Dear Families

Monday’s curriculum day provided us with an opportunity to further unpack the content and skills to be taught at each year level within the new Australian curriculum and begin planning for 2014. Next year the subjects at each year level and time allocations will change.

Science will be taught on a weekly rather than a semester basis in years 7 to 9 and will have a stronger focus in Years Prep to 6. The content within Humanities incorporating History, Geography and Economics will also be different to reflect the new curriculum. There will be more information provided to families as the planning phase continues.

Next week will see Mathematics consultant Bruce Williams return to the school. Bruce will be working with the staff to ensure we have a scope and sequence of learning from Prep to Year 9. Leslie Tulloch will return later in the year along with Neilma Collins to continue to develop the English curriculum across our college.

Next Tuesday I have invited families in neighbouring kindergartens to a “Meet the Principal” visit and school tour. If you know of families who have not yet made a decision on placements for 2014 please encourage them to attend. Alternatively if you have a child ready for Prep next year please ensure they are enrolled. We have several orientation sessions planned for term 4 which are an essential part of the transition process.

On Wednesday 21st August Councillor Sandra Wilson will be stepping into Altona P – 9 College as Principal for a day. Cr Wilson represents the Cherry Lake Ward of the Hobson’s Bay City Council. She is looking forward to seeing the day to day operation of the college and meeting the staff, students and community members. Principal for a Day gives business and community leaders the opportunity to truly experience government schools from the inside and to understand the excellent work being done in school communities. This is a unique community partnership program which builds and strengthens relationships between government schools, private bodies and the community.

Last week Luke, Lisa and Sasha from Year 5/6 represented the college at the Junior Council meeting. I enjoy taking the students to the meeting, relishing their excitement and nerves and then sharing their success on the way back to school. Sasha presented an outline of our college events to the council and is to be congratulated for her confidence. I would also like to acknowledge our year 9 leaders who facilitate our fortnightly assembly. Again whilst they are naturally nervous it is a real personal achievement to stand in front of an audience and present. Congratulations to Tabitha, Samin and Riley for their efforts. Our next assembly will be Monday morning in the Middle Years Learning Centre.

Our Year 9 students have commenced their transition process for 2014. They have attended two open days in senior secondary schools and have undertaken subject counselling both here at the college and with their new setting. We look forward to their continued growth and leadership for the remainder of the year.

It has been wonderful to see our early year’s parents supporting in many aspects of school life. We have a small contingent that assists with Early Birds, classroom reading and in a multitude of other ways. Today our preps were assisted by Tania one of our parents to learn some basic circus skills. The smiles on their faces were a delight. Our recent early year’s assembly was well attended by parents and was a true celebration of their learning.

Our fundraising team needs your support. We have a barbecue booked at Bunnings on September 7th that was made early in the year and then the election date was changed leading to a clash. The aim is to cover both events, a small market and barbecue here at the college and also one at Bunnings. This will not be possible without great support from all our families. A separate letter will be emailed home. Please consider giving up 2 hours of your time to support improvements here at the College. We are aiming to increase play equipment with a small item worth in excess of $10,000. The group have raised $3000 to date and could double this on September 7th with your support. Please contact Wendy or Kim at the office with your preferred time.

Continued....
Our Early Years Learning Centre students have welcomed a new interactive smartboard into the open area in their building. This is well utilised for teaching and learning throughout the day and has certainly been well received by the staff. Thank you to our families for their fundraising efforts in 2012 which enabled this to be purchased at a cost of $4500.

I look forward to our students continued success throughout the term and remind all children and their families of the importance of being at school every day. Thank you to our parents for their vigilance in contacting the office when their child is away. It is greatly appreciated.

Julie Krause
Principal

A Complaint-Free World

Some families may have noticed students wearing blue bands in our school and at home. There is a very good reason for the bracelets! Three of our Connections Groups are trialing a school-based program to introduce the idea to our school. So here’s a bit of background for you.

‘The Complaint Free World program began in July of 2006 when Will Bowen handed out approximately 250 purple bracelets to people to encourage them to think more positively. The idea was simple: put a purple, rubber bracelet on either wrist and, when you catch yourself complaining, switch the bracelet to the other wrist. Scientists believe that it takes 21 consecutive days of a new behavior for it to become habitual. So, by switching the bracelet from wrist to wrist with each complaint until you have gone 21 consecutive days, you will establish a habit of being Complaint Free.’
(Taken from Will Bowen’s book, A Complaint Free World: How to Stop Complaining and Start Enjoying the Life You Always Wanted published by Three Rivers Press, New York in 2013.)

