.

Thank You
As we commence the term I would like to acknowledge the leadership of Mr Picone who acted in the Principal role whilst Mr Katsianos and I were on leave during Term 3. With excellent support from Mr Denver and the rest of the leadership team and staff, Mr Picone performed admirably in the position and I would publically like to thank him.

Mr Tom Sharp
Congratulations to Mr. Tom Sharp who, after been approached by an AFL Community Engagement Representative, will represent Australia’s inaugural Kabaddi Team. The 2016 Kabaddi World Cup is being held in Ahmedabad India, from the 7th – 22 October. Although the sport is almost unheard of in Australia it is the second most popular sport in India (imagine how big soccer/cricket is in Australia and times the population by 50). If, like me, you’ve never heard of Kabaddi it’s a contact sport that originated in ancient India.

We look forward to hearing more of Mr. Sharp’s experience when he returns and wish him the best of luck.

Congratulations
It is always great news when babies are welcomed into the world. On behalf of the school community I would like to congratulate the following staff for the birth of their daughters this past month: Ms Gross and her husband Adam for the birth of Charlie Rose and Mr Hem and his wife Julie for the birth of Alisha.

I extend our best wishes to Ms Chanthery and Ms O’Neill who will shortly be taking leave as they prepare to welcome their newest family member.
New Staff
I would like to welcome staff member Mr. Steve Kuruc who will oversee our Transition Program and teach in the Maths and Science learning areas.

Mentor Groups
2017 will be an exciting year of change. A major focus, in addition to the academic progress of our students, is the building of their resilience, their connectedness to the community, and their overall wellbeing and engagement. This change, while it may be difficult for some, reflects our commitment to develop a system to ensure students are connected to their community; something the students themselves have requested. More detailed information via Compass will be provided in the coming weeks.

Breast Screen Awareness Breakfast
Mr Steve Dimopoulos MP, State Member for Oakleigh, invited South Oakleigh College to attend a Pink Ribbon breakfast at the Oakleigh Carnegie RSL to raise money for breast cancer research. The breakfast was a reminder of the importance of breast screening, especially for women 50 years and over. A speaker from Breast Screen Victoria spoke about the importance of early detection and provided the following statistics:

- 1 in 8 women will be diagnosed with breast cancer, 75% are over 50.
- Screening is free for women between 50 – 74 and takes only 10 minutes.
- If you are between 50 and 74 a free breast screen is available every two years.

Early detection through Breast Screening can save your life.

Mr Steve Dimopoulos with members of South Oakleigh College staff.
Welcome back for Term 4 and we trust you enjoyed a restorative and relaxing holiday.

**Student Leadership Positions**
We are shortly commencing our selection process for next year’s School Captains. Student leadership is an important part of school culture and our captains play a significant role in the running of our school.

We ask that all eligible Year 11 students give careful thought to their leadership aspirations for next year and consider the role they can play in leading and representing our student community. We have always enjoyed a large, high quality field of applicants for the leadership roles and we anticipate the same for 2017.

**School uniform**
All students are expected to take pride in wearing the correct school uniform. Only the current uniform, as sold at Primary School Wear, will be permitted from 1 January 2017. Families are advised to refer to the school planner or website to update uniform items. Therefore, the school uniform phase out period will end on 31 December 2016. (The green jumper only will be allowed for students in year 9 in 2017.)

If circumstances are such that a student cannot wear the correct uniform on a particular day a note from their parent/guardian providing the reason must be supplied. If there is no note the school will presume the student is resisting uniform policy without parental permission. In these circumstances, and in some cases even if a note has been supplied, the school reserves the right to provide the student with a uniform from the (schools) emergency uniform pool.

If the student is out of uniform without a reasonable explanation he/she can expect consequences, such as a detention.

In exceptional circumstances where a student is unable to wear the approved uniform, a uniform exemption pass may be issued for a negotiated period of time by the Year Level Coordinator.
Farewell ‘Class of 2016’
On Tuesday 18 October the Year 12 ‘Class of 2016’ was farewelled at a whole school assembly, which was then followed by a joint morning tea for Year 12 students and staff.

