Dear Families

The year is flying by and we are beginning to plan for 2014. We will be holding a Year 7 Information session for 2014 on November 14th at 6:00pm. As I have advised in previous newsletters there will be changes to programs with the new Australian curriculum and I would certainlly encourage our current Year 5 families to join us on the evening. The night will commence with an informal barbecue at 6:00pm. Please place the date in your diary.

I also ask families who will not be returning to the College in 2014 to advise Wendy in the office as soon as possible. It is essential that our student numbers are accurate as we begin to look at class organisational structures and budgets.

Developing strong community partnerships is important as we enhance our footprint in Hobson’s Bay. On Wednesday 21st August Councillor Sandra Wilson stepped 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 viewed the day to day operation of the college, met the staff, students and community members. A small group of Year 8 students spent over an hour chatting about their needs and their view of our Prep – 9 in a very positive manner. Our year 5 and 6 class welcomed Sandra for the last hour discussing her role on council and their contribution through Junior School Council at the local government level. This is a unique community partnership program which builds and strengthens relationships between government schools, private bodies and the community.

Thanks so much for making me so welcome today. I thoroughly enjoyed our conversations, meeting the students and teachers and having discussions of mutual interest. I am happy to be strengthening ‘connections’ with the school and look forward to keeping in touch. (Sandra Wilson)

The environmental committee supported by our councillor Tarius have been active developing community partnerships and have submitted grants for seed saver projects through the Bendigo Bank and Hobson’s Bay Council. They have also successfully sought support from the local Rotary Club. This could certainly turn into another significant community link and a possible future source of “real life economics” for our middle years students.

We were extremely disappointed last Thursday to arrive at the college to find it covered with graffiti. Thank you to Matt Kelly and admin staff who oversaw emergency management procedures and to the Hobson’s Bay Council who kindly cleaned the affected areas.

On October the 13th an enthusiastic group of Year 7-9 students and staff from our college are competing in the 5.7km Melbourne Marathon event. They are training 3 times per week on Mondays, Wednesdays and Fridays in the morning before school. Training consists of running laps of the school and some interval work. The team is now confident that they will be able to easily complete the distance. Proceeds from registrations will benefit the Cerebral Palsy Education Centre. Our team are hoping that the program will become a regular part of our curriculum with students working towards participating in several marathons and improving on their goals. Qenos has kindly offered to sponsor the entry of the team at $40 per person.

Spring is certainly in the air as the weather slowly improves. Our early year’s students have been out chasing butterflies during lunch to squeals of delight or quietly picking “flowers” appearing in our lawns. It certainly brings back many childhood memories!

Wishing all our families a wonderful weekend of much longed for Spring weather!

Julie Krause
Principal
This weekend we celebrate our Dad’s, Grandfather’s, uncles and other special male role models in our life. Father’s Day provides a chance to recognise the important of Dads and father figures in the lives of children and teens. Hopefully there are some Dads reading this newsletter!

When I was in my early teens I started playing for a netball team with an aqua colored uniform. To my 13 year old horror, all the girls on the team had matching aqua sport socks and I did not! I remember one Saturday morning my Dad and I headed out and searched every sports store in the outer eastern suburbs until we finally found aqua sport socks. Isn’t it funny that I remember this 20 odd years later? Now I’m a parent I understand and am sure my Dad had 100 other things he could’ve and probably would’ve enjoyed doing more on that Saturday morning. Isn’t it the little things that Dad’s and father figures do in our life do that make them special? Research conducted by the University of Western Australia and the Fathering Project showed that:

- Fathers are strong potential influences.
- Being a good father makes a big difference.
- A good relationship with your child is the best insurance against peer pressure.
- Children need time with fathers or father figures for healthy development.

We know that at not all children, for all sorts of reasons, have fathers that they have contact with. The good news is other positive male role models in children’s lives are just as beneficial as having a father around. In fact this is why our community, perhaps our school community here at Altona, or the local sports club, a local church or youth group, your neighbourhood street or extended family is so important for our children to be part of. As the saying goes it takes a village to raise a child.

So Dads, check out these activities you could do with your kids and other children in your community!

- Toast Marshmallows on an open fire.
- Drive or walk your child to school.
- Read to your child.
- Watch a movie together.
- Go bike riding.
- Go camping – even in the backyard!
- Cook a meal together.
- Volunteer at your child’s school.
- Go to the beach.
- Have a special meal out.
- Go to a sporting event.
- Attend a school assembly.
- Go exploring on a bush walk.
- Do a road trip.
- Go out for icecream.
- Go fishing. (For more information go to thefatheringproject.org)

Happy Father’s Day to all Dad’s and Father figures who are part of our school community! Let’s celebrate the importance of these male role models in our lives.

