Dear families,

It has been wonderful to see our students embrace their leadership roles within our college. Our college captain Daniel raised $571 for Diabetes Victoria recently. Our out of uniform day, a guess the jelly beans competition, 5c coin collection, treasure hunt, naming competition and sales of diabetic jelly all contributed to the final total. The money raised is much appreciated by the organisation and will go towards sending one or two children on one of the diabetes camps, where children with type 1 diabetes are able to get together with other children with type 1 diabetes to have some fun away from their parents and to enjoy some time out from the day-to-day management of their condition. Kate the representative reported that many of the children often learn to manage their condition independently while they are away!

Sasha and Jordan Year 5/6 will be attending the state Junior School Council Congress at Parliament House on 12th September. They are surveying our students prior to the forum and will help collect data across the state. This is a wonderful opportunity for both students with Sasha providing an opening address to the congress. Two more students will be attending the Hobson’s Bay Junior School Council meeting next Wednesday.

Elearning Leaders, David, Luke, Ashleigh and David, also from Year 5 and 6 have participated in the Hobson’s Bay network of schools Leading Lights program. The students have set themselves two goals: Short term goal: Make students aware of what to do when things go wrong. Long term goal: Make parents and students more aware of cyber-bullying. They have created a plan of action to work on over the next few weeks. A PowerPoint about cyberbullying was shared with the college at assembly and showcased at the Leading Lights program to their peers. The students were presented with leadership badges at assembly on Monday.

Our Year 7 and 8 girls spent a lunchtime and session baking goodies for our cake stall. The sales tally was over $200 to send the old Altona West uniform to India.

The college choir performed at the FOPA (Festival of Performing Arts) at Carranballac College last week. They did an encore at assembly on Monday and are to be congratulated for their efforts. Our Prep students also sang the Italian version of 10 little Indians.

Breakfast club is being well supported by the students. A special Father’s Day breakfast was held this week and was welcomed by all participants. What a great start to the day yesterday. Staff and students continue to affirm their understanding and practice of the College values: Respect, Learn & Care through Bounceback and Sensibility programs. The College values are revisited on a regular basis to ensure consistency of behaviours. Character Strengths have been explored, with students identifying signature strengths, with the view to accept and identify these in others.

Our swimming program commences Monday for our Prep to 4 students. They will be heading down to the pool in groups from recess onwards. The program will commence earlier on the last day of term to ensure the students are back in time for the early finish. Congratulations to our Year 5 and 6 representatives at the Hobson’s Bay Athletics Carnival who proudly took out the small schools trophy.

It is hard to believe we are about to end another term of school. Our year 9 students have chosen subjects for 2014 and are certainly looking forward to their last term together prior to moving onto their senior education providers. They have certainly grown throughout the year and have proudly taken on roles of responsibility across the college being true leaders.

I would like to welcome Mr Franze Paul Trambulo to the teaching staff for the remainder of 2014 on contract. He is replacing Ms Amanda Vinnicombe who has moved to Richmond West.

The school term ends at 2:15pm on Friday 19th September. We will hold an assembly on the last day to celebrate achievements throughout the term. Term 4 begins on Monday 6th October. There will be a newsletter distributed on the last day of term to families.

Julie Krause
Principal
SUMMER UNIFORM TERM FOUR AND ONE

We would like to send out a timely reminder that in term four our students should move into their full summer uniform. Your assistance ensuring students are in correct uniform each day is appreciated.

All items of school uniform are available from Double C Jeanery, 2 Aviation Road, Laverton, including the school sun hat.

They accept lay-by so if you need new uniform you can layby now and pick up at the end of the holidays.

P-4 BOYS

School polo shirt, school shorts or tracksuit pants, school bomber jacket AND the school hat.

Our school is a SunSmart school and has a not hat no play policy.

P-4 GIRLS

The above items plus the addition of a summer dress worn with the school bomber jacket and short white socks and black leather school shoes. The school hat is worn in term four in keeping with the SunSmart policy.

Our school is a SunSmart school and has a not hat no play policy.

5-9 BOYS

Formal school uniform

Monogrammed white shirt, tie, school green v neck jumper, grey dress pants/shorts worn with white socks and black leather school shoes.
School blazer - optional. School sun hat.

THE SPRAY JACKET MAY NOT BE WORN WITH THE FORMAL UNIFORM

Sport uniform

Monogrammed polo top, rugby top, shorts and or track suit pants, spray jacket to be worn on designated sports days. Sport appropriate footwear. School sun hat.

5-9 GIRLS

Formal school uniform

Summer dress, monogrammed v neck school jumper. NO sport items are to be worn over the summer dress. School blazer - optional. School sun hat.