More than six million people around the world – including schools and organisations – are now taking the challenge that promotes more positive and productive communication and far less whinging! To find out more information, go to www.acomplaintfreworld.org or talk to Frances Totney, Matt Kelly or Simone Costello at school.

FUNDRAISING NEWS

5 Cent Drive.

The 5 Cent drive is up and running with 5 cent coins coming in.

There will be prizes awarded to the top student savers which will be announced in Term 4. Please leave your bag of coins at the office with your name clearly labelled.
Positive Psychology provides us with the research and practical interventions to live life in a positive, fulfilling way which enables us to flourish. It addresses all areas of life and living: work life, education, recreational pursuits, relationships, values, emotions, strengths, goals and parenting. The way we interact with our children and the lessons we teach, whether or not deliberate, has a huge impact on the adults they will become.

In both this and the next newsletter I’d like to share with you what are considered to be the top 5 tips for parents when it comes to raising children. This information has been shared by Pr Robert Biswas-Diener, applied positive psychology expert and researcher.

**Tips for Parents from Positive Psychology**

1. **Test and Learn vs. Plan and Implement**
   How we learn is a topic that many researchers have studied. Many people think that we should first plan something, and then implement it, but the fact is, when it comes to transformational learning, you want to do the exact opposite. Parents should encourage their children to explore possibilities, and then reflect on what went well and opportunities to make changes. By taking a test and learn approach with your children, they will learn better and be able to make better decisions in the future because they will have learned from experience.

2. **Create a 5-to-1 Positivity Ratio**
   If negative interactions and positive interactions were superheroes, negative interactions would win in a battle. This is because negative interactions are simply stronger than positive interactions. Research shows that we need to experience 5 positive interactions to 1 negative interaction at home, in order to be able to overcome our adversities, bounce back from negative events, and begin to flourish. Positive interactions don’t need to take up a huge amount of time, instead it can be as short as 3 seconds to create a positive interaction. According to Daniel Kahneman of the Gallup Organization, we have about twenty thousand opportunities each day for positive interactions. Smiling and giving your child a warm pat on the back takes mere seconds, but it goes a long way when it comes to their well-being.

I look forward to sharing the remaining tips next time.

Have a wonderful weekend with your children,

Frances Totney,

Student Wellbeing Leader
Last week the College celebrated Science Week. Lots of Science activities occurred across the school from Year 9 Robotics through to Grade Prep bubble activities.
STAY COOL AT SCHOOL THIS SUMMER

Win a CommBank Marquee for your school and an iPad Mini for yourself by depositing in your School Banking Account in Term 3.

Every time you deposit in your school banking account between 1st August and 30th September in Term 3, 2015, you will receive an automatic entry into the draw to win an iPad Mini for yourself and a CommBank Marquee for your school.

For more information, simply contact your School Banking Specialist, Susan Lintott on 0422 716 040.

Stay Cool at School
wwwuserinfo.com/schoolbanking

Pat, the CommBank Mascot, is available for your School's event. Pat is great fun for students and staff alike. Enquiries as per above.

School Banking is an innovative financial literacy program that helps students develop good money habits so they can manage their own finances for life.

CLICK TO VIEW PRIZES

See more details at www.studentfreedom.com.au. Term 3 is your last chance to enter, so if you haven’t deposited this term, and want to be in the draw to win, you will need to deposit in the next 3 weeks.
On Monday 22nd July the Year Nine class was given the opportunity to have a day out in Melbourne and then Lygon Street. Throughout the day we learnt about all different Italian cultures and foods. We started the day by heading off to the National Gallery of Art – International where Italian art was the focus and then headed off to the Italian restaurant, Papa Gino’s in Little Italy. The day finished positively, going to Brunetti’s for afternoon tea Italian style.

Written by
Rebecca  Year 9
Year 7 Excursion to Lygon Street

Here are some quick reviews about our Italian Excursion:

Lachlan
This Carlton excursion was THE BOMB! The cakes at Brunetti’s were divine and the experience at Mercadante was a once-in-a-lifetime. All-in-all it was the best Thursday a kid could have. Grazie Prof Simona

Blake
The excursion to Lygon Street was awesome. First we caught a train to Flinders Street, then we arrived at Brunetti’s and I got a raspberry macaron; it was tasty. Then we walked to Mercadante Woodfired Pizza Restaurant. It was the best birthday ever!

Deon
The Year 7 Italian Excursion started with morning tea at Brunetti’s. We then walked down the streets of Carlton to find Mercadante the pizzeria. The food there was amazing and there was more than enough for everyone. The best excursion EVER!