Cathie Staunton, Chaplain.

This is what a some of our students think about their Dad!
My Dad's cool because he takes me fishing, quad bike riding, and hunting and he loves me!
Dad let’s me go to his work!
My Dad drives me everywhere!
I love my Dad because he trusts me, he’s there for me and he encourages me.
My Dad means everything to me because doesn’t yell, he is respectful to me and talks to me and hears what I have to say.
I love my Dad because he goes to the shops with me.
My Dad is cool because I get to go to his workshop with him and go for drives in his ute.
Sometimes my Dad gives me a lollipop!
I love my Dad because he reads me dinosaur books.
I get to hang out with Dad in the shed.
I love cuddling my Dad!
I like helping my Dad fix cars.
I love my Dad because he’s fun to have around and I get to play soccer with him.
We ride bikes together.
I care for my Dad and my Dad cares for me.
My Grandad is great – he tells me I’m his favourite!
I love Dad because he goes out to work for us.
Luckily my Dad works at a lolly factory!
My Dad is really nice. He cares for me and takes me to the park.
My Dad cooks for us.
In this newsletter I’d like to share with you what are considered to be the final 3 top tips for parents when it comes to raising positive, resilient children. This information has been shared by Prof. Robert Biswas-Diener, applied positive psychology expert and researcher.

Tips for Parents from Positive Psychology

3. Cultivate Curiosity
Curiosity doesn’t kill, it cures! Curiosity is a positive emotion that recognizes the importance of facing the unknown. Researcher and curiosity expert Todd Kashdan says it beautifully in his book Curiosity; “By being curious we explore. By exploring we discover.” When we encourage curiosity in our children, what we are really doing is giving them new opportunities to explore and take on new challenges. There are many ways to increase curiosity in children, one of which is to simply encourage them to seek their own answers to their questions. Having resources like encyclopaedias and scientific magazines around, and a willingness to try experiments is a great way to help children explore.

4. Don’t Just Label Strengths, Talk About Them!
Strengths are inherent attributes we all have that bring meaning and quality to our lives. When we use our strengths we become more animated, our energy rises, and we become more engaged and enthusiastic. Strengths are what help us accomplish our goals and live rich, meaningful lives. Expressing your recognition of a child’s strength is a great way to boost their confidence and empower them to make decisions and take action. Applied positive psychology expert and researcher Robert Biswas-Diener says “spotting strengths isn’t just telling your child that they are good at something, it goes beyond that. It is creating a shared language for that strength, helping the child take ownership of it, and discussing ways to developing it.”

5. Remember, Behaviour is Contagious!
The people around us have significant influence on our behaviour. We know through research that group behaviour contagion happens in all sorts of relationships and in all sorts of ways. Those who have friends that drink a lot, tend to drink a lot. It happens with fashion and even with obesity! Research out of Harvard followed 12,067 people over the course of thirty-two years. In the event that someone became obese, their friends were three times more likely to become obese than the average person. Luckily there is a plus side to behaviour contagion. Research also shows that people who are friends with happy people are more likely to be happy themselves. So be sure to encourage positive and healthy relationships with your children with other children who are doing well. Also, be positive and your children are bound to be positive too!

Enjoy your weekend with your children,

Frances Totney,
Student Wellbeing Leader
On 18th, & 28th April and 1st May I participated in Hockey Victoria SSV under 12 trials. There were 120 people trialling and 14 people got picked in the squad. I had completed all the trials and was selected in the Victorian Team. We had training every Sunday morning at 8.30am and had a couple of practise matches against other teams (not other State teams). We had our first practise match against The Southern Sharks, they are in the JSC tournament. We beat the Sharks 7-2. I scored 1 goal. Our second practise match was against the Camberwell and Waverley mixed under 14 team, we lost that game 2-1 and our final practise match before we went away was against the under 13 State hockey team, we lost that game as well 2-0.

The day my team had to fly to Canberra was on the 18th of August. My mum, dad and brother drove up the day before it took them 8 hours. I flew with the team. We flew on a Virgin flight and our flight was at 1.30pm. It was a one hour flight but it only took 45 minutes. When I arrived at the Canberra airport my Mum, Dad and brother were waiting for me so they could take me to the cabins we were all staying in. My family were in number 205, it was about a 30 second walk from the playground, (we all decided to call the playground T.H.E playground).

