Dear Families

Planning is well underway for our Market Night on the 22nd November. Please check today's newsletter for further details. I will be working with some students to create boxes of lollies for Christmas to sell on the evening. If anyone can donate wrapped lollies they would be very much appreciated. Please send them to the office and they will be passed on to me. This is a major fundraiser and we are looking for additional funds to enhance our playground plans. Please see the College Council Presidents report for further details.

We are working to finalise a process for the selection of College Captains for 2014. This is a new program at the college and we are extremely excited by the opportunities it will provide our young emerging leaders. The students will be selected from our current Year 8 students. We will also be introducing class captains in the Middle Years classrooms who will form our Junior Council and ensure our students have a voice in the future of our community. Details will be provided to our Year 8 students next week.

On Tuesday we will be welcoming our 2014 Prep students. They will be attending their first orientation session with Miss Sutton. We are looking forward to them joining our college and I know we have many excited siblings of our current students. I will be meeting with the families during the orientation session.

On Tuesday morning we also have the Year 5 students from Altona Primary School joining us for a “Year 7 Experience”. The students will be participating in Science, Food and Wood Technology, eLearning and Physical Education sessions. On the 21st November the Year 5’s from Altona Meadows and Altona Green Primary Schools will also be visiting for a similar program. Thank you to Mr Kelly and the specialists who have supported these days. SchoolNuts Food Allergy Program is coming to Altona P – 9 College on Wednesday 20th November

Researchers from The Royal Children's Hospital will be visiting Year 5 – 8 students as part of the “SchoolNuts” program. Researchers are investigating food allergy, anaphylaxis and asthma - why these conditions are increasing and how they impact children and adolescents? Even if your child does not have an allergy, your participation will help researchers answer these important questions. Please return you parent consent form and go into the raffle to win 2x Adult Movie Tickets. All Year 5 – 8 students will be invited to complete a questionnaire if they have parental consent. Upon completion students will take part in an education session with allergy nurses from The Royal Children's Hospital. An information sheet and consent form will be sent home with your child soon. Please complete the consent form via one of the following methods:

- Online: [https://www.surveymonkey.com/s/CONSENT-SCHOOLNUTS-QUESTIONNAIRE](https://www.surveymonkey.com/s/CONSENT-SCHOOLNUTS-QUESTIONNAIRE)
- Hardcopy – return the consent form to your child’s school or post it directly to MCRI
- Verbally – phone 0467 296 326 and leave a message (listen to the prompts)

Even if your child does not have food allergy we encourage you to complete and return the forms as this will provide invaluable information which may help future children with allergies.

We were one of two schools approached nationally by Beyond Blue to participate in the development of a film clip promoting SenseAbility our Middle Years (7 – 9) Wellbeing program. This is currently being edited and we should have access in the next few weeks. It will be placed on our website.

The Year 3 – 6 camp is being held next week. I will be attending on Monday and will sleep over with the students. Mrs Totney will be in attendance Tues for the day and Mr Vening will stay overnight Tuesday. I would also like to thank Mr Pateman, Miss Ferroni Miss Wendt and Ms Vinnicombe who will be on duty full-time. There are 44 students who will be attending.

I look forward to a busy week of learning ahead.

Julie Krause
<table>
<thead>
<tr>
<th>OCTOBER</th>
<th>NOVEMBER</th>
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<tbody>
<tr>
<td><strong>1</strong> Tu</td>
<td><strong>1</strong> Fr</td>
<td>Leap Engineering Year 9</td>
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<td>Melbourne Cup public holiday</td>
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<td>School Council – 6pm</td>
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<td><strong>7</strong> Mo</td>
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<td>Week 1 Term 4 begins</td>
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<td>Whole school Walkathon</td>
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<td>College working bee 8am</td>
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<td><strong>11</strong> Mo</td>
<td>Week 6 Years 3-6 Lady Northcote Camp Whole School Assembly 9am</td>
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<td><strong>12</strong> Sa</td>
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<td>LifeFit Year 7 Boys Years 3-6 Lady Northcote Camp Prep 2014 Transition Gr 5’s visit from local primary school</td>
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<td>Melbourne Marathon</td>
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<td>Year 7 2014 Information Night</td>
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<td>Whole school dress Up Day</td>
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<td>Week 7 Scholastic Bookclub due back</td>
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<td>LifeFit Year 7 Boys Prep 2014 Transition Year 9 Zoo Excursion</td>
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<td>Grade 5’s visit from local primary schools</td>
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<td><strong>22</strong> Tu</td>
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<td>Night Market from 3.30pm</td>
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<td><strong>23</strong> We</td>
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<td>Scholastic Book club due back today</td>
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<td>Week 8 Whole School Assembly 9am</td>
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<td>LifeFit Year 7 Boys Prep 2014 Transition</td>
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**OCTOBER** | **NOVEMBER** | **DECEMBER**
What Happy People Do Differently

