Dear families,

Our college review day was held last week. On that day we had 3 Principals (Merridy Patterson from Seaholme PS, Michael Hayes from Point Cook P – 9 and Gavin Welsh from Chillwell PS) and an independent reviewer Maryanne Pearce at the college to meet with the leadership team, consultant Leslie Tulloch and our College Council President to discuss our achievements over the past four years. The outcomes from the meeting will determine our strategic direction for the future.

Our college had much to celebrate; both our school and regional initiatives over the previous period have improved results in both literacy and numeracy. Our new curriculum has been documented and teachers are highlighting “essential skills” at each stage of learning. Assisting us to raise our achievement has been the more effective use of a range of data. Staff are utilising a range of assessment tools to build a more accurate picture of each student in our school. An important resource focus at Altona P-9 College has been the level of professional learning provided via consultant and in-school coaching. Data from this period and recent results indicate that the school is making a difference and, in particular, achieving substantial growth for Year 7 to 9 students.

Moving ahead the college will continue to embed the strategies that have been implemented over the last strategic period. Our major focus will be in the area of writing and developing a community of writers. We will be investigating sponsorship to develop a specialised Maths and Science program. This will have an environmental focus in the early years linked to the edible garden extending to more specialised programs in the middle years. Our new Steps to Prep program will continue to be offered along with “a day in the life of a Prep and Year 7” experience days for local kindergartens and primary schools. Our focus in the coming weeks will be to unpack the recommendations and develop our new strategic plan.

Coming to school every day is the single most important part of your child’s education. The building blocks for a great education begin with students coming to school each and every day. Students learn new things at school every day – missing school puts them behind. There is no safe number of days for missing school – each day a student misses can affect their educational outcomes. Thank you to our families who call when their child is absent and Ill as it means absences are now explained rather than listed as unexplained. Lauren sent letters to families of students with unexplained absences this week. Please assist us by filling out the section listing the reasons for absence and returning them to the office promptly.

I visited the music room this week to see preparations well underway with our students for our music celebration evening on the 11th of December. We look forward to seeing all the families over in the gymnasium to support our children in their work.

Raffle tickets were sent home to all families in the college. Thank you to those families who were able to support with sales. Due to a large number of tickets remaining we have sought permission to extend the raffle until the 29th of November. I am seeking support from families to help with sales at the election barbecue on that date. Please email altona.p9@edumail.vic.gov.au if you are able to assist with the barbecue or raffle sales on Election Day. Alternatively please complete the form in the newsletter and return it to the office.

Camps details for 2015 will be confirmed shortly. The costs will be included on the 2015 booklist to enable our families to pre-pay or commence a payment plan at your earliest convenience. The Year 7 & 8 camp will be held at Camp Curumbene in Central Victoria in March. The Year 9 camp will be held at Mount Buffalo from the 18th to the 20th of February.

Our Steps to Prep students were in yesterday as they continue their school preparation journey. Their final session will be held for a period of 3 hours. This has certainly been a long but very much appreciated orientation program. Our future students love visiting teachers in other classes and joining in learning sessions.

The end of the year is fast approaching. Please monitor the calendar placed each fortnight in the newsletter as there are many events planned in the remaining weeks.

Julie Krause
Principal
How can I get my teenager to school?

Many teenagers seek independence and think they know best. No matter how hard parents try, some students may be reluctant or refuse to go to school. These are some ideas which may assist parents to deal with teenagers and school refusal. Addressing this attendance issues promptly and setting up good patterns in adolescence can lead to future success.

Did you know?

- Patterns of late arrival at school or missing classes are early warning signs
- Missing one day of school each week adds up to 2 months missed over a year
- Each day absent in high school has an impact on skill development and social connections
- Poor attendance may be associated with future unemployment, criminal activity, substance abuse, and poorer health and life expectancy

Some causes of school problems

Some of the more common causes of school problems are underlying learning difficulties or learning disabilities or Behavioural or emotional issues. But there are many other reasons why a young person might not be engaging fully in their education.