On Monday it was the opening ceremony, with all the teams from the other States. We had to walk out both boys and girls, who were representing all the states, we were welcomed to Canberra. The winners of last year’s tournament was Western Australia. That day we had our first game against Tasmania. I was so excited, my first Victorian state hockey team game, I couldn’t wait! We defeated Tasmania 10-0. I scored 1 goal. After the game we would sing the Vic song. "WHO ARE WHO ARE WHO WE ARE THE BOYS FROM V.I.C, PICK THEM UP EASY, CHUCK THEM DOWN HARD, VICERS, VICERS RAH RAH RAH". After we had finished at the ground we would cool down and recover by going in the pool staying in it for 1 minute then going in the spa for 2 minutes. Constantly you could hear everyone screaming "It’s So Cold".

The next day we were up against A.C.T and S.A. I have an old friend that used to play at my club that now lives in A.C.T and I played against him when we played A.C.T. We all said “it’s going to be a hard game”, and it was. It was a hard, tough game but in the end we won 1-0 and we beat South Australia 6-1. It was a really good game. After the game we would do the same thing as we usually did after a game, song, pool and spa.

On the Wednesday we had a rest day, a day where we could relax, that day we walked to the Australian Institute of Sport. Everyone went there, both boys and girls from all States. The Vic boys split up in to two groups and my group did European handball, Basketball and Dodge-Ball. After we finished all the sports we then went on a tour. We went into all different rooms where the Olympians train and then went to the interactive room where you could do all different activities about sport.

Thursday was the hardest day of the tournament for us. We had two big games N.S.W and W.A.. NSW was a really hard game, both teams came ready for the game but unfortunately we lost 3-1. There were some sad boys at the end of time. We didn’t get to sing our song, but we had one more game ahead. W.A were the winners last year, We won 3-0, we were happy boys again and we sang the song again.

Friday, the final day, my brother flew home so he could play in his hockey team, as they had their semi-final. The final day was going to be the hardest game we had ever played. It was against Queensland. They were top of the ladder. We knew it was going to be a good game. Apparently it was the most exciting game out them all. We were very nervous and scared, because if we would have won gold. Unfortunately we lost 2-0. We came third in the tournament. We won Bronze. A few of us swapped shirts, socks and shorts. Later in the day we had the closing ceremony. We congratulated all the teams on a great job.

After the closing ceremony my Mum, Dad & I all drove home. This has been the best achievement that has every happened to me in my hockey career.

Next year the tournament will be held in Tasmania, I hope I can make the team again as it was a great experience. I made lots of new friends.

By Cooper 5/6A
This week we are learning how to estimate and measure different objects. Today (Wednesday 28th August) we estimated and then measured our heights.

Our estimating skills have greatly improved since the beginning of the year. See how table below to see how close our estimates were!

<table>
<thead>
<tr>
<th>Student</th>
<th>Guess</th>
<th>Actual</th>
<th>Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ellisha</td>
<td>1m 24cm</td>
<td>1m 23cm</td>
<td>-1cm</td>
</tr>
<tr>
<td>Wynona</td>
<td>1m 28cm</td>
<td>1m 30cm</td>
<td>-2cm</td>
</tr>
<tr>
<td>Matthew</td>
<td>1m 26cm</td>
<td>1m 27cm</td>
<td>-1cm</td>
</tr>
<tr>
<td>Liam Mo</td>
<td>1m 10cm</td>
<td>1m 16cm</td>
<td>+6cm</td>
</tr>
<tr>
<td>Desiree</td>
<td>1m 20cm</td>
<td>1m 18.5cm</td>
<td>+1.5cm</td>
</tr>
<tr>
<td>Taleea</td>
<td>1m 20cm</td>
<td>1m 22.5cm</td>
<td>-2.5cm</td>
</tr>
<tr>
<td>Dannielle</td>
<td>1m 27cm</td>
<td>1m 24cm</td>
<td>+3cm</td>
</tr>
<tr>
<td>Gin</td>
<td>1m 46cm</td>
<td>1m 38cm</td>
<td>+12cm</td>
</tr>
<tr>
<td>Liam Me</td>
<td>1m 40cm</td>
<td>1m 34cm</td>
<td>+6cm</td>
</tr>
<tr>
<td>Aaron</td>
<td>1m 10cm</td>
<td>1m 21.5cm</td>
<td>-11.5cm</td>
</tr>
<tr>
<td>Winiata</td>
<td>1m 20cm</td>
<td>1m 25cm</td>
<td>-5cm</td>
</tr>
<tr>
<td>Devesh</td>
<td>1m 28.5cm</td>
<td>1m 31cm</td>
<td>-2.5cm</td>
</tr>
<tr>
<td>Chikae</td>
<td>1m 36cm</td>
<td>1m 33cm</td>
<td>+3cm</td>
</tr>
<tr>
<td>Riley</td>
<td>1m 27cm</td>
<td>1m 25cm</td>
<td>+2cm</td>
</tr>
</tbody>
</table>
On the 27th August the grade 5/6’s went on an excursion to Werribee Open Range Zoo. The reasons that the grade 5/6’s went to Werribee Zoo was because we have been learning about Environments and Habitats.

