2014 Key Dates

Year 5/6 Winter Interschool Sport
Friday 30th May, 6th June

QUEENS BIRTHDAY PUBLIC HOLIDAY
Pupil Free Day
Monday 9th June

Year 7-9 Boys Soccer Comp
Tuesday 17th June

Year 7-9 Girl Netball Comp
Tuesday 17th June

Winter Day
Wednesday 18th June

End of Term 2
Friday 27th June

Dear families

It has certainly been a busy two weeks here at the College with our students involved in a number of academic and sporting pursuits. On Tuesday evening I attended the Wysnape competition in Hoppers Crossing with our college representatives, Tia Fox (Year 8) and Tiana Patros (Year 7). Our students were two of seventeen from a number of local schools. All participants presented a five minute prepared speech to the audience of parents, teachers, peers and a panel of adjudicators. The poise and confidence they displayed was reflective of the support they had received from their families and the staff. Tia presented her dialogue on the topic of obesity whilst Tiana validated her persuasive text on lifestyle choices using personal experiences. Both engaged the audience well and received positive praise and constructive feedback from the adjudicators. I extend my sincere congratulations to both girls on the commitment they demonstrated, preparing and polishing their presentations. I also congratulate our other finalists Jemma Chumbley and Hayley Derich who confidently engaged their middle year’s peers at assembly on Monday morning with their presentations. Tia and Tiana will present at our next assembly.

We have a group of Year 5 and 6 students who will be participating in the Leading Lights program for primary schools. These students will become eLearning leaders and will be supporting the implementation of initiatives to facilitate eSmart accreditation.

This weekend members of our running club are travelling to Meredith to participate in the Spartan Race. This is a 7 kilometre obstacle race through a variety of rope courses and elements. We all look forward to seeing the photos and hearing the stories on their return. Thank you to our families who are supporting their children and nurturing their enthusiasm for fitness activities. On Wednesday morning Mr Dadswell took a group of our Year 7 and 8 girls to their first district soccer competition. It was great to see our girls out training to prepare for the event and our very best wishes certainly went with them.

In our last newsletter I informed parents that we are in the process of completing a self-evaluation of our college. On Wednesday Mr Kelly (Assistant Principal) sent all families a link to a survey via Survey Monkey. I encourage all our families to respond to ensure our data collected is accurate and reflects our whole community rather than a small group. To support families a hard copy of the survey will be available from the administration office.

Next term will see the launch of our new edible garden program. Students in Years 3 to 6 will have fortnightly sessions in both the garden and food technology centre. The students will be participating in regular kitchen and garden classes, enabling skills-based learning that extends across the entire school curriculum. In our next newsletter I will be calling for parent volunteers to support our children in the cooking classes. All volunteers will require a Working with Children’s Check Card. Application forms for volunteers are available free of charge online or from Australia Post. Our Prep to Year 2 students will also have some time in the garden. The aim of the project is to develop a sustainable garden where seeds are saved, sown and grown. The produce harvested will be shared through cooking.

Our fundraising efforts have certainly engaged all our students. Last week we held a foosty fun day with the Year 9 leaders facilitating activities. A highlight for the early year’s students was certainly the special lunch and the activities they shared with the older students. The end of the day orienteering activity reflected the relationships that had developed as the middle years children lead their younger peers through the task. Our next connections activity will be a two hour session being held on Wednesday June 18th, Winter day. There are further details in today’s newsletter.

Prep enrolments for 2015 are now open. Families are welcome to contact the office for an appointment to discuss the transition process. We are looking at a more intensive transition process for the students in 2015 with a Prep-prep program in semester 2. In the next few weeks our current Prep students will be visiting Altona West Kindergarten for a reading session and Altona Pre-school will be visiting us to experience a day in the life of a Prep student. If you know of any families with prep students for next year please encourage them to make an appointment for a tour of our college. If you have a child ready for Prep please obtain an enrolment form and pack from Lauren in the office.

Wishing all our families a wonderful weekend and our best wishes go to our runners in the Spartan Race.

Julie Krause
Principal
MOBIL BRIGHT FUTURES GRANT

We have been lucky once again to receive a $4000.00 for our Science and Maths program.

The grant will allow the College to further support our robotics program, this is a most popular part of our curriculum and always needs new and exciting resources which we will now be able to purchase.

It will also greatly enhance our Maths resources and purchase a much needed Anatomy kit.

All these wonderful opportunities for the college have been provided by the generosity of Mobil Refining Australia and it's commitment to enrich science and maths in schools.

STUDENT WELLBEING NEWS

What a thrill it has been to walk through the learning community that is Altona P-9 College. I am feeling most grateful for the amazing work of staff and students alike in striving to improve student outcomes in a positive and collaborative environment. Guiding prospective parents through our College, I am proud to say that students provided wonderful examples of etiquette through opening doors for our guests and were equally as welcoming of us into their learning spaces.

Congratulations to our Year 3, 5, 7 and 9 students on completing their NAPLAN schedule. It can be a testing time for students and their families. Once again students and staff should be commended on their dedicated preparation to his series of assessments.