Completing Year 12 is a major achievement. Secondary School is:
- 6 years
- 240 weeks
- 5800 periods
- 5166 hours
- Homework, satisfying college expectations, VCAA requirements; and that’s just the academic side.

On their final day of school our students were gracious and their pranks, a traditional part of last day activities in all schools, were intelligent, thoughtful and respectful of others. I congratulate them for demonstrating to those who follow that it is possible to have fun without causing damage or discomfort.

Our Year 12’s have spent considerable time focusing on the theme ‘CROSS THE LINE’. Throughout the year this has been directed at scholarly achievements but possibly the most challenging line to cross is finding yourself and being true to yourself.
Admire heroes who inspire you
One such hero is Nelson Mandela. Living a life of extraordinary adversity – twenty seven years in prison as a political prisoner, including times in solitary confinement, he emerged into freedom to become the president of a reformed South Africa. He held no bitterness to his previous captors indeed; he made some of them ministers in his government.
Nelson Mandela said during his inaugural Presidential address:

- The time for the healing of the wounds has come.
- The moment to bridge the chasms that divide us has come.
- The time to build is upon us.

Year 12:
- Don’t lead lives of quiet desperation; don’t rack up a litany of regrets.
- Live extraordinary lives that benefit others.
- Look to do good and make a positive difference to your communities.

Class of 2016 we are all proud of the young adults you have become. As you move on, please do not be strangers to the College. Be confident that the opportunities provided to you at SOC will hold you in great stead. I wish you all a wonderful future.

There are many fond memories of times spent with the Year 12 class over the past six years and they will be missed.

Class of 2016 - CROSS THE LINE
VCAA Units 3 and 4 Exams
The externally set and marked VCAA Units 3 and 4 Exams will run at the College from Wednesday 26 October to Tuesday 15 November. The VCAA Exam Timetable may be found on their website at: http://www.vcaa.vic.edu.au/pages/vce/exams/timetable.aspx

Year 11 and 12 students are sitting these exams. Year 11 students are not required to attend any scheduled classes on the day of a VCAA Exam. A VCAA Exam cannot be rescheduled and will take precedence over any College Year 11 Exam. Please contact Mr Denver if you have any questions.

Years 10 and 11 Exams
The College will be conducting Semester 2 Examinations for Years 10 and 11 students from Wednesday 2 November to Wednesday 9 November. Please consult Compass Newsfeed for the most recent version of the Years 10 and 11 Examination Timetable.
Effective study skills
Do you study hard but still not do well on tests?
Are you tired of teachers calling home about work you did not do in class or for homework?
Success in school is due to motivation, time management and good study habits. It requires effort. This means that if you want to do well, you must be willing to set aside time to do homework and study. At times, you may have to forgo something that’s important to you.
However, believe it or not, you can spend less time studying if you do the right things. Below are some tips to get you started:
1. Manage Your Time Wisely
2. Organise!
3. Identify How You Learn
4. Catch Some Zzz’s
5. Attend Class
6. Ask Questions
7. Make Study Groups
8. Hone Those Writing Skills
Source: James F Shepherd College Study Skills, sixth edition.
Exams! Exams! Exams!
Students in the Middle School will be writing exams in week 5 of this term. Exams begin on Wednesday November 2 and finish on Friday November 4.

The written exams for Years 7 and 8 are 60 minutes in duration with 10 minutes reading time. The Year 9 exams are 90 minutes with 15 minutes reading time. All core subjects - English, Maths, Science and Humanities will be tested. All students are expected to sit the exams.

Reading Program, Year 9
In Term 3 Year 9B participated in a reading program with Clayton North Primary School. Every Thursday morning our students visited Clayton North to read with, and assist, primary school students.

Students from both schools thoroughly enjoyed the program which has been recognised as a positive step in improving both literacy and constructive relationships between students.

Congratulations and thank you to all students and staff involved, including Mr Dylan Redman, Ms Kathy Robinson, and Ms Cara Ludbrook for transporting the students to Clayton North.
Middle school debate

Debating is an integral part of the English curriculum, commencing at year 7 and being developed throughout secondary school.

Ms Kalouda Pelitidis

‘Good afternoon everyone, did you know that single sex schools are better than co-ed schools?

I am Ezekiel Buckland and I am going to present to you evidence as to why single sex schools are better than co-ed schools.

