Dear Families

It was wonderful to see all our students return on Monday morning refreshed and ready for a busy term ahead. We welcomed some new families into the college community at the end of last term and also this week. I would like to welcome Claudia and Harley (Year 7), David and Yari to Year 4 and Samuel to Year Prep.

We were delighted to return on Monday and see the long awaited ground repairs well underway. The courtyard now has new concrete paths and seeded beds with the crumbling and dangerous asphalt areas removed. It is now a much safer thoroughfare.

We unfortunately lost many branches and a couple of trees in the wind storm in the last week of the holidays. One soccer goal was destroyed on Medford Street when a tree landed on it. There were also several sections of fence that were blown or knocked down by falling branches. The damage was repaired quickly and we now have a much larger pile of mulch ready for our working bee. Keep watching the newsletter for details.

On behalf of the college I would like to congratulate the families of Charlie (Year 1) and Lincoln (Year Prep) on the arrival of their twin boys over the holiday period. Nicole C (Year Prep) Liam M (Year 2) Trae (Year 8) also welcomed new baby brothers. We welcome all our new members to the college community and have enjoyed the excitement the new arrivals brought to the students as they shared their photographs and stories.

This week Leslie Tulloch (consultant) returned to the college and has worked with the staff to develop a sequential plan for language conventions across Prep – 9 reflective of the Australian Curriculum. We are also in the process of reviewing subject allocations across the school in preparation for 2014.

On October 15th our current Prep students will be visiting Somers Road Kindergarten to share their learning during their first year of school. They will be taking their take home books to share with the pre-schoolers and will partake in some “buddy” activities. This is their second visit to a local kindergarten and is a great way to share their success with the broader community.

Our NAPLAN results were received this week for Year 3, 5, 7 and 9 students. These were handed to students in Year 3 and 5 today and will be posted to our Year 7 and 9 families.

As we begin another term a reminder to all families that parents and guardians of students, who do not have student accident insurance/ambulance cover, are responsible for paying the cost of medical treatment for injured students, including the cost of ambulance attendance/transport and any other transport costs. Parents/guardians can purchase insurance policies from commercial insurers.

The end of the academic year is certainly now in sight with many activities planned in the coming months. We will be putting key dates on the website calendar and in each newsletter to ensure families have sufficient notification of upcoming events.

On a sad note we farewell our chaplain Cathie Staunton next week as she begins her maternity leave. Cathie is a much loved member of our community and our very best thoughts go with her and the family as they excitedly await the arrival of the new bub. Cathie has also capably fulfilled the role of Science, Maths and Food Technology teacher for Mary Borracci and Gary Helmore during their recent leave. On Tuesday morning we welcomed Alison Ramage into the college to fill Cathie’s role. Alison is also the chaplain at Buckley Park College and comes to us with a wealth of experience in the chaplaincy role both locally and internationally. Please feel free to make a time to meet Alison.

Our running club are off to the Melbourne Marathon this weekend. Their many hours of training and commitment certainly reflect their passion for the event. I wish them every success on behalf of the College, and look forward to showing stories at assembly Monday morning.

Julie Krause
Principal
Welcome to Term 4 and all the excitement it brings!

This Term in Positive Education the Prep to Year 6 children will continue to work through the Bounce Back Program learning about ways to be more optimistic and resilient. The Year 7-9 students have begun working through ‘Personal Wellbeing Lessons for Secondary Students’, and at the end of the first week the feedback has been positive from all groups.

The topic for Year 7 students was 'Reflecting on Happiness’ and the information around the how and why of happiness was both enlightening and fascinating. Here are a few of the facts we discussed:

Our happiness can be broken down in the following way: 50% is determined by genetics; the amount we are born with, 10% is determined by circumstances; race, age, marital status, religion, financial circumstances, health and the final 40% is determined by the choices we make; our thoughts, self talk and attitudes.