In thinking about the pressures such testing can bring, included in this newsletter are some strategies families can utilise to combat the emotional 'blocker' anxiety.

Ms Amanda Elmer
Student Wellbeing

MIDDLE YEARS NEWS

Year 5 and 6 have been building connections across the school. Enjoying listening to the Prep’s read in our fabulous open space.

Ms O’Sullivan, Ms Giles, Ms Taylor
5/6 Team

SCIENCE NEWS

Our year 8’s are continuing the study of our body. 8B have been dissecting chicken wings so we can study the muscles, tendons and bones of different animals and comparing to that of a human.

Miss Tuppen
Pre-Service Teacher
GRADE 5-6 MIXED SOCCER V’s WILLIAMSTOWN NORTH

MATCH REPORT

Friday the 16th of May saw the sun shine down upon on the “field of dreams” that is the main pitch at Altona P-9 College, in what could be described as perfect soccer conditions. The Year 5/6 mixed soccer team was chomping at the bit to continue their successful march into the finals, so much so that it took a few whistle blasts to calm them down. Upon the final whistle blast, silence entered the gym, and it was as if in one moment their futures flashed before their eyes; glory against Williamstown North.

After a toss was negotiated by the managers, it was decided that Williamstown North would run with the wind, and down the hill; a tough birth into a much hyped game for the P-9ers. The start of the game saw a flurry of lower limbs and boots wildly swinging in any direction anytime they were near the ball. However, the steady and cool head of Luke Cavanagh got the game on track with a lovely ball down the line to Param Param up front at striker, who received the ball on the 1st touch, cut in, and nail a low hard strike, which only missed the bottom left corner by centimetres. Sustained pressure in the Williamstown North red zone allowed Scott Gusman drill a ball from just on the box into the top right hand corner. 1 – 0 Altona (6 minutes). Serving as somewhat of a wake up called for our opposition, they proceeded to drive the ball deep into our half, and came very close to scoring. Valiant and persistent defence lead by Kaela Mua, Cameron Ieng, and Finley Hoxley, saw us fend off all of the skirmishes into our territory, and in turn paved the way for a lovely counter-attack which saw Brock Draper stream up the middle of the pitch, draw the ball to the corner, and cross it in to the educated boot of Luke Cavanagh. 2 – 0 Altona (12 minutes). The final stanza of the 1st half was turbulent, with both sides pushing high up the ground in attack, leaving both defensive lines vacant for plenty of free movement. Our goal keeper, Cooper, was under constant bombardment of shots on target, only to be confidently and ably dealt with, and sent back down the pitch with interest. After a stint up front Ashlie Mua moved down back to help maintain the defensive pressure, and showed great agility moving between opposition attacks and blindsiding them into turnovers. After a couple of attempts to clear our lines, Williamstown North sneaked one through just before the half-time break; Altona 2 – 1.

Bora Ulker and Sean Gillis, our Year 9 leaders/referees, delivered a rousing half time speech, akin to that of Al Pacino in ‘Any Given Sunday’, and after a couple of changes, we burst back out onto the pitch. Immediately identifying the advantage of the wind, Cooper Burns started sending balls high into the stratosphere, and when they came down Mason Williams and Scott Gusman moved the ball quickly and efficiently down the centre of the field to link up with Jake Horan who dazzled the opposition with his nimble moves and efficiency by foot. 10 minutes into the 2nd half, Cameron Ieng smashed a ball up the right hand touchline to the lead of the Luke Cavanagh, who proceeded to cut in, mesmerise 2 defenders, and crunch the ball into where the back of the net would be. 3 – 1 Altona. Brutal crosses and interplay from our midfield, comprised of Luke Fox, Jordan, and Darcy, saw us maintain pressure for an extended period of time, allowing Param Param to add the finishing touch into the bottom left corner. 4 – 1 Altona. A final period of flurrying feet again saw us land another goal taking us out to a 5 – 1 lead. The sturdy “7 – 3 – 0” formation held well in the latter stages of the game, but Williamstown North managed to sneak a goal through in the dying seconds.

A glorious 5 – 2 win to Altona P-9.

A special mention goes to David Zipievski, who had the tireless and thankless task of leading the defence for the entire game. He demonstrated great leadership and determination, and is to be congratulated on a fantastic game.

Mr Moore
8B Teacher
MAY BOOK FAIR REPORT

Thank you to all those students and families who supported our Book Fair two weeks ago, from Monday 12th to Friday 16th May, during National Family Reading Month.

As a result of the generosity of the school community we reached a total of $1,100 in book sales, giving the school a Book Fair sales commission of $366 in Rewards points. This commission will be used to acquire more Literacy resources to support the development of reading.

Thank you to all the children who entered the Colouring competition and the Guessing competition and to all the children and families who came to our special Book reading family event.

Special thanks to Sasha (Year 7) and Miss Kramer (Pre service teacher) and to our special guest, Geronimo Stilton, who all assisted with story reading at our Book fair Afternoon Tea.

