Dear Families

Congratulations to the members of our running club for their efforts in the recent Melbourne Marathon. I would particularly like to thank our staff: Mr Dadswell, Mr Bombaci and Mr McGee who supported the group not only in training by encouraging their efforts and setting goals but also with gaining sponsorship to enable their participation. Unfortunately the weather wasn’t pleasant and the run changed from 5.7 km to 3km however their passion is to be commended and I look forward to their efforts in the future.

Well done to all the students and staff involved: Year 7 Tia, Deon, Anthony, Jordan, Ben and Year 8: Nick P and Year 9: Jordan, Scott, Franz. Congratulations to Mr McGee who ran the 10kms, Mr Kelly and Mr Bombaci 5.7kms and our Prep teacher Miss Sutton who completed the entire 42km. Thank you to Qenos who sponsored the entry fees for the team and Double C Jeanery who ensured our “runners” were looking fabulous in the Altona P-9 College running tops!

Our Prep to Year 4 students have had a busy week with a visit to meet the Lifeguard in Port Melbourne on Wednesday and the Little Athletics Program here at the college on Monday. The Honorary Member Mrs Wendy Lovell Minister for Early Childhood was also in attendance on Wednesday in celebration of Children’s Week. The students are to be congratulated for their behaviour at both events.

Our Middle Years teachers are visiting our new Year 7 students in various primary schools this week. We will be holding an informal BBQ followed by an information session for Year 7 2014 at 6:00pm on Thursday November 14th. Our Year 5 families are encouraged to attend this session.

In the next few weeks we have students visiting our college from primary schools in Altona and the surrounding area for a day experiencing life as a Year 7. We are looking forward to showcasing our program to Year 5 students and giving them a taste of life at Altona P – 9. On Thursday 31st we also have Kindergarten students from the local area visiting to enjoy the Police Pipe Band in the gymnasium.

We will be welcoming our 2014 preps on November 12th and look forward to them joining our community. I toured one new student today and the look of excitement was certainly precious. It is hard to believe just how much learning takes place in the first twelve months of school. Our current students headed to Somers Parade Kindergarten last week and look forward to them joining us here at the college. There is tidying to be done after the recent storms and mulch to be spread in the garden beds along with a multitude of other tasks. If you can spare an hour or two it would be truly appreciated. The day will commence at 9:00am and will conclude with a barbecue lunch.

There are many whole college events planned in the lead up to Christmas. We have our walk-a-thon on November 8th and the market night on November 22nd. Kim has included a whole college calendar in this newsletter with dates for the remainder of the term. These will be updated each fortnight.

I would like to wish all our teaching staff “Happy World Teachers Day”. This is celebrated in over 100 countries across the World. The joint declaration from EI, UNESCO, UNDP, ILO and UNICEF tells teachers to "be assured that there is no substitute for your profession, which deserves the respect and support of everyone. Let there be no mistake: our future depends on it."

A date for your calendar! On Sunday November 10th we will be holding a working bee here at the college. There is tidying to be done after the recent storms and mulch to be spread in the garden beds along with a multitude of other tasks. If you can spare an hour or two it would be truly appreciated. The day will commence at 9:00am and will conclude with a barbecue lunch.

Wishing all our families a wonderful weekend and we would love to see some families in attendance for our whole college assembly in the middle years building at 9:00am on Monday morning.

Julie Krause
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<td>Week 6 Years 3-6 Lady Northcote Camp Whole School Assembly 9am</td>
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**OCTOBER**
- Tu: Tuesday
- We: Wednesday
- Th: Thursday
- Fr: Friday
- Sa: Saturday
- Su: Sunday

**DECEMBER**
- Tu: Tuesday
- We: Wednesday
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- Fr: Friday
- Sa: Saturday
- Su: Sunday

**Week 5**
- Week 5

**Week 6**
- Week 6 Years 3-6 Lady Northcote Camp Whole School Assembly 9am

**Week 7**
- Week 7 Year 9 Graduation Dinner

**Week 8**
- Week 8 Whole School Assembly 9am

**Week 9**
- Week 9

**Week 10**
- Week 10

**Week 11**
- Week 11 Middle Years Beach Program

**New Years Eve**
- New Years Eve

**Christmas Day**
- Christmas Day

**Boxing Day**
- Boxing Day
What Happy People Do Differently

When asked about the habits of the happiest people experts are fond of giving commonsense answers. You will hear, for instance, that the happiest people tend to have trusted and supportive relationships. You will be told that happy people are more likely to be grateful and to savour positive life events. In Psychology Today magazine Robert Biswas-Diener and Todd Kashdan profile some of the less intuitive habits of the happiest people. Among these are an understanding of the balancing act of pleasure and purpose, a knack for seeing negative emotions as useful, and the ability to attend to a little detail (but not too much!). I’ll share the article with you over the coming weeks. Here is Part 1 of that article:

The secret of happiness is a concern of growing importance in the modern era, as increased financial security has given many the time to focus on self-growth. No longer hunter-gatherers concerned with where to find the next kill, we worry instead about how to live our best lives.

In a study of more than 10,000 participants from 48 countries, psychologists Ed Diener of the University of Illinois at Urbana-Champaign and Shigehiro Oishi of the University of Virginia discovered that people from every corner of the globe rated happiness as being more important than other highly desirable personal outcomes, such as having meaning in life, becoming rich, and getting into heaven.