School factors might include:
- bullying
- disliking, or not feeling connected to, the school culture or environment
- disliking school subjects, not liking the choice of subjects, or not feeling challenged by the work

- poor school or academic support, especially in relation to heavy workloads
- not getting along with teachers or other students at school
- competing demands on time, such as extracurricular activities

Personal factors might include:
- chronic illness
- intellectual or cognitive disability
- behavioural or developmental difficulties or disorders
- mental health issues such as depression or anxiety
- history of abuse and neglect
- poor self-concept or self-esteem
- poor communication skills
- poor social skills
- difficulty with listening, concentrating or sitting still

Family factors might include:
- parents who aren’t involved in their child’s education
- a home environment that doesn’t or can’t adequately support a young person’s learning
- family problems such as relationship breakdowns
- competing family or social responsibilities, such as caring for family members, or working outside school hours

What you can do

- Act early
- Talk about the importance of showing up to school every day, make that the expectation. Regular attendance at school sets up good behaviours for regular attendance at work.
- Help your teenager maintain daily routines such as finishing homework and getting a good night’s sleep. On average, teenagers need 8-9 hours sleep to be
healthy and alert. You may also need to monitor their use of the Internet, mobile phone and TV at night to ensure they are not staying up too late or being disturbed while sleeping.

- Try not to schedule hair, dental or medical appointments during school hours. Arrange family holidays during scheduled school holidays so they don't miss out on classes and feel left behind. If it is necessary to be absent from school for an extended period, arrange with your school for a Student Absence Learning Plan.

- Don't let your teenager stay home unless genuinely sick. Complaints of headaches or stomach aches may be signs of anxiety.

- If your teenager wants to stay home to finish an assignment, rather than letting them stay home, expect them to go to school – make attendance the number one priority. Later, you can discuss with them how they can improve their study habits or adjust their schedule.

- If your school has an assessment calendar on its website, use this to help your teenager plan their study so that they avoid working late the night before an assignment is due.

- Be sure to set a good example – how you meet your commitments impacts on how they will meet theirs.

- Talk to your teenager. What are their feelings about school? What interests them at school? Are there any difficult situations? It helps if you open these discussions in a relaxed way so that your teenager knows you are demonstrating concern, not authority.

- Try to be aware of your teenager’s social contacts. Peer influence can lead to skipping school, while students without many friends can feel isolated.

- Encourage meaningful extracurricular activities that your teenager enjoys, such as sports and clubs, to develop positive relationships and experience success outside of a classroom setting. These activities can help your child feel part of the group, important to the school, and more motivated.

- Set clear parameters around part-time work. Make sure that the hours your teenager is working do not impact on their ability to go to school the next day, or interfere with school assessment expectations or exam preparation.

- Familiarise yourself with the school’s attendance policy. This can help when trying to reason with teenagers.

- Monitor your teenager's attendance and school performance. Periodically check with their teachers to find out how things are going. If you find it difficult to contact several different teachers by phone, try email. Alternatively, the year level coordinator may be a helpful point of contact in relation to specific issues.

- Ask your teenager's school about what types of flexible or blended learning options they offer.

Remember
You can talk with school staff (such as a teacher, year level coordinator, wellbeing staff, careers staff, assistant principal or principal) to find out what support they can provide to keep your teenager attending and engaged.

USEFUL WEBSITES/CONTACTS

www.raisingchildren.net.au
www.headspace.org.au
www.education.vic.gov.au
www.youthbeyondblue.org.au
www.kidshelp.com.au or phone 1800 55 1800, 24 hours a day, 7 days

Parentline – phone 13 22 89 8.00am to midnight seven days a week
All young children will face challenges and setbacks. Your child might be upset when their ball rolls off the mat and under the TV. Your child might be disappointed that a friend can’t come and play. Or they might be frustrated at not being able to ride their new scooter.