THE SPRAY JACKET MAY NOT BE WORN WITH THE FORMAL UNIFORM

Sport Uniform

Monogrammed polo shirt, rugby top, shorts and or track suit pants are to be worn on designated sports days. Sport appropriate footwear. School sun hat.

No leggings are to be worn to school at any time.
FATHERS DAY BBQ BREAKFAST
Thursday 4th September

What a terrific turnout for our Fathers’ Day Breakfast! Thank you to everyone who helped prepare a BBQ breakfast of egg and bacon sandwiches. Once again, it is wonderful to see the support of our school community. Stay tuned for more information regarding our Term 4 special breakfast.

EMOTIONAL INTELLIGENCE

Included below is an excerpt from an article written by Michael Grose. I have included it this week as a reminder that social and emotional elements can have a direct impact on teaching, learning and parenting. I hope that you find it useful.

“Children experience emotions all the time, yet few innately know how to recognise, understand or even shift them. To be honest, not many adults have this type of emotional intelligence either. Emotions are short-term responses that occur as a result of real or imagined events. They lead to different thinking and feelings; they change physiology (breathing, heart brain, brain chemicals) and physical appearance including facial expression and body language. Emotions also influence how we behave particularly how we approach or avoid situations.

There are many aspects that make up a child’s emotional intelligence. But I believe it’s best defined by the Yale Centre for Emotional Intelligence in their wonderful RULER Program. According to the Yale RULER Program parents and teachers can develop kids’ Emotional Intelligence by helping them:

1. Recognise emotions in themselves and others. An understanding of how they feel, as opposed to think, about an event, situation or an issue is the basis of emotional intelligence.
2. Understand what causes them to feel the way they do. A barking dog will cause one child to laugh with joy and other to shrink away in fear. It’s their reaction rather the event itself that’s significant.
3. Label emotions accurately. The more accurate kids are in labelling their feelings and the feelings they see in others, the more they can either shift their feelings or respond more appropriately to the feelings of others. ‘Tense’, ‘nervous’ and ‘agitated’ are similar terms but are very different feelings. This type of vocabulary nuances is age-related, and can be developed.
4. Express emotions in healthy ways. Social appropriateness and safety are two issues to consider when kids express their both pleasant and unpleasant emotions.
5. Regulate emotions effectively. Emotionally intelligent kids have strategies at their fingertips to maintain, shift, reduce or enhance their emotional states. These include how to shift their thinking (reframing), and how to influence their physiology (take a deep breath).

Emotion matters for better well-being, better school results and better relationships.” Michael Grose, Parenting Ideas website

DRUM BEAT

Throughout Term 3 Positive Education classes, our Year 7 boys have been participating in weekly Drumbeat sessions. The program is facilitated by Hobson Bay Youth staff and is designed to develop communication and teamwork skills in young people. The boys have been working towards a final performance and are pleased to announce that they will perform during our final whole school assembly of the term. This assembly will take place on Friday 19th September. Parents are invited to attend.

Mrs Amanda Elmer
Student Wellbeing and Literacy Support
MIDDLE YEARS NEWS

LEADING LIGHTS STUDENTS

Our proud students, David Z, Ashleigh, Luke F and David D have now successfully completed the Hobson’s Bay Leading Lights program. They have ongoing short term and long term projects which they will continue to complete during the year. They have been amazing representatives of our College and will continue to promote how to be good Digital Citizens throughout our College.

REMINDER FOR YEAR 5/6 PARENTS

Just a friendly reminder to parents of Year 5/6 students. Our 'Enterprize' excursion is on Monday 8th September. All students should wear full school uniform NOT sport uniform. However they can wear runners or non-slip shoes. Please make sure students have something warm to wear, as it could be cold when out at sea! Thanks, 5/6 Team

HERMAN THE GERMAN FRIENDSHIP CAKE

Thanks to Year 1 students who passed 'Herman the German' friendship cake to us. We have thoroughly enjoying baking and sharing the cake with our friends. We have also shared our cake with the Ms. Walkers class and Ms. Tseriotis, class. We hope they enjoy it as much as we did! I'd also like to thanks the families that took Herman home at the weekend to 'look after'.

Mrs. Jayne Taylor
5/6B Teacher

SCIENCE NEWS

ROBOTICS

Year 9 students have taken to their Robotics elective enthusiastically as have the Year 8’s in their Robotics incursion. Thank you to Mobil for providing funding to support this program as part of their Bright Future Grants.

Mr Gary Helmore
Science Teacher
TERM 3 ART EXHIBITION

Parents and students are invited to view our exhibition of students artwork completed in Term 3. The exhibition can be viewed by entering from the front foyer or the student access door to the office. The exhibition will be on view for several weeks.