There is a difference between happiness that makes us feel good and happiness that allows us to flourish. Feel good happiness is experiencing positive emotions and pleasure, using thinking to challenge negative thoughts, engaging in fun activities, having good relationships, feeling fit and healthy and enjoying life in general. To flourish means to have meaning and purpose in life, developing ourselves, setting and achieving individual goals and making a difference to other people. Both ideas are important as together they make our lives more balanced.

Why is happiness important?

The common answer is because it feels good. However, evidence tells us happiness also enhances our creative thinking, our persistence at new tasks, and our willingness to work harder which leads to more success. People who are happier have better friends and relationships; in general, they are more popular, trust people more and also help others more. Even more interesting is that happiness and wellbeing have been associated with long life.

Sonia Lyubomirsky’s book The How of Happiness and Barbara Fredrickson’s book Positivity provide the research behind happiness and the practical ways we can try to include more in our life.

Have a happy weekend,

Frances Totney
Student Wellbeing Leader
5 Cent Drive:
Don’t forget to keep collecting your 5 cent pieces, a tally sheet is hanging up at the office window reflecting the fabulous effort of families and local businesses.

Coins can be handed into the office at anytime. Remember to leave your name with your coins so you can go into the running for the most coins collected.

Breakfast Club
In the Food Technology Room
Tuesday & Thursday Mornings—All Welcome

SCHOOL BANKING DAY IS WEDNESDAY.

SCHOLASTIC BOOK CLUB
Exciting new editions of Scholastic book club order forms have been sent home, please return your orders and money to the school by 23rd October 2013.

2014 ENROLMENTS
Tours are conducted every Friday Morning at 11.30am Please phone the school office on 9250.8050 to book a tour.

Private tours with the Principal are also available, please phone to arrange a time with the Principal.

COMING EVENTS
31st October
Whole School Walkathon, notices will be sent home next week.
22nd November
Night Market

PRE LOVED UNIFORM SHOP
Preloved Uniform Shop Hours
Tuesday Morning 8.45am to 9.15am
Wednesday Afternoon 2.45pm to 3.15pm
Located at the student entrance at the Admin office.

The pre loved uniform shop is looking for donations of smaller size uniform, if you have any pieces of uniform you would like to donate, please drop them into the office.

The shop stocks a great range of pre loved uniform at very reasonable prices.
ATHLETICS

Late last term Linda and Aidan from Year 6 participated in the combined 'Hobsons Bay/Western Ranges and Wyndham Division' Primary Athletics carnival. This event was held at the Werribee Vic Uni Athletics track in less than ideal weather conditions.

Both students qualified for the 100m sprint finals and came away with fantastic results. Aidan finished in first place in the Open boys final and Linda finished second by the smallest of margins in the 11 Year girls finals.

Both students have qualified to represent our college at the Upcoming Western Metropolitan Regional Athletics. This will be held at Keilor Park athletics track on Tuesday 15th October.

Well done to both students on their achievements and good luck at the next stage.

KICKBOXING EXCURSION

On the 18th of September a group of Year 7-9 students travelled to 'Ultimate Kickboxing' in Hoppers Crossing to participate in a kickboxing class. The session was conducted by owner and head trainer Ashley Appleby as well as Jono Almond who fights Kickboxing/Muay Thai on a national and international level.

The students were divided into two groups and given the opportunity to explore some of the technical skills associated with Kickboxing/Muay Thai. Alongside some basic skill development the students were also involved in various physical activities that are designed to enhance aspects of their fitness such as strength, speed, aerobic endurance, flexibility and coordination.

The session finished with a Q and A in which Ash and Jono spoke to the students about nutrition, developing a strong mindset and the gym's code of ethics for its fighters and non-fighting members.

Overall the students thoroughly enjoyed this excursion; they worked hard and walked away with an understanding and an appreciation of what it is like to train in combat sports. It also provided them with an opportunity to experience a different way of developing their fitness in a fun and challenging way.
On Monday 21st October Prep-Grade 4 students will be involved in the Little Athletics Program for Schools (L.A.P.S). The L.A.P.S program is designed to introduce students to the fundamental basics of various Track & Field events and complement their exiting motor skill development. The program will be free of charge and the session will last 45 minutes. Notices have been sent home.