Sometimes those challenges are on a bigger scale – becoming ill, moving to a new city or starting at a new education and care program.

Resilience is the ability to handle tough times – to keep trying (persevering), to adapt to change, and to meet challenges. Resilient children take considered risks and cope with the unexpected. They persist when faced with challenges or when their first attempt isn’t successful.

Being resilient is an important part of your child’s sense of identity and wellbeing.

Myths and misunderstandings

Resilience is about strength of character, not about being tough. Telling a four-year old not to cry won’t make your child strong – it will only teach them to hide their feelings when they feel angry or sad.

Telling your child always to be happy and positive does not build resilience. Nor does excessive praise – in fact, if you praise everything that your child does, they may be less likely to deal with setbacks. Praise can result in children only trying to please adults. Encouragement gives information, feedback and supports independence. A child needs to feel valued and accepted to be resilient. They need to know that you are there and they can get help and support. This encourages them to take risks and try new things. The more things your child tries, the more experience they have of problem solving, learning from their mistakes and persevering.

What does this mean for me?

As your child’s first and most important teacher, you play an important role in supporting your child to be resilient.

- Be prepared to let your child struggle for a bit. If your child’s ball rolls away and they cry, wait and see if they will crawl and get it without your help.

- Notice and acknowledge your child’s efforts: say things like: I liked the way you kept trying until you were able to finish that puzzle.

- Treat mistakes as learning. Avoid fault finding or criticism as this will stop your child from trying new things. Talk about the things your child has learnt (as well as what you have learnt) through their mistakes.


- If your child is old enough, explain that now and then everyone has a difficult or unhappy time. It’s a normal part of life and most problems can be worked out.

- Give your child time to do the things they are good at. They’ll develop a sense of achievement and learn that we get good at things by practising and persevering.

- Help your child to have realistic expectations. If your child is learning to ride a bike without training wheels, let them know that this will take time. Unrealistic expectations will cause disappointment.

- If success is achievable, encourage your child to keep trying (but don’t pressure them). Acknowledge their
frustrations: It will get easier the more you do it.

- If your child is struggling, break the task into smaller steps, or make it easier so your child can experience some success.
- You don't need to look for chances to build your child’s resilience – they'll occur naturally.

Related links
See Kids Matter:
- Ups and downs: learning to keep a balance

You may also like to read
You may also like to read other titles in this series:
- Your child's most important teacher
- 'I can do it!' Encouraging your child’s independence
- Supporting your child to make decisions
- Having conversations with your child

Other related newsletters can be found at www.education.vic.gov.au
### Every Minute Counts

Just a little bit late doesn't seem much, but.....

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<th>He/She is only missing just...</th>
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<th>over 13 years of schooling, that's...</th>
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<tbody>
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<td>10 minutes per day</td>
<td>50 minutes per week</td>
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<td>Nearly HALF A YEAR</td>
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<td>20 minutes per day</td>
<td>1 hour 40 minutes per week</td>
<td>Nearly 2.5 weeks per year</td>
<td>Nearly 1 YEAR</td>
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<td>Half an hour per day</td>
<td>Half a day per week</td>
<td>4 weeks per year</td>
<td>Nearly 1 AND A HALF YEARS</td>
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<td>1 hour per day</td>
<td>1 day per week</td>
<td>8 weeks per year</td>
<td>Nearly 2 AND A HALF YEARS</td>
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Did you know your child's best learning time is the start of the school day?

That's when every minute counts the most!
MIDDLE YEARS NEWS

We have been busy in the Year 5/6 area! We are coming to an end of our Light topic, where students have learnt about reflection and refraction. They have built some very creative ‘Light Mazes’ and periscopes which they should be proud of.

In Numeracy students have made a great display, using their knowledge of co-ordinates to create The Simpsons family.

We had a great time in the garden this week, helping lay the new irrigation system and plant the potatoes. All students put in 100% effort which we are really proud of. We also got to enjoy our 1st strawberry of the season!