According to research by The American Psychology Association, single sex schools are more productive than co-ed schools. Teachers and schools are able to use optimum ways to deliver a subject directly, considering the strengths of either the boys or the girls. Consequently, a higher number of students’ successfully complete Secondary School and progress to Further Education.

Another study by Stanford University shows that exam results in co-ed schools were low, but when the same group of students moved into single sex schools the average results of the girls’ went from 36% to 71%, and the boys’ results increased from 37% to 86%. The studies also showed that boys were scoring low in co-ed schools because they felt pressured into doing subjects that were manlier, even though many wanted to do Arts subjects.

The boys also expressed concern that they were unable to voice their opinions to the extent that they would like to, as it could come across as offensive and aggressive to the girls in the class. Similarly the girls felt they were unable to ask questions they wanted to because the boys would think of them as silly and girly. This demonstrates a pressure by both sexes to be socially accepted.

People argue that co-ed is better because it helps both the sexes to interact with each other on a social basis and also prepares them for the outside world. But a social life can be led outside of school hours to help the development of both boys and girls.

Today I have presented to you the facts that demonstrate single sex schools are better for students regarding their academic results.

Never forget, the children are our future, Education is the key to success and last but not least, Knowledge Conquers All.

Ezekiel Buckland.
Year 7A
Year 7 students have been studying the Physics of Forces. Working in teams, students created a balloon powered cart using various materials such as skewers, straws and cardboard. The aim of the task was to build a cart that would travel in a straight line.

Once built, students then had to investigate the modifications required such as changing the number or size of wheels to make their cart go either faster or further.

Throughout the investigation students had to weigh their carts, measure the speed then discuss the relationship between these variables and how they affect each other.

Overall, students enjoyed making their carts and were able to gain practical knowledge about forces.
Forensic Science

Year 9 Forensic Science students have been investigating blood and the analysis of bloodstains and patterns as crime-scene evidence. We have explored how the shape and angle of impact of a blood drop(s) can leave important clues when solving a crime.

Some of the things discovered:

- Direct impacts on hard, smooth surfaces produce round droplets with smooth edges.

- Higher velocity impacts, on rougher surfaces, produce drops with more ragged edges.

By creating our own fake blood and simulating a murder weapon we explored ‘Blood Cast-Off Patterns’ and how a bloody murder weapon can leave a trail of evidence.

Above is a student simulating the ‘Blood Cast-Off Patterns’ from a height of 30cm.

Examples of our equipment and data collection:
Year 9 Japanese Excursion
Japanese students went on an excursion to Melbourne CBD recently to explore Japanese themed movies and shops. Here are some of the places visited:

First Stop: Melbourne International Film Festival
ACMI (Australian Centre for the Moving Image) was hosting the Melbourne International Film Festival and we were fortunate to participate in the Festival. We watched the screening of Our huff and puff journey. The movie was shot in Japan and students gained a glimpse of student life in an authentic Japanese high school and the different languages spoken.

Second Stop: Japanese Ramen Shop
After watching the movie we went to the Japanese Ramen shop for lunch. Ramen, a Japanese soup, is gaining popularity in Melbourne with more and more Ramen shops opening their doors.

Shortstop: Matcha Doughnuts
In the Melbourne CBD is a doughnut shop that sells specialised Matcha doughnuts. Matcha is a powdered green tea and a good ingredient for cakes, doughnuts and ice cream.
Fourth Stop: Japanese style Cat Café
The cat café (or Neko Kafe in Japanese) is popular in Japan and this café has now opened its doors in Melbourne. Did you know that Japanese cats say ‘nyaa nyaa’ instead of ‘meow’? The concept of a cat café blossomed in Japan where the first one, named ‘Neko no Jikan’ (‘Cat’s Time’) was opened in Osaka in 2004.

Overall, we had a great day experiencing Japanese culture.
South Oakleigh College had seven students attend the Eastern Metropolitan Sports Region Athletics Carnival held at Knox Athletics on Friday 7th October 2016.