**Italian**

*Year 1/2F’s Shared Italian Lunch – Tuesday 10th September 2013*

Today we had a special shared lunch with half of the Year 5 and 6 students. We prepared and organised everything for the meal including invitations, menus and table cloths. Our meal consisted of five different courses: pasta, chicken, salad, cheese and fruit; of course there was also bread on the table to be shared! This meal was the culmination of our Italian unit this term in which we looked at how Italian families share a meal after reading the story about a cat called *Mangia, Mangia!*
Monday 14th—Sunday 20th October

During this week the P-4 students and staff will be asked to take up the challenge of eating 2 Fruit & 4 Veg a day for 1 week to raise money for Cancer Research.

Each child in the P-4 building will be given a Fruit and Veg Record Sheet to track their progress towards our goal.

As a school we ask that family and friends get behind the children and sponsor their efforts to raise money and awareness of Gastrointestinal Cancer.
Three reasons your school should take the Gutsy Challenge

1. 90% of Australians are not eating enough fruit and vegetables.1 By taking the Gutsy Challenge you can help your students develop healthier eating habits.

2. A diet high in fruits and vegetables can reduce the incidence of dietary and lifestyle diseases, such as gastro-intestinal cancer.2

3. The money your school raises will fund vital research to save, extend and improve the quality of life for gastro-intestinal cancer patients.
P-4 students are participating in Nude Food Day 2013!

National Nude Food Day, supported by Nude Food Movers and in partnership with Nutrition Australia, creates a nationally recognised day in which we can all come together and show our support towards healthy eating and waste reduction.

On Thursday 17 October 2013, P-4 students are encouraged to bring fresh, healthy, rubbish free lunches to school in support of National Nude Food Day. On this day the P-4 students will have a picnic together to celebrate healthy eating and taking care of the planet.

A competition will be run between all of the P-4 classes to see which class has the least amount of rubbish from their lunch and snack at the end of the day.

For more information about Nude Food Day please visit http://www.nudefoodday.com.au/
Afghanistan
by Finley
The blood and screams wasted in the void of Afghanistan
The starved families sitting in the lake of depression
The deafening BOOM of the falling bombs hitting the stone
The minions of death collecting all the lost souls
Families running hopelessly from all the chaos
Rubble marking the death of many a man
The war shall end...
I hope.

Stop Bullying
By Sasha
Hey you!
Yeah you!
Leave that kid alone.
So what if he doesn’t have a phone?
That kid is sad,
Leave him alone.
Everyone should be treated fairly,
That is what I really believe.

Doesn’t matter what your colour is
Blue, black, white or green.
Just please don’t make a scene.
You’re purely a devil.
That kid is special.
Stop it, you!
If you can’t do it,
I’ll show you how.

Trust
by Eleanor
I trusted you
You trusted me
We were friends
And we added a best
Now we are besties
And we have great times
I can say what I want and you won’t tell.

We are best friends and they can’t break us apart
For those kids who have no friends,
Just be nice,
They will see it
Make a chain
And give them a hand.

Running
by Linda
As I run
Every step counts
Every stride I take
Every step counts
The more and more I run
The faster and faster I get
But the more I run
The more tired I get
Concentrating,
Trying not to stumble and fall.
Breathing in and out,
Puffing and panting,
And trying to win

Alone at Night
By Tiana
All alone here I am
Lying down in my bed.
I see nothing but black
I hear nothing but silence.
Then a thought comes into my head
I don’t think I’m alone.
There are monsters hiding under my bed
Waiting for me to get up
So they can tear me to pieces.

I can hear them laughing,
their stomachs grumbling
I’m terrified
Then I see a dark shadow pop out
From under my bed,
And a roar of laughter.

My brother was pretending
To be a monster
To scare me out of my skin
‘GET OUT!’ I scream
And he’s gone.