Year 5/6 Teaching Team

YEAR 3-6 PGL ADVENTURE CAMP
By Sasha Year 6

After a long bus trip, we arrived in Kyneton at around 11am. A PGL camp leader showed us around the campsite. They showed us how to work the activities. Soon, we all headed over to the cabins to unpack. It was small but I did have ten other people to share a cabin with. We then had our lunch beside the PGL camp lake.

Soon, we headed to our first activity. My group had the climbing wall. It was a 10 meter climb then abseil down. Initiative exercises were next. It was a range of games that tested our mind skills. Dinner was served after a chance to shower and change.

Breakfast was spaghetti and hash browns. The food energized us for our first activity, low ropes. Our second activity of that day, the giant swing, truly tested our nerves. The adrenalin was amazing. After baked potatoes for lunch, we had archery. There were great aims and one almost bulls eye. For the next activity we flew into the air like possums, hence its name, the Possum Glider. That evening we built a contraption to hold a water balloon and we also had a campfire.

On the final day, my group had water activities. We canoed around the lake and played games. Raft building was our last activity. We built a raft that wasn’t completely steady, but we surprisingly made it across without the raft falling apart.

After fish and chips for lunch, we headed back to school. Camp at PGL was an amazing experience. I enjoyed my primary school camp very much.
ITALIAN NEWS

Students have been completing some great work throughout the school. While Year Eight Students are finishing off bilingual presentations based on the Mem Fox book, * Whoever You Are*. Presentations will be judged and a prize will be awarded to the most emotive work.

Years Five and Six students designed bilingual posters with a very strong message based on their interpretations and discussions about the phrase *We are what we do or Siamo cosa facciamo* in Italian. Posters will be displayed around the school, so please have a look. (Included is a photo of both Jenna and Kaela’s wonderful work.) While Year Sevens are learning how to say the time in Italian—a skill that needs automatic number recall!

Students in Years Two, Three and Four have almost finished their eBooks based on another Mem Fox book, *Possum Magic*. Year Ones are creating cards and letters, so there will be surprises for parents towards the end of the term.

Students in Prep are learning about La Befana and this week composed a letter in Italian that they are all writing individually. Let’s hope Befana gets their letters and visits us before the end of the year.

For those of you who are interested in Italian culture, here’s something that may interest you:

Arriva, Arriva La Befana

Celebrating 10 years in Melbourne, La Befana and the Giving Time is back in 2015. Starring Carmelina Di Guglielmo (Big Mamma’s Boy & Neighbours) and James Liotta (Planet unEarth Channel 9 GO! & ABC’s Prank Patrol).

3 SHOWS ONLY.
Mechanics Institute, 270 Sydney Rd Brunswick.
5th January 7.30pm 6th January 2.30 pm & 7.30pm
tickets $15.00 Children $25.00 Adults
General Bookings: 9387 3376 or go to the website www.labefana.net.au

Simone Costello
Italian Teacher
WALK-A-THON

FREAKY FRIDAY

Congratulations to Mr Dadswell and the team on a wonderful Walk-A-Thon. The students participated enthusiastically throughout the day with great team spirit. Members of the running club along with some staff took the opportunity to "run" many laps on the day which was great to see. Thank you to our fundraising mums who organised the barbecue lunch, it was certainly well received by the students.

SAUSAGE SIZZLE HELPERS

We'll be running a sausage sizzle on Saturday 29th of November, at the college on Election Day. We are looking for families to volunteer their time to assist on this day. Please return the slip below to the office if you are interested in helping at our sausage sizzle for Election Day where we will be selling raffle tickets as well.

SAUSAGE SIZZLE HELPERS
Saturday 29th November

Parent Name_________________________________________________________

Student Name_________________________________________ Year____________

Contact Number______________________________________________

Time Available______________________________________________
ART AND WOODWORK TECHNOLOGY NEWS

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.