Results were as follows:

**Charlie Giddins** 8th in the girls 13 years 100m.
**Megan Robinson** 6th in the girls 14 years 800m and 11th in the girls 1500m.
**Arte Trepca** 1st in the boys 14 years Shot Put.
**Teagan Laurenson** 2nd in the girls 15 years Shot Put.
**Irene Makantasis** 3rd in the girls 17 years 1500m.
**Samantha Miller** 2nd in both the girls 17 years Javelin and Shot Put.
**Jimaima Yabaki** 4th in both the girls 18-20 years Shot Put and Discus.

Congratulations to all competitors and in particular Arte Trepca, who now goes on to compete at the State titles to be held at Lakeside Stadium Albert Park on Monday 17th October. Arte, we wish you all the very best!
State titles Track and Field

On Monday 17 October at the State titles of the Track and Field, South Oakleigh College was represented by Arte Trepca in the boys 14 years Shot Put.

One of the few competitors to not have a coach, Arte’s personal best of 12.08m earned him 6th place and the admiration of many to successfully progress this far. The winning distance of 14.79m is within Arte’s reach and with some coaching there is every chance for a medal next year.

Congratulations Arte from all at South Oakleigh College.

Robbie Kearns Rugby Day

South Oakleigh College entered a boys and girls team in the 9-a-side Rugby League tournament held at Greaves Reserve Dandenong on Monday 17 October.

The tournament, run professionally by the NRL, is an excellent opportunity to participate in this sport given the relatively little exposure rugby league has at our school compared to more traditional sports.

The boys’ competition involved tackling and our team was in pool B with schools from Doveton, Narre Warren and Cranbourne East. It was a tough day and unfortunately, after the round robin stage we finished fourth, with one draw and two losses.

The girls’ competition had just the one pool of four schools competing including Doveton, Narre Warren and Westall. The girls managed to win one from three games in the round robin but lost to Westall College in the semi-final.

Well done to all students and student coaches who assisted on the day.
The SRC had a busy Term 3 leading in to an equally active Term 4. On the final day of Term 3 the SRC raised money for the Cathy Freeman Foundation. Students organised a casual clothes day, ran The South Oakleigh Gift at recess, and arranged a Trivia event at lunchtime. Overall the school raised $470 for the Cathy Freeman Foundation.

In Term 4, the SRC will be selling bandanas to support National Bandana Day on Friday 28th October. Students and staff can purchase bandanas from the front office for $4.

To round off the school year students from the SRC will be attending leadership conferences, public speaking courses, and will be representing South Oakleigh College at a Remembrance Day Service at Springvale War Cemetery.
Resilience is the ability to recover from setbacks, adapt to change, and keep going despite difficulties. Resilience reduces the effect of negative incidents. When you develop resilience you acquire the ability to use skills that help you cope through challenging times, such as during exams.

People who are resilient have:

- emotional awareness and the ability to understand and manage their emotions
- control over their impulses
- an optimistic attitude
- flexible thinking
- empathy towards others
- believe they can achieve things and have positive qualities
- ability to seek help when needed

Emotions

Emotional awareness is the ability to understand and express how we feel in response to incidents. Resilient people are comfortable with their emotions and express them appropriately. They understand that they control their emotions and thoughts, not the other way around. Resilient people may sometimes feel scared or sad, but they don’t get stuck in feeling that way or allow those emotions to stop them coping with a situation and then moving ahead.

Impulses

All of us have impulses to do and say things when we feel angry, annoyed, frustrated, or are in a highly emotive state. But it is not always in our best interest, or helpful to others, when we allow our emotional reactions to surface. Being resilient means not acting on an impulse that may create further difficulties. It’s important to:

- Stop and think before you respond
- Take deep breaths
- Before saying anything, think of three possible responses
- Choose the most constructive response
- Respond

Optimism

Learning how to be optimistic can help protect against depression and anxiety. Optimism involves learning to think positively about the future—even when things go wrong—and making a decision to focus on the affirmative in difficult times. Optimistic people are happier, more engaged, more successful, and better problem solvers than negative people. Optimism is acknowledging that life can be difficult with a variety of challenges, but feeling confident that you’ll be able to cope with whatever comes your way.
Flexible thinking
Resilience is about flexible thinking and being able to see a situation from different perspectives. Checking if what we’re thinking is in fact accurate helps build resilience. Often we don’t know why people speak or act the way they do and we can’t have control over it. However, we can control our reactions to others and their situations. Being able to come up with flexible plans is an important aspect of being resilient.