YEAR 9 CERAMICS

Students in Year 9 Ceramics have been busy creating a range of pottery this term. Featured are coil bottles, square slab pots and cylindrical slab and coil pots. Students used under glazes to decorate their pots when at the green ware stage and then clear glazed them to achieve a high gloss waterproof finish.

Mr Ian Vening
Art and Woodwork Technology Teacher
EDIBLE GARDEN NEWS

We've had another successful fortnight in the kitchen cooking with our lovely garden produce. The students, teachers and parent helpers continue to enjoy good food and company and we sit down together to eat each lesson. This week’s favourite was our Rainbow Chard Salad. Try it out at home! If you want some chard come and see me on a Monday afternoon!

Rainbow Chard & Apple Salad

300g rainbow chard
3 apples
2 stalks celery
4 spring onions
Dressing:
1 tbs honey
4 tbs apple cider vinegar
6 tbs olive oil
Salt & Pepper

1. Place all dressing ingredients in a jar, screw lid on tight and shake.
2. Wash and dry chard in salad spinner.
3. Shred chard leaves and finely slice stalks.
4. Core and finely slice apples.
5. Finely slice celery and spring onions.
6. Toss all salad ingredients together in a big bowl and add dressing.
7. Divide between 4 serving plates.

*For a twist sprinkle with toasted sunflower/pumpkin seeds.

Happy Cooking!

Cathie Staunton
Edible Garden Cooking Teacher.

JUST SWEETS

SPECIALS

Large Chicken Dim Sims $1 (normally $1.50)
Corn on the Cob $1 Buy 1 get 1 free

These specials will be available for lunch orders from Monday 8th Sep through to Friday 19th Sep (or while stocks last).

Kind regards
Leah Masters
Operations Manager

Just Sweets
26 Upton street ALTONA VIC 3018 Melbourne, Victoria
Telephone : 0401 918 158 Fax number: 03 9315 0553
Email: justsweets@optusnet.com.au Website: www.justrsweets.com.au
FUNDRAISING NEWS

PIE DRIVE FUNDRAISER

We have organised with Tony's Pies to conduct a Pie Drive. Tony's Pie's will supply us with a range of their freshly baked pies, pasties, quiches and sausage rolls on Tuesday 16th of September. All the products will be freshly baked and will be suitable to go straight into the freezer if you wish. So order up BIG. Remember, the more you order the more we make. **Orders are due back at the College by Wednesday 10th September - NO LATE ORDERS ACCEPTED.** Delivery of pies is on 16 September - just in time for the school holidays and Footy Finals.

*We need the support of everyone to make this fundraising a success.*

RAFFLE FUNDRAISER

Also, with much excitement we are running a Big Ticket Raffle this year. The raffle prize is a 4 Night Family Holiday to the Gold Coast for 4 nights. Books of 20 raffle tickets for only $2 each ticket have been sent home with each child to sell.

Thanks
The Fundraising Committee

P-6 SCHOOL DISCO

We had a great time at the school disco last week. Thank you to the fund raising committee for organizing this event. It was great to see students enjoying them themselves and throwing some shapes on the dance floor!
ALTONA P-9 COLLEGE
PIE DRIVE

We have organised with TONY’S PIES OF ESSENDON to conduct a Pie Drive.
Tony’s Pie’s will supply us with a range of their freshly baked pies, pasties, quiches and sausage rolls on Tuesday 16th of September.

All the products will be freshly baked and will be suitable to go straight into the freezer if you wish.

So order up BIG. Remember, the more you order the more we make. Make your choice from the list below and return your order with the correct money or cheque by Wednesday 10th of September.

We need the support of everyone to make this fundraising a success.

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<th>PRODUCT PER ½ DOZEN</th>
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SUB TOTALS

TOTAL: $.......................... GROUP:...........................................

NAME:.................................................. PHONE:..................................

PLEASE MAKE CHEQUES PAYABLE TO “ALTONA P-9 COLLEGE”

www.tony spies.com
# Our Calendar for September 2014

## September 2014 Calendar

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<th>Mon</th>
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<td>1 Rockband Afterschool</td>
<td>2</td>
<td>3 Year 7-9 Athletics</td>
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<td>5 Year 9 Boys Basketball Year 8-9 Boys Table Tennis</td>
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<td>8 Rockband Afterschool P-4 Swimming Program Y5/6 Enterprize Ship Excursion</td>
<td>9 P-4 Swimming Program</td>
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<td>19 End of Term 3 P-4 Swimming Program</td>
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Welcome to Camp Australia Before and After School Care

We have again been busy having fun over the past two weeks.