Mr Ian Vening
Art and Woodwork Technology Teacher

FUNDRAISING NEWS

RAFFLE FUNDRAISER

Big Ticket Raffle - Don’t forget to keep selling tickets for the raffle as they are due back. Tickets are just $2.00 each. The raffle prize is for four (4) nights Family Holiday (4 people) to the Gold Coast.

Please return any tickets you can’t sell as quickly as possible so we can re-distribute any unsold books. This fundraising event is a great way to raise funds for the school, but to get the best results, we need to sell as many tickets as possible. Please return all monies, stubs and Statutory Declarations to the office ASAP. We cannot run our raffle without these items.

MOVIE NIGHT

We are running our movie night on Friday 21st November 6pm-8pm. There will be food on offer so if you miss dinner, you can eat at the movies. Please see flyer and form for details.

WALK-A-THON

Just a reminder if you have not handed in your sponsorship money and the form. Please return ASAP.

WORKING BEE
Sunday 16 November 9am-12pm - sausage sizzle lunch provided.

The garden is nearing the first stage of completion. The kids are enjoying their garden sessions and cooking with the food they’ve grown.

With our shed in and the hot summer months coming, it’s time for another Working Bee to get ready for the heat. Our main jobs are getting the irrigation system installed and fitting out the shed so our tools can come out of the weather and into a new home. Bring along your wheelbarrows and gum boots and get ready to dig in and get the garden bedded down for the summer holidays.

Please contact the office or a member of the Environment Committee (Mr McGee or Tarius McArthur) if you can help out all the day.

Any and all help on the day is greatly appreciated.

Thanks
Fundraising and Environment Committee
Family Movie Night

WHEN – FRIDAY, 21st November
WHERE – Altona P-9 College
TIME 6-8pm

COST $4 PER PERSON
AND ALSO AVAILABLE
FOR PRE PAYMENT OR ON SALE ON THE NIGHT
HOT DOGS $2.50 (Veggie Hotdog available)
POPCORN $2.50
DRINKS - VARIOUS PRICES
Family Movie Night

PRE ORDER FORM (PREFERRED*)

NAME OF STUDENT/S

________________________________________________________________________

YEAR

________________________________________________________________________

YEAR

________________________________________________________________________

YEAR

TOTAL NUMBER OF TICKETS

$4.00  X (Per person)  _____ TOTAL  _______ 

ALSO AVAILABLE TO PRE ORDER

HOT DOG $2.50  X  _____  Veggie $2.50  _______  TOTAL  _______

MONEY ENCLOSED  $__________________

*FREE BAG OF POPCORN WITH ALL PRE-PURCHASED TICKETS*
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<td>School Movie Night</td>
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<td>Prep -Y4 Collingwood Children's Farm</td>
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Our Calendar for December

December 2014

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<td>End of Term 4</td>
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Welcome to Camp Australia Before, and After School Care

Yesterday was Kynan’s last day at Before and After School Care for a while. I asked him what he enjoyed doing most. His answer was, “Lego”.

The children spend a lot of time creating all sorts of things with Lego. They especially like creating stories and acting them out using the Lego models they have made. Each child who wants to has a basket in which they keep for one term one thing they have made.

The children also get a lot of fun using their imaginations and creating objects from boxes. Here is a car which has been made this week using a large box. As you can see it is big enough for two!

Kynan’s choice for afternoon snack was chocolate truffles, cake and homemade ice cream. We made them ourselves. Of course, we always serve a platter of healthy fruit and vegetables.

Remember to enrol now so that when you need us you just need to book. And do come and visit us to see what we do.

Natalie MacLachlan, Coordinator

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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
Come and Join Us At our...

Florence Craft Market Family Fun Day

at Florence Aged Care

In our Car Park

At 375 -379 Mason st Altona North

Saturday 15th November 2014

From 9 am til 3pm...

Activities.. Face painting, Jumping Castle, Animal Farm, Sausage sizzle, Show Bags, Lucky Dips, Craft Stalls, Timber Stalls, Jewellery and accessories