Empathy
Empathy is the ability to recognize another person’s feelings and to respond both appropriately and respectfully. Understanding another person’s emotions by putting oneself in their place helps to develop positive relationships with others.

Self-confidence
Self-confidence is a person’s belief in their ability to succeed in specific situations or to accomplish an explicit task. Self-confidence plays a major role in how someone approaches goals, performs tasks and overcomes challenges. Develop your self-confidence by asking what three things you have done in the past week that you did well — to the best of your ability — and how this made you feel.

Seek help and support
At times we all need assistance. Resilient people know when to ask for help and will reach out to others when they’re going through a tough time.

Source: www.reachout.com
Stressed with year 12? CHILL OUT!

Stress is your body’s way of reacting to any kind of demand or threat. When you feel threatened your nervous system responds by releasing a flood of stress hormones such as adrenaline and cortisol which gets you ready for action. Your heart pounds faster, muscles tighten, blood pressure rises, breath quickens, and your senses become sharper. This is known as the ‘fight or flight’ response and is your body’s way of protecting you.

Stress can help you stay focused and alert, rise to challenges, and can even save your life in emergency situations. However, when stress is beyond moderate levels it stops being helpful and can start causing major damage to your mind and body. Years 11 and 12 can be an anxious time for some students (and families). This time of the year the media and those around us can add pressure by spreading doom and gloom. The final year of secondary school is important, but it will not be the most critical year of your life. It’s essential to keep things in perspective and to remember that you are NOT your ATAR score.

Your brain is fuelled by your body and you can’t look after one without looking after the other. Things such as eating healthy food, getting regular exercise and ensuring adequate sleep (teenagers need 8-10 hours per night) are extremely crucial, especially when stressed. Other proven strategies to beat stress include:

- Relaxation: smartphone apps like Smiling Mind can help.
- Time management: try making a list of activities and prioritise.
- Connecting with others: talk about your worries and laugh; be positive.

The wellbeing team (Annette Ford, Dylan Redman & I) are here to help if you, your friend or loved one is struggling at this difficult time of year. Come and chat with us. Alternatively, you can head to:

www.youthbeyondblue.com/do-something-about-it/surviving-year-12 (This website also has fact sheets for students and parents in the lead up to exams).

www.smilingmind.com.au (A meditation and mindfulness program developed by psychologist and educators).

All the best with sitting the exams and remember, this is only the beginning.

Brittany Whitelock
Secondary School Nurse
Marketing:

**Dates to Diarise in Term 4**

- Year 12 VTAC late applications – throughout October until 4 November

**Reminder: VTAC 2016 Key Dates**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>VTAC Personal Statement***</td>
<td>Friday 2 December 2016</td>
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<tr>
<td>ATARs Released</td>
<td>Monday 12 December 2016</td>
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<tr>
<td>COP for Early International Offers closes</td>
<td>Thursday 15 December 2016</td>
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<tr>
<td>Early Round International Offers</td>
<td>Monday 19 December 2016</td>
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<tr>
<td>Change of Preference (COP) closes</td>
<td>Tuesday 20 December 2016</td>
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<tr>
<td>Main Round International Offers</td>
<td>Monday 9 January 2017</td>
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<tr>
<td>Main Round Domestic Offers</td>
<td>Wednesday 18 January 2017</td>
</tr>
<tr>
<td>Further Offer Rounds</td>
<td>Tuesday 7 February 2017 onwards</td>
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</tbody>
</table>

*** Students who missed the SEAS deadline can add information to your course application about how your studies have been affected or disadvantaged by circumstances out of your control. This can be done through the VTAC Personal Statement. **The Personal Statement is not a replacement for SEAS.** The Personal Statement is not equivalent to submitting a SEAS application, however it is an opportunity for you to outline impacting circumstances.

For a full list of cancelled, amended and new courses, visit [VTAC Course Updates](http://www.vtac.edu.au)

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**Study Assist**

Students are encouraged to browse the following link as the website provides information to students about Australian Government assistance for financing of tertiary study. There is very useful information on study loans, how one pays back those loans, scholarship opportunities, etc. Visit [Study Assist](http://www.studyassist.gov.au).