Here is Part 2 from the article taken from Psychology Today magazine written by Robert Biswas-Diener and Todd Kashdan about some of the less intuitive habits of the happiest people.

Truly happy people seem to have an intuitive grasp of the fact that sustained happiness is not just about doing things that you like. It also requires growth and adventuring beyond the boundaries of your comfort zone. Happy people, are, simply put, curious. Yet curiosity—that pulsing, eager state of not knowing—is fundamentally an anxious state. Curiosity, it seems, is largely about exploration—often at the price of momentary happiness. Curious people generally accept the notion that while being uncomfortable and vulnerable is not an easy path, it is the most direct route to becoming stronger and wiser. In fact, a closer look at the study by Kashdan and Steger suggests that curious people invest in activities that cause them discomfort as a springboard to higher psychological peaks.

Of course, there are plenty of instances in life where the best way to increase your satisfaction is to simply do what you know feels good, whether it’s listening to your favourite song or choosing a dish that you’ve had many times before. But from time to time, it’s worth seeking out an experience that is novel, complicated and uncertain—maybe finally taking the leap and doing karaoke for the first time. The happiest people opt for both so that they can benefit, at various times, from each.

A standard criticism of happy people is that they’re not realistic—they sail through life blissfully unaware of the world’s ills and problems. Satisfied people are less likely to be analytical and detail-oriented. Certainly having an eye for the finer points can be helpful when navigating the complicated social world of colleagues and acquaintance. A little attention to detail helps with a more realistic evaluation of the social world. Yet too much attention to detail can interfere with basic day-to-day functioning, as evidenced by research which found that people in a depressed mood were more likely to notice minute changes in facial expressions. Meanwhile, happy people tend to overlook such second-to-second alterations—a flash of annoyance, a sarcastic grin. While in a bad mood we tend to notice the tiniest shifts and often can’t seem to disengage from a fight. The happiest people have a natural emotional protection against getting sucked in by the intense gravitational pull of little details.

Similarly, the happiest people possess a devil-may-care attitude about performance. In short, they tend to be less conscientious about their performance; to them, sacrificing some degree of achievement seems to be a small price to pay for not having to sweat the small stuff. This is not to say that we should take a laissez-faire attitude to all our responsibilities; paying attention to detail is helpful. But too much focus on minutiae can be exhausting and paralysing. The happiest among us (cheerfully) accept that striving for perfection—and a perfectly smooth interaction with everyone at all times—is a loser’s bet.

Have a happy weekend,

Frances Totney,
Student Wellbeing Leader
Once again it’s Book Fair Time!

This year we are having our Christmas Book Fair from Monday 2nd to Friday 6th December. The theme is:

‘Story Laboratory – Reading Gives You Super Power!’

Everyone is invited to come along and visit the Book Fair located in the Prep to Year 4 Early Years Building. Books will be on sale between 3.05 p.m. and 4.00 pm. after school each day of Book Fair week.

Once again, we hope to see everyone supporting the Book Fair as the proceeds from book sales go to increasing our Literacy resources for the students. This means we can offer a variety of new books to improve the range of Picture story books, chapter books and other reading material.

A special Book Reading session with afternoon tea is planned for Thursday 5th December. Everyone is invited to come along to the Prep-Year 4 building from 3.05 to 4.00pm, to enjoy this story reading session with P–4 teachers, plus some of our Year 9 Students and our special ‘Mystery Book Fair’ guest!

Other special features include a drawing competition, a guessing competition and a lucky door prize, plus a ‘Mature Reads’ section, stocked with a great range of books suitable for upper primary and secondary years students. Eftpos credit card facilities will be available for Book Fair sales.

