Dear Families

It is very hard to believe that we have reached the mid-point of the academic year. Individual reports were forwarded to families this week and parent teacher interviews will be offered early next term. I would like to congratulate our students on their achievements during the semester and thank the staff who put many hours into the preparation of the documents you received. There were some outstanding results which are always pleasing to see and these students will continue to be extended in their learning. Some of our students also require additional support and teachers will work with these children and their families to ensure that they achieve their best.

Next semester there will be some changes to staffing at the College. Mrs Penny Haren our Year 8 home-room teacher is taking well deserved long service leave and will travel abroad during term 3. Mrs Genevieve Newton will not return in semester 2 as she is also travelling with her family. I wish both staff members an enjoyable time overseas and we look for to seeing Mrs Haren back in Term 4 and Mrs Newton in 2014.

I would like to welcome Mrs Jayne Taylor to the staff to fill the Year 8 classroom position and Mrs Rachel Cauchi who will be teaching the early year's music program. The middle year’s music teacher has not yet been confirmed but I am expecting that a replacement teacher will be in place at the commencement of term.

What a busy term it has been at Altona P – 9 College. We saw students shine in the Principals Speaking Competition and the Year 9's shared why they would succeed. We had some wonderful ambassadors for our College at the Junior Council meeting and I congratulate Tyler for overcoming the nerves this week and stepping outside his comfort zone. Our students persisted through the NAPLAN testing and classroom assessment tasks. There were excursions to reinforce learning and field trips to Cherry Lake to investigate water quality.

We welcomed consultants Neilma Collins who worked with the Prep – 2 staff and Lesley Tulloch who introduced the new Australian Curriculum at our staff development day. The teaching staff continued their work on making learning visible in the classroom through the use of learning intentions and success criteria.

The Connections program was reviewed with our middle year’s students signing up for eLearning activities to enhance our 1:1 laptop program for half an hour weekly. The early years learning centre also introduced dedicated eLearning sessions. It has been wonderful to see our middle year’s students embracing the exceptional opportunity of joining the supported study classes after hours. This has certainly provided them with one to one support in completing class work and improving their skill level. I would like to thank Mr McGee who oversees the program along with the staff team that assist each week.

We have had visits from Seaholme and Altona Primary School Year 5 and 6 students who experienced a day in the life of a Year 7 along with the children from Altona West Kindergarten who completed a perceptual motor program activity. Parents and students joined us for a Year 7 information night for 2014. We welcomed consultants Neilma Collins who worked with the Prep – 2 staff and Lesley Tulloch who introduced the new Australian Curriculum at our staff development day. The teaching staff continued their work on making learning visible in the classroom through the use of learning intentions and success criteria.

We have had visits from Seaholme and Altona Primary School Year 5 and 6 students who experienced a day in the life of a Year 7 along with the children from Altona West Kindergarten who completed a perceptual motor program activity. Parents and students joined us for a Year 7 information night for 2014. We celebrated International Day in our Connections group and held a sad farewell to our lollipop man ‘Fred’. We had some outstanding successes in many sporting events and shared stories about those that weren’t so great but celebrated the growth in student skill levels. Children celebrated Mother's Day with their mums and grandparents / carers in Prep – 2 and our early years students purchased gifts at our stall. The junior assembly was reintroduced in the P – 2 and our early years students purchased gifts at our stall.

On an exciting note I was advised this week that the asphalt area in the courtyard is to be re-developed. The college has been waiting over two years for these works to be undertaken. I am hoping this will be done in the coming weeks.

I would like to take this opportunity to wish all our students a relaxing holiday period and I look forward to seeing them all back safe and refreshed at 9:00am on Monday 15th July.

Julie Krause (Acting Principal)
Possum Magic
P-4 students attended a production of 'Possum Magic, the musical' on June 6th. We laughed, danced and sang along with the performers.

In very tiring and soggy conditions a team of year 7 & 8 boys represented the college at interschool soccer. All the boys worked exceptionally hard in the lead up to the day, training each week and came together as a close knit team.

It was fantastic to see the year 7 boys challenge themselves against older and physically stronger opponents, beating them on many occasions. Although results didn't go our way, each player tried their best and did themselves and the college proud in the way that they played. It truly was a whole team effort, with each player doing their bit.

Results
V Bayside Williamstown 3-0
V Williamstown High 1-1
V Laverton 6-1
Today I’d like to share the final instalment from the article taken from the *Journal of Health and Social Behaviour* titled *Are you Surviving or Thriving?*

As was mentioned previously four key characteristics need to be addressed to move from languishing to flourishing. The first was *The way you think*, the second was *The way you work*, the third was *The way you balance stress*, here is the fourth key characteristic described once again through the behaviours of two characters.