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**News from ACU**

- **New Bachelor of Teaching/Bachelor of Science**

This new course aims to prepare graduates with well-developed knowledge across multiple sub-disciplines of science combined with teaching theory and practice. Students will explore scientific methodology and gain skills in problem-solving and analysis, developing the reasoning and ability to become a science teacher.

More information can be found at [Bachelor of Teaching/Bachelor of Science](http://www.acu.edu.au).
Bachelor of Digital Media
The **Bachelor of Digital Media** will enable students to work across a broad range of careers by developing skills in video and audio production, social media production and journalism/text production to meet the demands of today’s exciting and fast changing media industry. Students will have access to the brand new state-of-the-art media production facility, including a fully-operational television studio, editing suites and recording studios.

Read more at [Bachelor of Digital Media](#)

New Bachelor of Commerce Major and Minors for 2017
Students studying the Bachelor of Commerce will be able to choose new subjects: **Event Management, Data Analytics, Entrepreneurship, and Indigenous Business Studies.** Find out more at [Bachelor of Commerce](#)

New Science Majors
Two new majors are being introduced to the Bachelor of Science in 2017: **Data Science** and **Environmental Engineering Systems.** Find out more about all 41 majors at [Science Majors](#)

New Core Subjects in Commerce
Students commencing the Bachelor of Commerce in 2017 will be required to complete two additional compulsory subjects: **Accounting Reports and Analysis,** and **Principles of Finance.** Find out more at [Bachelor of Commerce](#)

Extension Program
The **Extension Program** is an opportunity for high achieving Year 12 students to study a university subject whilst at school which counts towards their ATAR, as well as experience university life.

<table>
<thead>
<tr>
<th>KEY DATES FOR THE 2017 EXTENSION PROGRAM – University of Melbourne</th>
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</thead>
<tbody>
<tr>
<td>Applications open</td>
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<tr>
<td>Applications close</td>
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<tr>
<td>Year 11 results due to the university</td>
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<tr>
<td>Offers released</td>
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</table>

Find out more, including the subjects on offer, at [Melbourne Extension Program](#)
RMIT University – VCE Extend

RMIT’s VCE Extend allows Year 12 students to undertake university subjects while completing their VCE. These courses are VCAA-accredited towards VCE results and students may be eligible for credit in a related RMIT program. Students will get a taste of university life, they attend lectures and study on campus with full access to all the services and facilities enjoyed by RMIT students. VCE Extend subjects are taught at the City campus and are counted towards students VCE and provide a boost to their ATAR. There are no fees or HECS for our VCE extension studies.

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<thead>
<tr>
<th>KEY DATES FOR THE 2017 HIGHER EDUCATION STUDIES - RMIT</th>
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<tbody>
<tr>
<td>Applications open</td>
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<tr>
<td>All applications close</td>
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<tr>
<td>Year 11 results due to the university</td>
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<tr>
<td>Offers released</td>
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</tbody>
</table>

Find out more, including the subjects on offer, at RMIT VCE Extend.
Fresh North Queensland Mangoes

Direct from the farm to you!

Support Our Mango Fundraiser

If you love mangoes, here’s your chance to indulge in fresh juicy Kensington Pride mangoes and support our fundraising drive. We are selling trays of mangoes picked and packed during the premium harvest.

Cost per Tray is: $25 per Tray

Place your order by: 31 October 2016

For Further information contact:

Caryn Vincent: cazza0873@gmail.com

Money raised will be used to: Support the students and teachers who have chosen to attend the NASA Trip in 2017.
Clayton Piranhas Swimming Club

COME AND TRY!!!
EXPERIENCE THE FUN OF RACING WITH OUR FRIENDLY CLUB

New Members welcome!!!

RACE NIGHT; Come & join us for a night of fun & fitness.
To participate, all you need to be able to swim is 25 metres freestyle.
Where: Clayton Aquatics & Health Club, Cooke St Clayton
When: Friday 11 November 2016.
Registration at 6.45pm. Races from 7.00pm to 8.00pm.
For further information: Colin Maguire 0401 489 042