I don’t know if it’s love
by Anon
You make me smile,
I can’t stop thinking about you,
I feel like I like you,
I don’t know what to think,
Until...

You laugh at my jokes
And you won’t stop talking,
When you sit next to me you try to start a conversation
I wish you could see what you mean to me.

Out of my Classroom Window I Can See...
by Antionia
Bright green grass seemed dull
The trees seemed to weep
Blue sky turned grey
Splashes of white and grey covered the happy sun
The sun was happy no longer
He noticed that he had lost the battle

Leaves form trees and shrubs travelled to a less negative land
They didn’t want to live in this horrible place any longer
Sadness took over the school grounds with tremendous layers of disappointment
Grey birds glided over to the electricity ples and sat on the wires gloomily and spreading more sadness

A few more hours of this passed
The school bell rang and scared the sadness off the earth forever
Now the school is a better place for good.
Welcome to Camp Australia Before, and After School Care

Welcome back to Camp Australia for term 4. We are settling into our routine again and have already welcomed a new family. The children are already talking about Halloween and Christmas and we have plenty of craft activities to suit all the children. We have a Sunsmart policy for term 4, so please make sure your children have sunhats. We provide sunblock for the children.

We welcome ideas which will help your children have a great time at Camp Australia and you can contribute with ideas and suggestions for improvements by adding them to our Reflective Journal and commenting in our Parent Communication Book; or you can discuss them with me.

Understanding your children is important to us and one of the ways we learn about your children is to get them to tell us about their interests and hobbies and friends. From this and observations we can plan programs that best suit your children. If you want to chat about what we are doing for your children, please contact me.

Taking responsibility is a value which is important now and in the future and one way of teaching the children this is I encourage them to tidy up their activities, particularly at the end of the day.

One of my responsibilities when collecting the children from school is to make sure I have all your children who are booked. When your child is away, can you please let me know before school finishes that they are not coming, so I know they are safe? Let’s all have a great term 4 and best of all let’s have fun and stay safe.

Natalie MacLachlan, Coordinator
Can Saver Plus assist you with education costs?

Join Saver Plus and match your savings, dollar for dollar, up to $500 for educational costs including:

- school uniforms and text books
- excursions and camps
- laptops and notebooks
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

Saver Plus is Australia’s largest and longest running matched savings and financial education program, supporting over 20,000 people to build their financial confidence since 2003.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

Contact Daniel Crotty, your local Saver Plus Worker:
(03) 9749 7194 / 0439 585 702 or
daniel.crotty@thesmithfamily.com.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in Werribee by The Smith Family. The program is funded by ANZ and the Australian Government.
Wednesday, 28 August 2013

The Principal,
Altona College
Private Bag 9
Altona 3018

Dear Sir/Madam,

Re: Students Fare Evading on Buses

As you would be are aware, our company operates dedicated school and route services to and from your school.

These services are in jeopardy of being removed by Public Transport Victoria (PTV) due to the large amount of ‘Fare Evasion’ that is currently occurring, which indicates to PTV that these services are no longer viable due to the decrease in patronage figures.

It appears, that many students are ignoring the fact that they need to have a valid ticket before travelling on these buses. Our drivers are reluctant to leave students behind, but by law they are permitted to do so if students continue to ignore the regulations requiring them to:

- Have a valid myki when boarding or
- Purchase a myki ticket from the driver
- To ‘Touch On’ at the myki reader or
- To ‘Top Up’ their myki by giving cash (between $1.00 to $20) to the driver

We have requested that Authorised Officers travel on these buses and this has been planned to occur within the next few weeks. Should students be found without a valid ticket they will be issued with on the spot fines.

It is our preference that students do the right thing so as to avoid these actions and we seek your assistance in getting the message to both students and their parents, of what the consequences could be should students continue to ‘Fare Evade’ on public transport.

We thank you for whatever assistance you can provide us.

Yours sincerely

Peter Steel
Manager

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