Prize Winners:

\* \* \* 
Guessing Competition  
Sam Alexopoulos (1A)  
Colouring Competition Winners  
Aaron Lai (3/4A)  
Ava Manuell (Prep)  
Thushana Sri Deenathayalan (1A)  
Charlie Mullett (2/3A)  
Nathan Klapsas (5/6A)  

\* \* \* 
Raffle Winner

Competition winners all chose books from the Book Fair as prizes. Thank You again and see you at our next Book Fair in December.

Ms Tseriotis  
2/3A Teacher

FUNDRAISING

BOOK CLUB

Just a reminder that the Book Club catalogue has been issued and all orders are due on next Friday, 6th of June. Don’t miss out to order your favourite books!

WINTER DAY

Dear Parents and students,

On Wednesday 18th June we are holding a Winter Day at Altona P-9 College. On this day full of winter festivities we are asking for students to come to school in their favourite winter pyjamas—this only includes onesies, flannelette, tracksuit pants— all students must be covered. Sensible shoes MUST be worn at all times.

Please note that any student who comes dressed inappropriately for this event will have their parents/guardians contacted and sent home.

This is the first of many events and we are looking forward to a great day. Please make sure that students are dressed as outlined.

With kind regards,  
Altona P-9 College  
Fundraising Committee
The Altona P-9 fundraising committee are putting together a winter CONNECTIONS event to help raise money for the AFL goals. We are asking students to come in their nice warm winter pyjamas (onesies, two piece flannelettes, dressing gowns—we suggest runners as the shoe of choice as some of the activities will involve running for a gold coin donation. Students will be given opportunities to work within their connections groups during the day with some activities free and some requesting gold coin donations.

Dick Smith OzeChoc hot chocolate with Pascall marshmallows during recess and lunch - gold coin
Pyjamas—gold coin
Teddy Bear Parade P-4—free
Penguin Bowling—free
Snow Globe Making—gold coin
Toboggan races—free
Snow scene photos (by an experienced photographer)—gold coin
Guess the snowflakes on the snowball—20 cent a guess
We will also be sending out a Pizza form which will allow children to order pizza for lunch for the day.

This event will run from 11.15 until 1.10 and we would love parents to come and join in the fun and help out with the activities.

GREAT FUN! GREAT DAY! GREAT PRIZES!
Winter Day Pizza Lunch Order

Students are being given the opportunity to pre-order yummy pizza to enjoy at lunch time on Winter Day, Wednesday 18th June.

Each slice will cost $1.50 and you can order as many slices as you like.

Please make sure all orders and money are in **no later than 3pm on** Monday 16th June—**NO LATE ORDERS WILL BE ACCEPTED.**

If your child has allergies and you would like to order pizza please contact the office and they will pass on the details to the fundraising committee. Every effort will be made to ensure your child does not miss out.

Altona P-9 College

FUNDRAISING COMMITTEE

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FREE PLAY GROUP FOR YOUR CHILD

KINDA KINDER

Enhance your child’s learning and development of literacy, numeracy and socialising skills through play and fun activities:

- For children 0-6 years old
- One hour per week; no need to book
- As a parent, you also participate (and must be in attendance)
- Led by Victoria University students doing the Bachelor of Education (Early Childhood/Primary)
- With the support of primary schools and local government.

Starting date: Every Tuesday 9:15am till 10:15am.

To be held at Altona P-9 College:

103A Grieve Parade
Altona
VIC 3018
Anxiety: Suggestions for families

Children with anxiety difficulties tend to see the world as a scary place. They can be overly sensitive to their feelings and lack confidence in their own ability. They may try to avoid situations they see as difficult and as a result do not cope with challenges in their environment.

How you can help

Parents and other adults can help by supporting children to be brave. In order to be brave children need to have skills for understanding and managing their feelings. They need to learn about helpful thinking that they can use to encourage themselves to have a go, and they need to gradually build up their confidence by taking on small challenges.
Help to recognise and understand anxiety
A first step in helping children gain some control over anxiety is recognising when it occurs and how it affects them.

Model helpful coping
Being a good model involves showing children how to cope with emotions (not just telling them). Show children with anxiety how you use helpful self-talk in a difficult situation (eg “This looks a bit scary, but I’ll give it a go”).

Discourage avoidance
Sometimes when children say they feel sick, they are describing feeling anxious. It is important that children do not avoid things like school or homework unnecessarily.

Praise having a go
Encourage children with anxiety to attempt new things and praise them for trying. It is very important to emphasise trying rather than success when anxiety is an area of difficulty.

Introduce challenges gradually
Children build strength and resilience by learning to face challenges. It is important to begin with small challenges that children can meet. For example, a child who is frightened of dogs might start by walking past the house when the dog is barking without having to cross the road. This improves confidence for taking on more challenging steps.

Start small
Help the child to choose goals for becoming braver and to take small steps towards achieving them. Celebrate his or her success at each step. Experiencing even small successes helps to reduce anxiety.

Practise coping skills
Practise using coping strategies for challenging situations. Help children talk about problems and support them to come up with possible solutions.

Try not to get angry
If a child simply refuses to do something even after you have encouraged him/her and broken the task into steps, it may simply be overwhelming at that time. Sometimes, you need to back off and praise the child for doing as much as he or she could. Later, try again with smaller steps and encourage your child to have a go, one small step at a time.

This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au