The fever for happiness is spurred on, in part, by a growing body of research suggesting that happiness does not just feel good but is good for you—it’s been linked to all sorts of benefits, from higher earnings and better immune-system functioning to boosts in creativity.

Most people accept that true happiness is more than a jumble of intensely positive feelings—it's probably better described as a sense of "peace" or "contentedness." Regardless of how it’s defined, happiness is partly emotional—and therefore tethered to the truth that each individual's feelings have a natural set point, like a thermostat, which genetic baggage and personality play a role in establishing. Yes, positive events give you a boost, but before long you swing back toward your natural set point.

Happiness is a state of mind, and as such, can be intentional and strategic. Regardless of your emotional set point, your everyday habits and choices—from the way you operate in a friendship to how you reflect on your life decisions—can push the needle on your well-being. Recent studies of habits of those who are happiest in life tells us that activities that lead us to feel uncertainty, discomfort, and even a dash of guilt are associated with some of the most memorable and enjoyable experiences of people’s lives. Happy people, it seems, engage in a wide range of counterintuitive habits that seem, well, downright unhappy.

Intrigued? Part 2 next time.

Have a happy weekend,

Frances Totney
Student Wellbeing Leader
We’ve had overwhelming response to our 5 cent drive this term. Lots of plastic bags full of 5 cent coins have come into the office. The race is on as the final date of receipt for baggies is 15 November. The top savers will be awarded at the Night Market on 22 November.

So far the big savers for the juniors are Prep-S while 7A are in the lead for the seniors. Take a look at our tally board in the window of the office. Our student savings has nearly caught up to the business sponsorship! We’re still a long way from our goal, so we’ll see how our final weeks go.

The P-4 Fish Tank is needing donations of fish and fish food, if you would like to donate a fish or food please drop by the office or to Peter our resident fish tank expert.

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.

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.
Education Maintenance Allowance (EMA)- Processing Arrangements for 2014.
For 2014 the EMA application process for families and EMA payment rates will remain un-
changed. Families will continue to have the option to receive their EMA by direct deposit
into their own bank account, or a direct de-posit to the school to be held as a credit for
educational expenses, or by cheque.

Talking About Childhood Asthma
Live From The Airways
Presented by The Asthma Foundation of Victoria and Royal Children’s Hospital

Sunday 27th October 2013
4pm - 6pm
FREE!
Ella Latham Auditorium, Ground Floor, Royal Children’s Hospital, Melbourne

Ask questions, gain advice on: medications, diagnosis and asthma management from top Respiratory
Specialists:
A/Prof Sarath Ranganathan
Prof Colin Robertson
Dr Jo Harrison

Light refreshments will be served and tickets are limited, therefore registrations are essential.
Attend the event at the Royal Children’s Hospital OR watch the LIVE Webcast online
Register at www.asthma.org.au or call 1800 ASTHMA (1800 278 462)

Air Pollution and Asthma

School age students and young children with asthma can often have breathing difficulties when exposed to air pol-
ution. Air pollution can occur:
Outdoors — smog (made up of nitrogen oxides and ozone), bushfires, cigarette smoke.
Indoors — formaldehydes/resins (some building materials), volatile organic compounds (found in paints, furniture,
cleaning products), cigarette smoke, poorly maintained gas appliances.
The most important way to reduce the impact of air pollution on your child’s asthma to avoid the pollutant completely
if possible.
• Stay indoors on high smog days, close windows and external doors
• Make sure you have a bush-fire plan if you live in a bushfire prone area
• Make sure your child’s asthma is well controlled and that you and your child know what to do if their asthma
gets worse
• Make sure your gas appliances are serviced regularly by a registered or licensed gasfitter and that there is ade-
quate ventilation in rooms containing gas appliances
• Choose building items, furniture, paints and wood items that are certified to emit low levels of formaldehyde
and volatile organic compounds.
For more information about air pollution and asthma, contact The Asthma Foundation of Victoria on 1800 ASTHMA
(278 462) or visit www.asthma.org.au.
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.

You are cordially invited to the
Muscular Dystrophy
“HOPE IS IN RESEARCH”
Charity Ball
At
Bell City Ballroom,
Rydges Bell City,
215 Bell Street, Preston.
Saturday 7th December 2013
7:30pm-11:30pm
Cost: $150 per head
$1500 per table of 10
Dress: Lounge Attire
Includes: 3-course banquet style meal,
beer, wine and soft drink.
Guest sporting speakers
including Barry Michael.
DJ entertainment, Silent Auctions,
Raffles and much more!
RSVP: See Reverse
All money raised from the
event will go to
Muscular Dystrophy Australia
who support research in the
hope to find a cure.
RSVP/Ticket Purchases:
Please phone our official sponsors
‘CitiSolar’,
who will be responsible for ticket
purchases on 9310 5916
or MDA on 9320 9555
or contact Chantal coles via email
chantal.coles@NMDRC.org
for any information regarding the event.

On Tuesday 15th October Linda and Aidan both from grade 6 competed in the Western Metro Region Primary School Athletics carnival. The event was held at Keilor Park Athletics track. Both students qualified for this carnival after finishing in the top 2 of the 100m sprint final in the Hobsons Bay Division Athletics carnival.

Both students represented the College very well. Linda finished 7th in the 11 Year girls category and Aidan finished 5th in the 12 Year/Open boys division.

Congratulations to both students on their efforts and for making it this far in the Primary School athletics.

Well done
Mr Dadswell