### 4. The way you move

Kate and Amy both leave work for the day. Kate gets the bus home but is too exhausted from the day to do much else and collapses in front of the TV. Amy rides to the office and back each day on her bike. She’s also had an exhausting day but has renewed her energy levels by getting her body moving. Who will feel better that evening?

Serotonin is a neurotransmitter. It lives in our body and stimulates oxygen. It is responsible for regulating our mood, appetite, behaviour, memory and sleep. We can raise serotonin levels through physical exercise. Languishers know this, but ignore it. Flourishers embrace it. Flourishers take the time to get active and don’t make excuses why they can’t fit exercise into their busy routines. They recognise the importance of moving and make this a way of life.

**Physical activity skills**

- Make exercise something you love doing (or at least hate less). It doesn't have to be gyms and treadmills. Try swimming, bike riding or walking with a colleague or friend
- Don't forget to stretch - stretching improves your mobility, your posture and minimises risk of injury
- Set a physical activity goal and train for a half-marathon, triathlon or ocean swim

None of these strategies are impossible, and it's definitely not rocket science. We can all make subtle changes to the ways we think, the way we work, the way we balance stress and the way we move.

For you to flourish, start thinking about what you can do differently. Now go and do it.

**What simple tips do you incorporate to help you flourish?**

Thank you to all the students, staff and parents for another rewarding term. Have a lovely, relaxing break with the special people in your lives.

Frances Totney,
Student Wellbeing Leader
This term as part of the Chaplaincy program I have been building relationships with organisations in the community who work with the elderly, believing that older generations have a lot to offer our younger generation.

Several times over the term a small group of year 9 students have visited the Hobson’s Bay Nursing Aged Care Facility in Altona North. This has given our students the chance to get to know some of the residents and help them with their craft projects. They are currently working on a scrap book with the residents. The visits have meant that our students have had to step out of their comfort zones in an unfamiliar and sometimes challenging environment, however I’m sure they would all say it has been a rewarding experience. One hundred year old Mavis is some of the students’ favourite resident. Although she cannot hear, the students communicate with her via paper and pen and she always has a good laugh with them.

The nursing home has been encouraged by our students’ visits and have invited us back next term. We look forward to a strengthened relationship with the nursing home in the future and further opportunities to spend time with their residents.

Earlier in the term a group of year 8 students visited the Altona University of the Third Age (U3A). The president of the U3A had invited our students to their charity knitting group. Over biscuits and orange cordial a lovely group of ladies patiently taught our students to knit. Some of them even completed a knitted square! It was a fantastic afternoon which the students thoroughly enjoyed.

Next term the students hope to invite the U3A members to our school so they can teach them how to use IPads. Hopefully this will also be the beginning of another beneficial community partnership for our school.

In response to our knitting afternoon students have been talking about starting up a lunchtime knitting club so they can also contribute to the charity knitting groups stockpile of squares and scarves. This is yet to happen due to my lack of knitting skills! If anyone knows any keen knitters who would love to help out one lunchtime a week over term 3 please let me know!

Stay safe and warm over the term break and I look forward to seeing you all term 3!

Cathie Staunton
Chaplain.
Year 7A visit Cherry Lake

Year 7 visited Cherry Lake as part of their Inquiry Field Study. The students were scientists testing the water quality of the lake.

Congratulations Amy & Keelie 3/4A
RIBBON DAY AT TALEEHO RIDING SCHOOL.

On the 22nd June, Keelie & Amy entered a horse riding competition. It was Keelie’s first competition and Amy’s fifth time competing. It was a whole day competition and both girls were very tired at the end of the day. Amy rode a horse called Grace and Keelie rode a pony called Secret.

The events at the horse riding completion were show jumping, turn out, bare back and cantering.
Amy came first place in turn out and cantering, second place in show jumping and third place in bare back.
Keelie came first in show jumping, cantering, bare back.

Both Amy & Keelie loved the day, and had lots of fun.

By Amy & Keelie 3/4A
Reports of headlouse have been made in Years 3/4A, 1/2B & 7.

A whole school headlouse check with the health department from Hobsons Bay Council has been organised for early next term.

Headlice: Scratching for Answers?

Where do head lice come from?
Head lice have been around for thousands of years. As with any insect, they learn to adapt to their environment in order to survive. We are never going to be completely rid of them, but we can make managing them easier.

Do head lice fly or jump?
Head lice do not have wings so they cannot fly. They can’t jump because they do not have ‘knees’.

So how do head lice move around?
Head lice CRAWL very fast and require head to head contact for transmission. It is possible that because of the way young children play, head lice are seen more widely amongst primary school children than adolescents or adults.

Can head lice spread disease?
No. Head lice cannot transmit or pass disease on to people.