We met a zoo keeper named Kirsty who took us to a classroom where we learnt about things that can endanger animals and what we could do to help. We got to touch a green tree frog name Ben and also got to touch two baby ringed tail possums. We also had the chance to go on a safari bus and see different types of animals from around the world. We learned great facts about different animals and how they adapt to their environments. We thought it was an awesome experience.

By Kaela M
5/6A
New Semester 2 Students in Food Tech have completed their first design brief. Year 5 have designed their own biscuit for a 'Mad Hatter’s Tea Party', Year 7 have designed a healthy muffin, Year 8 a flavoursome pasta dish with as many food groups as possible, & Year 9 designed their 'Tear & Share Loaf' earlier on the term.

Mary Borracci
Federal Election Polling day at Altona P-9 College

Thankyou to all the families that have offered to assist on election day, your time and commitment is very much appreciated.

Rosters have been sent home today with your child, if you did not receive your roster please give the office a call.

Egg and Bacon rolls and sausages will be available to buy during the day. We also have a variety of stalls operating. Make sure you tell your friends and family in the area to come and vote at our school.

The 5 Cent Drive is going well. Hope everyone has seen the new goal thermometers up in the office showing our school saving efforts ($33) and the total business sponsorships we’ve had ($150!).
So far 7A has taken the lead on being the biggest savers in the school. Get your 5 cent coins into the office so we can keep tallying up our efforts. You can drop your coins in more than once as each student's savings is being tallied over the course of this term and term 4. At the end of the year we will award top student savers and top home groups.

We're still seeking business sponsorship. Remember you can encourage businesses to sponsor our efforts with a matching sponsorship and we can deliver a formal letter of request to them.

We wish to thank the following businesses for their generous donations for our 5 Cent Drive and other upcoming fundraising events:

StageZone in Harrington Square, Altona
Barber by the Bay also in Harrington Square

If you find yourself in the area, please be sure to support these shops when you can and let them know you’re from Altona P-9 College. Or just pop in and say thanks.

Little Athletics – Season 2013/14

What has Simon Black (AFL), George Gregan (rugby), Alisa Camplin (aerial skiing) and Geoff Ogilivy (golfer) all got in common? Like so many of our elite sports people they all started their sporting careers in Little Athletics, which is as truly Australian as Aussie Rules, pavlova and the Hills Hoist!

As well as providing children with the opportunity to try a full range of events, from running, jumping and throwing, Little Athletics often provides the spark for many children to pursue other sporting interests. For some, this can lead to the very highest levels! Currently, the Altona centre has several state champions.

As well as participating in the weekly programmes, athletes will have the opportunity to compete in our end of season Centre Championships as well as compete in the regional and state competition.

If you would like your child to realise their ‘personal bests’ then why not consider joining the Altona Little Athletics Centre, where the key objectives are family, fun and fitness. For more information please go to www.altonalac.com.au or call Kylie on 0439 366 199 from Altona Little Athletics Centre.
Welcome to Camp Australia Before, and After School Care

We have continued to add to our collection of flags and have included the Philippines and Albania.

Inside, we have begun Father’s Day cards and started Aboriginal flags. We continue to enjoy Lego and the cubby grew into a hotel complex with a penthouse. We kept the hotel up for the whole week. The girls have been creating stables and houses from boxes.

We had fun playing Pictureka for an afternoon and Othello is a new game some of the boys are learning.

Outside, soccer is still a favourite outdoor game with the children, who enjoy using the “back paddock” for this. We also played Ball Tiggy and Easy Poison Ball.

Indoors/Outdoors: Finley’s Dad came last week and helped us plant seeds of native grasses. They are in Natalie’s office waiting to germinate. We are watering them most days.

Using their imaginations the children created a hotel with a special way in to the penthouse through a tunnel. This was played with for a week.

Our cooking experience was making play dough.

School holidays are coming up in a few weeks. The address to start exploring where to book your children is to the right »

If you want to find out more about what we do at Camp Australia come and see us, talk with us and have a look at some of the photos on the walls.

Natalie MacLachlan, Coordinator