Come along, enjoy the Book Fair and support your child’s interest in reading. It’s a great opportunity to select some early Christmas gifts or stocking fillers.

Hope to see you there! Merry Christmas!

---

**INTREPID**

**Dress up day supporting school for special needs.**

*Every dollar you raise, INTREPID will raise another dollar.*

HELP SUPPORT THE CHILDREN THAT ARE LESS FORTUNATE THAN US.

All the money we raise will be donated to INTREPID to fund the Asha Ka Jharna school for special needs!!!

There will be a Christmas/Easter/Halloween dress up day on Friday 15th November. The cost of the dress up will be a gold coin. Every dollar makes a difference in the lives of the children less fortunate than us.
Hello Families,

It's almost time for our Twilight Market on Friday 22nd November. The Fundraising Team is putting the final plans into action.

A plastic plate and zip bag has been sent home for each family, seeking donations for our Cake Stall - All the details are with the letter included.

Also, we're looking for willing hands to help run our food and activity stalls. These stalls are our major money makers for the night.

Shifts are 3:05-5:30pm and 5:30-8:00pm and the numbers for each are as follows:
- Cake Stall 2 helpers per shift
- Popcorn Stall 2 helpers per shift
- Kids corner 2 helpers per shift
- Side show alley games—2 helpers per shift

Thanks in advance for your support.

5 CENT DRIVE

Big news for this newsletter in the 5 Cent Drive, year 3/4A has raced ahead of all the other home-groups as the top savers in the juniors. The seniors have stayed steady with 7A leading, but 5/6A is not far behind. Jacinta S is leading the seniors and Mason H leading the juniors.

Next week is our final week of savings. All coins need to be in by 15 Nov, awards will be presented at the Twilight Market. Remember to CLEARLY label your zip bags with Name and Home-group. Keep an eye on our tally board in the office window to see how close we get to our goal.

Year 5/6 Need your help.

Year 5/6 are holding a book stall at the upcoming night market on 22nd November. Donation of books for the stall would be greatly appreciated. Please drop your donated books to the year 5/6 classroom.

Come along to the Market night and enjoy a meet and greet session with Peppa Pig and a Teenage mutant ninja turtle, you will also have the opportunity to have a photo with them.
**School food and toy drive.**

As part of our Positive Education program, year 8 students are running a food and toy drive to support children and families in need. We will be collecting items from the 8th of November to the 3rd of December. Students and families are asked to donate non-perishable food items and soft toys to the school front office.

Some of the items that would be appropriate and very welcome include:
- Pasta
- Rice
- Pasta sauce
- Biscuits
- Long life milk
- Cereal
- Tuna
- Spam
- Tin fruit
- Snack bars
- Lollies .... Etc.

The year 8 students will use these items to make hampers for the less fortunate to be given to the Salvation Army to distribute.

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**RSL Poppy Appeal**

Since Australia’s first Poppy Day in 1921, the red poppy has symbolised remembrance, commemorating those who have fought in times of war. Please support this appeal and make a donation.

Various poppies, pens, wristbands & school bag tags are available to purchase between $1.00 & $5.00

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**College Council President Report**

I was delighted last night to advise the council that we have set aside a small surplus of $15,000 for special projects. This will be added to fundraising at the commencement of 2014 for improvements to the junior playground.

The council also discussed the running of the college canteen. Unfortunately this has sustained a loss over the last three years and council agreed that it is not financially viable to self-manage as we have done in the past.

A sub-committee will seek alternatives and will advise the community in due course.

We also looked at the curriculum and class structures for 2013 and noted some changes to the subject offerings in the middle years with all students accessing the science lab weekly rather than on a term rotation.

Af Vandenberg
Congratulations Year Prep to Six Students! What an achievement!

We are delighted to have won an Australia wide Reading Competition. Students registered for the Read to Cure Competition and read many books and completed many reading activities in order to win the competition. It is a reflection of what a small school can achieve when we all work together, and we are very proud of this achievement.

At the last assembly Lauren Anderson from 3P Education presented us with a trophy, certificate and a $1500 voucher for Blake Education products. The award was gracefully accepted on behalf of the school by Sasha and Bren.
On Sunday 13\textsuperscript{th} October the Altona College running team made their way into the city to compete in the 5.7km component of the Melbourne Marathon.