Who is responsible for checking and treating head lice?
Like similar health conditions such as scabies, ringworm, it is a parent or guardian’s responsibility to treat and care for their child.

Do head lice live in carpets, clothes, hats or sheets?
No. Head lice very rarely leave from the head. They require blood to survive. Head lice head 3-4 times a day and without blood, will dehydrate in 6 hours in a dry climate and 24 hours in a humid climate. An egg requires warmth to hatch and is the reason why they are laid close to the scalp. The further away from the head, the less likely they are to survive.

Is it true that head lice only like clean hair?
No. Head lice are not selective. They don’t care if hair is long, short, blonde, brown, washed this morning or last week. As long as they are warm, and have blood to drink, then they are content.

What treatment kills 100% of head lice or eggs?
There is no single treatment that kills 100% of head lice or eggs. Whichever treatment you choose it can take time and persistence to get rid of head lice. Use a method that will not risk the health of your child.

Is there a way to prevent head lice?
No. It’s important to check your child’s head regularly with conditioner and comb even when you don’t think your child has head lice. There is no research to prove that chemical or herbal remedies can prevent head lice.

Should the conditioner and comb method work?
It’s a very cheap and effective way of finding head lice. Their conditioner does not kill lice, but it does stun them, so it is easier to find. Meaning they do not move around, and it is difficult for them to hang on. This gives you time to comb through the hair with a fine tooth (head lice) comb.

How does a chemical treatment work?
Only use products that are licensed and registered for head lice. There are four different active chemicals that target head lice, each works differently and aim to kill lice and/or eggs.

Department of Human Services

For more information see your School Nurse or:

Information and photograph used are courtesy of Assoc Professor Rick Spiare and the team of researchers at the School of Public Health, James Cook University, Queensland.

Created October 2003

Department of Human Services
WynBay Ille is pleased to organise a 
Partners-in-Learning Information Night 
For Parents-Students-Teachers

This 2-hour interactive workshop will focus on building skills to keep you interested in learning:

- Understanding the personal changes facing young people
- Becoming more organised and less stressed
- Developing time management skills - "I can" rather than "I don't care"
- Setting realistic goals that matter to you!
- Connecting learning at home and at school - "Who is responsible for what?"
- Creating resilience - not just for school, but also for life outside school

Facilitator - Angie Wilcock from High Hopes Educational Services

Angie is a highly regarded Australian expert and speaker on transitions in education. She has appeared on both radio and TV and has worked on the Generation Next team, offering support to parents Australia-wide on coping with the changes in high school. She is a published author with a strong background in teaching, as well as being a mum of two sons. Her sessions are a mix of humour, anecdotes, information, real-life parenting....but above all, strategies to support families during this very critical phase of education and personal development. Her new book, 'The Transition Tightrope', supports parents in understanding this new phase of education....and life!

Light Refreshments will be provided. More details to follow.

FUNDRAISING NEWS

Friday 19th July is our Christmas In July Whole School Disco. Please return permission notes and $5.00 during the first week of next term.

Our school will be an official polling outlet for the upcoming Federal Election. The fundraising team will be holding a Market Day and Sausage Sizzle. If you would like to book a stall, please email the school office at altona.p9@edumail.vic.gov.au to book a place. The cost of a stall is $15.00. Further details will be sent home next term once Election details have been finalised.
Today is the last day of term. I wish everyone a great holiday and hope you have lots of fun things planned.

On Wednesday we celebrated the end of term with a party. We had jelly, popcorn, fruit and chips with salsa. We made the jelly and popcorn ourselves.

Over the past week the children have been enjoying playing soccer and some have taken turns to be referee, including using my whistle.

Next term there will be a curriculum day on 12th August. We are hoping to run a program on this day, a booking form will be available to sign in term 3.

Next term we start again on the 15 July at 7.00am for Before school care and 3.05pm for After School Care.

See you there.

Natalie MacLachlan,
Coordinator
Altona P-9 College will be hosting an interaction visit with Fukuoka Seiryo students on the 2nd August

WOULD YOU LIKE TO HOST A JAPANESE STUDENT IN YOUR HOME
28/07 to 12/08/13

WITH

A GREAT experience for the whole family.

- Students will be based at Altona Girl Guides Hall, Civic Parade, Altona
- Students can travel by bus
- Japanese language not necessary
- Provide normal Australian meals
- Separate room not necessary

Volunteer host families will receive $25 per night to assist with hosting costs

For further information - call:
Susan on 0414 579 900
Robyn on 0407 055 631
Email: stent3@bigpond.com or jkompa8@bigpond.com

OR
Lynn Smith – Regional Manager AIBU Western Victoria
Phone 0427 507 990 or 03 5248 5165 or lynn@kssu.com.au

Breakfast Club
Tuesday & Thursday Mornings—All Welcome