Tia
The year 7’s Italian adventure began with delicious Italian sweets from Brunetti’s. Then, a walk through Carlton, discussing the heritage of the old suburb. Lunch was at Mercadente Woodfired Pizzeria where we had a feast of pizza and pasta.
A FUNDRAISING BONANZA!!

On Saturday 7th September, Altona P-9 College has been offered two wonderful fundraising opportunities which could raise in excess of $2000.00.

**Bunnings BBQ – Altona North** These bookings are very hard to secure. It would be a shame to lose it.

Polling day was originally to be on the 14th.

**Federal Election Polling day at Altona P-9 College**

The fundraising team is holding a combined **BBQ and Market Day**. We will be cooking egg and bacon rolls in the morning and a sausage sizzle in the afternoon. The market will bring in stallholders similar to those at our night market in March. This was a fabulous success.

With your support we believe **both** could be a great success, but we will need **lot’s** of support from families to cover both events just a couple of hours at either venue to help cook or serve on the day.

Your help will be greatly appreciated and allow us to run two fabulous fundraisers on the same day – big ask! But what an opportunity for the kids!

Events like these are a great way for you to meet other families from our school and your efforts go towards helping raise much needed funds that will benefit all our children.

To assist with rosters you can leave your availability and/or contact details with Kim or Wendy in the office and one of the fundraising team will be in touch with you, or sign and return a copy of this notice below with your child or reply via email by 19th. August.

Thank you in advance for your assistance
Altona P-9 College Fundraising Team

**PLEASE FILL IN AND RETURN TO THE OFFICE BY MONDAY 19TH. AUGUST**

**FUNDRAISING ROSTER – POLLING DAY AND BUNNINGS**

| Name ................................................................. | Child’s name ................................................................. |
| Contact Number ............................................................... |

I am willing to help on the day.  Bunning’s Altona Nth o Altona P-9 College o
 o 8am -10am; o10am-12noon; o12noon-2pm; o2.00pm-4.00pm

Transition Hobsons Bay’s

Lemon Drive for Foodbank Victoria

Help us to collect 50 kilograms of locally grown lemons during Fair Food Week to donate to Foodbank Victoria and we’ll deliver them by bike to their warehouse in Yarraville.

You can drop off your locally grown lemons anytime from Monday 19/8/13 through to Sunday 25/8/13:

**Altona** – on the front porch of 21 Emu Avenue  
**Newport** – under the carport at 81 Anderson St  
**Williamstown** – on the front verandah of 82 Bayview St  
**Altona Meadows** – on the front verandah of 2 Ison Court

**Email us at transitionhb@gmail.com for more information**

Find out more about Fair Food Week at www.fairfoodweek.org.au and more about Foodbank Victoria at www.foodbankvictoria.org.au

Transition Hobsons Bay is a local community group, inspiring a positive future for our local community

[transitionhb.groupsite.com](http://www.transitionhb.groupsite.com)

Search for us on Facebook or email us at transitionhb@gmail.com
1-2-3 MAGIC® & EMOTION COACHING

PARENT COURSE

Learn to manage difficult behavior in children 2-12 years old

A three-session program for parents and carers
at Department of Education and Early Childhood Development:
Hobsons Bay Network
Sadie McCarthy Learning Centre- PD Centre
on Wednesday 4th, 11th & 18th of September
1:30pm-3:00pm

Learn:
How to discipline without arguing, yelling or smacking
How to sort behaviour
How to handle challenging and testing behaviours
Choosing your strategy, the three choices
Using emotion coaching to encourage good behaviour
7 tactics for encouraging good behaviour

Parents will receive:

Registration Fee?
The course costs $20
There are only 16 places available (couple = 2 places). We encourage both parents to attend if possible.
Register for this course by contacting Melissa or Finella at Hobsons Bay Student Support Services on 9398-4676

What people are saying…
What a relief to come across a program that preserves the dignity of the child, maintains the self control of both the parent and the child and is actually easy to remember when memory is the first thing to go! I realized quickly that the 1-2-3 Magic can be a magnificent preventative measure that any parent can use to avoid raising a child, who later down the line, needs excessive discipline or grows out of control

Who is running it?
The presenters for this course are psychologists Melissa Damin, Angela Bromfield, and Finella Binnion who completed Parentshop’s 1-2-3 Magic® & Emotion Coaching practitioner training in 2013. Melissa, Angela, and Finella are all Psychologists with backgrounds in Educational Psychology who work in schools for the Department of Education

Registration closes Friday 23rd of August
For more information contact Melissa or Finella on 9398 4676

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective

This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au