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College Newsletter

Thursday 9th February, 2017

Issue No: 1

Important Dates To Remember

Thursday 9 th February	Prep – Year 6 Welcome BBQ 6.00 – 7.00 pm
Tuesday 14 th February	Year 1 – 4 Beach Safety Program
Wednesday 15 th February	Year 7 – 12 Welcome BBQ 6.00 – 7.00 pm
Friday 17 th February	Prep – Year 6 Assembly 2.45 pm
Thursday 2 nd March	Whole School Athletics Carnival
Friday 3 rd March	College Assembly 11.10 am
Tuesday 7 th March	College Photo Day
Monday 13 th March	Labour Day Public Holiday

PRINCIPAL’S REPORT

2017...it’s sure to be a brilliant year for each of our students!

I welcome each of our families to our school and I look forward to getting to know you and your children over this year. As the year progresses and questions or queries arise, please feel free to make contact with your child’s teacher, the Main Office or me to clarify your concerns and reassure you. Our partnership around your child is important to us and we are here to help and ensure your child learns, grow and develops into a healthy, successful and happy young person.

This year our plans will focus on three things:

Student Learning and Achievement: Again we are aiming for student progress to be 10% more beyond what is expected. This means more students above the expected level, more students at the expected level and fewer students below the expected level. This is possible with our students using high yield strategies regularly in class. It includes things like drawing a visual representation of a concept or idea, identifying similarities and differences and applying information.

Student Learning and Engagement: For students this is about their sense of belonging to our school and their level of interest, curiosity and attention to learning as they participate in class. For students their engagement will increase as teachers plan to use our common model of instruction, IMPACT, each lesson. This year we want all Year 7 students to BYOD (Bring Your Own Device) and their engagement will increase through the use of these devices.

Student Learning and Wellbeing: our students’ level of comfort, health and happiness is important to us all.

Every day, as your child comes to school they should feel happy and safe. We will work to improve each student’s wellbeing with continued work around positive relationships, having fun in class, building students social skills and resilience and, again this year, our wellbeing team is well resourced with a social worker, youth worker, speech therapist, psychologist and an occupational therapist.

Our school this year has had a further 12% increase in enrolments, pushing our student numbers over 700. That’s great for us all as we are able to employ additional staff to ensure learning rates are increased based on student need. As you meet your child’s teacher over this early part of the year, please make them feel welcome as you introduce yourself and begin to build that important relationship.

It’s been a lovely settled and focused start to the year and our calm and orderly class spaces have seen all students increase their effort and work ethic. Students have also been writing their own learning goals for this term to ensure they know exactly the sorts of the things they can do each hour to improve their achievement...like listening closely to others, working together, being prepared for class and writing for at least 30 minutes each hour. Each term each child will develop their own goals.

Again this year, please be aware, any Prep to Year 6 parents are welcome to go into your child’s class every morning and hear your child and perhaps a few other children, read. It’s from 8.45am for about 10 minutes.

Thank you to our Year 7-12 parents for your support with uniform. The white shirts look brilliant and students are proud to be wearing it. Almost 100% of students are now in the new school uniform and your support to make this happen is greatly appreciated.

Again this year our Youth Worker, along with our student leaders, are organising lunchtime activities for

all students. There will be lots of things for students to be involved in such as basketball, indoor soccer, fun games and clubs like chess or sci-fi.

All of our staff are looking forward to working with your child and each family involved with Laverton P-12 College for 2017. Let's make it a great year for our children!

Richard Jones
College Principal

DISCOVER, EXPLORE, CREATE NEWS

PREPS STARTING SCHOOL WHAT YOU CAN DO

How your child reacts to starting school will depend on their personality, their background and how prepared they are for this next big step in their lives. By now they'll probably be responding to school in a variety of ways and most children will be experiencing some change – after all they'll be learning, playing and interacting with new people and getting used to a whole new environment – and it will take them some time to settle in. Some things you can do to help your child adjust to school include:



- making sure your child knows who will take them to school and pick them up on the first day
- laying out your child's clothes, hat, shoes and socks the night before
- helping your child to pack their school bag with a snack, drink, lunch and a hat
- placing a spare pair of underpants and a change of clothes in a plastic bag and letting your child know these clothes are in their bag in case of any accidents at school
- putting sunscreen on your child in the morning if it is needed
- showing your child where you will meet them at the end of the school day
- ensuring they have a healthy breakfast – this is important for energy to get through the day
- making time to chat to your child about what they did at school that day
- developing a bedtime routine so your child can wind down at the end of the day and get a good night's sleep – children aged five need around 10 to 11 hours sleep a night

Try not to put too many expectations on yourself or your child; if they are happy and enjoying school, that's a real achievement. You know your child best. If you have any questions about how they are settling in at school, contact your child's teacher so you can talk things through together. You can contact your child's teacher in

person, over the telephone or via email, whichever suits you and your situation best.

SAFETY COMING TO SCHOOL

In the mornings children are very excited about coming to school and sometimes there are a few students who are creating an unsafe situation crossing roads close to the school.



Please have a chat with your children to help by reminding them about:

ALWAYS USING THE SCHOOL CROSSINGS, where there is a crossing attendant.

The **Stop, Look, Listen, Think** procedure, when properly used, is the correct strategy for crossing roads.

Choosing safe places to cross roads is essential, if the students are not coming from the direction where there is a school crossing.

LOOKING all around as is important, as vehicles can come from anywhere.

LISTENING, it helps with the hearing and interpretation of instructions from adults and also identifies where traffic is coming from and the presence of reversing vehicles.

After getting all relevant information, about whether it is safe to cross.



SCHOOL HOURS

8.45 am	Children arrive to School.
9.00 am	School starts.
9.00 am – 11.00 am	Class time.
11.00 am – 11.30 am	Recess.
11.30 am – 1.30 pm	Class time.
1.30 pm - 2.10 pm	Lunchtime.
2.10 pm – 3.10 pm	Class time.
3.10 pm	Dismissal.

UNIFORM

It's great to see many of our students have transitioned to our new uniform.

On PE days your child can wear their sport uniform to and from school.

Year 5 and 6 students can also purchase and wear a sports uniform on sports day also, however it is not compulsory for these year levels.

The school tie is to be worn with the white school shirt.

Uniform items can be purchased from:

Double C Jeanery
2 Aviation Road Laverton
9369 4307

ABSENCES

Please call the College if your child is away. Remember **'it's not ok to be away'**. The DEECD recommends that the maximum number of approved absent days for any student should not exceed more than 6 days for the whole year.

CONTACTING THE SCHOOL

Telephone contact can be made with the College by contacting on 9369 1833. If you need to collect your child early please report to the Main Office so that your child can sign themselves out. The College will not allow students to leave early unless arrangements have been made with parents. **NO** student will be permitted to leave school early unless collected by an authorised adult.

HATS

Students are required to wear hats during Terms 1 and 4 for outside play and for outside sport. Students who are not wearing a hat will be asked to play under the covered areas.

BREAKFAST CLUB

Breakfast Club has started for the year. Students can have cereal, baked beans, toast, fresh fruit, tinned fruit and milo for breakfast from 8.15-8.45 each day in the Arts area of the Create building. We look forward to seeing you there.

WET WEATHER

If students arrive before 8.45 and it is raining they can go to the Arts room in the Create building to stay dry before classes begin. Students will be supervised.

COLLEGE PHOTOS

Tuesday 7TH March.

School photo order envelopes will be handed out in the next few weeks.



If you pay your child/children's 2017 Compulsory Student Package by Thursday, 28th February, 2017 you will go into the draw for a complete school uniform for your child.

There will be a winner in each Learning Centre.

Winners will be notified **on Friday 31st March, 2017.**

GRADE 6 REPRESENTATIVES

The grade 6 teachers are delighted to announce the four Grade 6 Representative for 2017.

Faustina Bergado 6A, Khaleb Pitcher 6A, Jiya Passi 6B and Jake Lloyd 6B, have been voted in by their classmates. They will be involved in a number of focus groups across the school as well as helping out in whole school and year level assemblies this year. Congratulations on your effort!