We have had fun with jelly, making and eating Traffic Light jellies.

We have been creative with Hama-style beads. Here is a star that Scarlett made. The beads were then ironed and the star was taken off the mould.

And the children always enjoy the Lego.

Yesterday we started making boomerang photo frames.

Why don’t you join us for some fun, too?

Natalie MacLachlan, Coordinator

Once registered
You can make bookings and cancellations, view your statements and manage your details anytime of the day.

Save on Care
Save 50% or more on Before and After School Care with the Child Care Rebate. Almost all families are eligible. To find out more call our Customer Service Team on 1300 105 343

Holiday Clubs
Don’t forget about the Camp Australia Holiday Clubs these school holidays. Use the Holiday Club Finder on the website to find the nearest program: www.campaustralia.com.au/holidayclubs

Healthy Snacks
Afternoon tea is served daily. Menus are tailored to children’s tastes, developmental and nutritional needs. Afternoon tea includes a selection of yummy sandwiches and fruit. Children may also engage in fun cooking activities.

HOW TO GET STARTED
Before using our programs register online for an account. This enables you to make bookings, view your statements and manage your details anytime of the day. Registering is quick and easy. Visit www.campaustralia.com.au/newparents

we make kids smile
www.campaustralia.com.au
Little Athletics – Season 2014/15

At the recent Australian Cross Country Championships in Albany, WA, local athletes

In the U20’s, ex-Altona little athletics member Jack Rayner won gold. Competing over 8km, Jack took control of the race with about 1km to go and never looked in danger to win by 100m.

In the U14 boys, current Altona little athletics member Matthew Hussey repeated his performance of 12 months ago to win silver. In the closest race of the day, with only half a second separating the first two runners, it gave the 2,000 plus spectators an exciting finish.

If you would like your child to realise their potential then why not consider joining the Altona Little Athletics Centre, where the key objectives are family, fun and fitness.

With the new season to commence on Saturday 4th October, registration will take place in the mornings of Saturday 27th and Sunday 28th September, but for more information please go to www.altonalac.com.au or call 0499 994 305.

SCHOOL HOLIDAY PROGRAMS

Werribee Open Range Zoo’s Keeper for a Day program

Are you thinking of a career in working with animals? Come and join us for a day and participate in a range of hands on experiences designed to provide you with an insight into the role of a zoo keeper. This is a great opportunity to find out first hand from keepers the skills and experience recommended to gain a position as a Zoo keeper amongst a competitive field of applicants.

Ages: Years 7-12 students
Cost: $105.00; $94.50 zoo members

Bookings: 9285 9406
www.zoo.org.au/werribee/whats-on/keeper-for-a-day

Healesville Sanctuary’s Vet for a Day program

Come and work alongside our vets on real life cases involving Healesville Sanctuary’s animals, including endangered species and injured wildlife. Find out the pathways you can take to become a vet.

Ages: 15-18 years, (Years 9-12).
Cost: $129 (includes morning tea); $116.00 zoo members

Bookings: 9285 9406
www.zoo.org.au/healesville/whats-on/healesville-sanctuary-vet-for-a-day

Healesville Sanctuary’s Keeper for a Day program

Go behind the scenes with some of our most precious and endangered Australian animals. Come and work alongside our threatened species keepers at Healesville Sanctuary and learn how you can help fight extinction.

Ages: Years 7-12 students
Cost: $105.00; $94.50 zoo members

Bookings: 9285 9406
www.zoo.org.au/healesville/whats-on/keeper-for-a-day
ENGLISH
CONVERSATION CLASS

Is English your new language? Welcome!

Mondays at 1.30 pm

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This Class is FREE!

Coffee, Tea, & Biscuits provided.

Neil 0402817673 nrtolliday@yahoo.com.au
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- School age kids
- Preschoolers
- Holiday programs
- Adults

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5x 30 minute lessons

COST: $70.00

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HOLIDAY PROGRAM

29 SEPTEMBER - 3 OCTOBER

CONTACT US FOR MORE DETAILS

CERTIFICATE AWARDED ON COMPLETION

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03 9315 8680

www.paddlesswimschool.com.au
SEABROOK CRICKET CLUB

IS LOOKING FOR PLAYERS!

Our successful and long running junior cricket program has teams in U/11, U/13, U/15 and U/17\(\frac{1}{2}\) competitions.

Males and females are welcome. The club is located at Bruce Comben Reserve, Central Avenue, Altona Meadows.

Please contact Bill Sheahan on

0422 812 708 (M)
or 9398 1449 (H)

Email: billy.s12@hotmail.com

Or visit: www.seabrookcc.org.au