Our meeting point was Federation Square. Whilst we were organising ourselves with race numbers and running tops we managed to get a quick glance at the female winner of the full marathon event. With less than 1km to go the female competitor still looked fresh with ‘plenty left in the tank’ so to speak. Whilst this was most likely not the case it provided some motivation for our runners. It reinforced the importance of training hard and remaining focused on the goal they had set for themselves.

As we made our way to the start line the weather took a turn for the worse but it did not hinder the enthusiasm of the running team. As they marshalled at the start line Mr. Mcgee, the parents and I headed back to the MCG to get a good spot to watch our team finish the race with a lap of the oval.

Due to flooding the 5.7km event was scaled back to a 3km event which disappointed the students as they had put in plenty of hard work to prepare themselves for the 5.7km race. Spirits were high and smiles on faces could not be wiped off as they finished with a lap of the MCG in front of thousands of screaming supporters to receive a medal.

I am extremely proud of their level of effort and commitment the running team displayed in the lead up to and on the day of the event. A huge thank you to the parents of the runners for coming out to support the team on the day in very ordinary weather conditions. I would also like to thank Mr Bombaci for his support in training the morning crew.

I would also like to extend a thank you to Quenos and the Altona RSL for their generous donations and Double C Jeanery for printing the running tops which wouldn’t have been possible without the help of Wendy Jennings.
Welcome to Camp Australia Before, and After School Care

Thank you to the school for getting us a new fridge with a freezer. We can now make iceblocks and freeze extra food.

Ethiopia. This term Camp Australia has supported Anti-poverty week (13th to 19th October). The Camp Australia Foundation put some money to building a small school in Ethiopia (we have the photos on our wall) because we believe that family poverty shouldn’t deprive children of an education. The Foundation is sponsoring 29 kids to go to school.

Our kids have been discussing why the school has only a dirt floor and corrugated iron roof and walls and why it is so far from the road. We have also been discussing the difference between what some of our kids call being poor and real poverty.

We have researched Ethiopia and have each found out one thing about it, such as food and animals. We are putting together a scrap book of life in Australia and what we have here, such as our unique animals, and our school. Every Camp Australia service is decorating a letter of the alphabet to go to the school. Ours is Vv.

Monopoly: The children were excited to receive an original style of Monopoly to play. Our junior versions are not a challenge for the over 8s. Monopoly is good for counting and learning about money and giving change. It is also another game to learn how to manage not winning. We have chosen favourite counters to use each time. One of our parents suggested we leave it set up so it can be a continuous game which can be picked up by different people. We look forward to lots of hours of fun.

Other games and activities include soccer, and art and craft, and lots of Lego and cooking.

Natalie MacLachlan, Coordinator
PARENT/GUARDIAN INFORMATION LETTER & CONSENT FORM

Prevalence of Food Allergy and Predictors of Severe Adverse Reactions to Food in Early Adolescence: SchoolNuts
HREC Project Number: 31079

Background
Childhood allergy is a major public health concern. There is evidence to suggest that food allergy in our community is increasing. While food allergy is most common in children, it’s adolescents who are most likely to have a harmful outcome from a serious allergic episode (called anaphylaxis). But little is known about why this is.

What is SchoolNuts doing?
We’re offering a free education session about food allergy and anaphylaxis for all year 5 and 6 or 7 and 8 students. The session will teach students how to recognise an allergic reaction and what to do in this situation. We’re also asking students and their parents to fill out a short questionnaire.

What do we want to know?
1. What knowledge and attitudes do early adolescents, aged 10-14 years, have towards food allergy?
2. What is the impact of food allergy on the quality of life for a student with a food allergy?
3. How many allergic reactions to foods are early adolescents currently having?
4. What are the factors that may contribute to early adolescents having an adverse allergic reaction to food?
5. How does the transition from primary to secondary school affect children with food allergy (and their parents)?

Why do we want to know this?
This information is important because it will allow us to:
1. Determine how common food allergy is in childhood and adolescence.
2. Understand why adolescents with a food allergy are taking greater risks and are having more severe outcomes compared to children with a food allergy.
3. Improve prevention and management strategies for food allergy in adolescents.
4. Have data from the community which will help us to improve public health policy for the prevention and management of allergy and anaphylaxis in schools.

Frequently asked questions:

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<thead>
<tr>
<th>How many students will take part in this study?</th>
<th>Why do I need to complete the parent questionnaire?</th>
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<tbody>
<tr>
<td>Around 10,000 students aged 10-14 years and their parents, from metropolitan Melbourne, will participate in SchoolNuts.</td>
<td>You don’t have to do the parent questionnaire if you don’t want to. However completing the questionnaire will provide important information on possible factors that may impact on food allergy (like family history of allergy).</td>
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<table>
<thead>
<tr>
<th>Does my child need to have a food allergy to take part?</th>
<th>What if my child has a food allergy? Is there a benefit for me?</th>
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<tbody>
<tr>
<td>No. We need all students and their parents to take part. This includes students with a food allergy and students without a food allergy.</td>
<td>All adolescents with reported food allergy will be invited to the allergy clinic at The Royal Children’s Hospital for further assessment of their allergy status. Adolescents avoiding certain foods will also be invited to the clinic for assessment.</td>
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<tr>
<th>Why is my child’s school involved?</th>
<th>How do I give consent? Please choose what's easiest for you.</th>
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<tr>
<td>Your child attends a school that has been randomly chosen from all schools in metropolitan Melbourne to take part.</td>
<td>• Complete the Consent Form in this pack and return it to your child’s school OR</td>
</tr>
<tr>
<td>Does my child have to take part?</td>
<td>• Complete the Consent Form in this pack and return it to the SchoolNuts team OR</td>
</tr>
<tr>
<td>Your child doesn't have to take part in this project if they don't want to. If they don't take part or withdraw from the project, it won’t affect your access to the best possible treatment and care from The Royal Children's Hospital.</td>
<td>• Complete the consent online <a href="http://www.mcric.edu.au/schoolnuts">www.mcric.edu.au/schoolnuts</a> OR</td>
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| What sorts of questions are asked in the student questionnaire? | OR |
|-----------------------------------------------------------------| OR |
| It asks what the students know about food allergy and asthma, and what impact these might have on them and their quality of life. It also asks questions about things like puberty, health and feelings. The questionnaire will be done at school and will take about 20-30 mins. | Phone 0467 296 326 and leave verbal consent (please follow the prompts) |

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<th>What do I need to do?</th>
<th>If I have any further questions, who can I ask?</th>
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<tr>
<td>Fill in the consent form for your child to complete the questionnaire at school and return it to your child's school or to the SchoolNuts team.</td>
<td>Call the SchoolNuts team on (03) 9341 6266 or email us at: <a href="mailto:school.nuts@mcric.edu.au">school.nuts@mcric.edu.au</a></td>
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<tr>
<td>Complete a parent questionnaire. It will take around 10-15 mins.</td>
<td>Who has funded this project? National Health and Medical Research Council.</td>
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PARENT CONSENT FORM

HREC Project Number: S1079

SchoolNuts: Prevalence of Food Allergy and Predictors of Severe Adverse Reactions to Food in Early Adolescence

We are inviting your son/daughter to take part in our research project. With your permission your son/daughter will be asked to complete a student questionnaire at their school. All information is private and confidential.

I/We, Mr/Mrs/Ms/Other: _______________ (first name) _______________ (last name)

Parent/guardian(s) of: _______________ (please print your son/daughter’s full name)

School: _______________ Class: _______________

(Please tick ONE box)

DO consent for my son/daughter to participate in the questionnaire

DO NOT consent for my son/daughter to participate in the questionnaire

I/We understand that my son/daughter is free to withdraw from the study at any time without explanation and that non-participation in the study will not in any way affect access to the best available treatment and care at The Royal Children’s Hospital.

Signature: ___________________________ Date: ______________________

please turn over

CONTACT DETAILS
Please provide your contact details below:

Name: ____________________________

Address: ____________________________

Suburb: ____________________________ Postcode: __________

Phone: ____________________________

Mobile: ____________________________

Email: ____________________________

PLEASE COMPLETE THIS CONSENT FORM AND GIVE IT TO YOUR SON/DAUGHTER TO RETURN TO SCHOOL AS SOON AS POSSIBLE

OR

COMPLETE ONLINE:
www.mcri.edu.au/schoolnuts

If you did not consent to your son/daughter participating in this study, we are very interested in knowing your reasons. Please comment below (optional):

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

THANK YOU