Miss Barrett and Mr Condon

SCHOOL LAWYER

Dear Parents and Families,
My name is Angus and I have started working at Laverton P-12 as part of a pilot 'school lawyer' project. While at Laverton P-12 I will be providing legal education workshops to students to teach them about their legal rights when it comes to things like starting employment, dealing with police and public service officers, using public transport, cyber-bullying and 'sexting' and other relevant legal topics. Part of my role will also be to provide private and confidential case work support to students dealing with legal problems outside of school. Generally speaking, I can assist students with any legal issues



they might have, or can make an appropriate referral if necessary for more complex matters. To give you an idea of how I can help your child/young person, this is

a list of the type of issues I regularly assist young people with:

Employment – including underpayment, unfair dismissal, discrimination in the workplace

Crime – including first time offences for things like shoplifting, assault, graffiti, driving offences and drug related offences

Fines/Infringements – including myki, driving, and other infringements

Debt – including mobile phone and internet debt

If your child/young person has a legal issue please feel free to make an appointment for them to come and speak to me at school. To make an appointment please contact reception on 9369 1833 and speak to the wellbeing team, Tregan Spiteri and Chris Singh. I am currently available at Laverton P-12 every Wednesday for appointments and drop-ins.

HEALTH & WELLBEING

HOW TO MAKE FRIENDS

A lot of people struggle with the challenge of making friends, but there are things you can do to make it easier. Thinking about how you can be a good friend is a first step, along with thinking about places you might go to make new friends. There are also some skills you can work on which will make it easier to socialise and talk to people. If you feel like making friends is far more difficult than it should be, you might be looking at something a bit more serious, so talk to someone you trust who can help.

Everyone deserves friends and finding it hard to make friends doesn't mean there's anything wrong with you. But there are a couple of things you can do which might make the process of making friends a bit easier.

Friend ready

If you're looking to make friends, it's worthwhile thinking about things you can do that will make you the best friend you can be...

Work on self-awareness. It's really important when looking to have any relationship with another person that you're aware of who you are, your values and beliefs.

Friendships come to those who wait. Don't be too disappointed if your decision to make some new friends doesn't result in heaps of friends straight away. Making a network of friends is quite a slow process but if you're patient, you'll end up with a whole crew of people who are lucky to be your friend.

Try not to bitch. Whether you're a guy or a girl, it can sometimes be hard to resist building friendships based on a shared dislike of someone else. Be aware though that this can make you seem like an untrustworthy friend, so can backfire if you're not careful.



Don't forget who you are. Sometimes the urge to make friends can make us want to change who we are. But you shouldn't feel that you have to give up a part of yourself to make friends with others. Not only will this mean that your friendships aren't genuine, you'll be missing out on meeting people who think the real you is awesome.

Places to go

Beyond the usual places like school or uni, there are some other alternative places to find friends that you might not have thought of...

Join a club or group that interests you. Chances are there'll be people there who you'll get on with because, after all, you must like at least one thing in common!

Volunteer. There's so many good things that can come out of volunteering. Not only are you helping others,

but there's also a chance you'll make friends while doing it.

Party on. Try not to turn down invitations to parties or events. The more people you see, the more people you meet, the more friends you're likely to make.

Learn some skills

Making friends can be difficult if you're not too confident about your social skills. A lot of people have difficulty knowing what to talk about and what the best approach is. But there are things that can help, tried and true methods that just might give you the confidence to be a friend-making machine...

- › Watch and learn from sociable people
- › Practice socialising.
- › Don't feel you have to talk, just listen
- › Ask the person about themselves.
- › Find out about other strategies from a good source (eg a counsellor or psychologist)

If these don't help or you feel like fear of socialising is affecting your life, you might be suffering from something called social anxiety. There are heaps of ways to deal with this, so check out our fact sheet and find out other things that might work for you.

It's bigger than this

If you feel like making friends is impossible and you've practiced these strategies but they haven't worked, it might be worth talking to someone who can help. By talking to someone you trust, or an experienced expert, you'll be able to get some unique strategies that will be tailored to the particular challenges you are facing. Try a psychologist or counsellor – they'll have some suggestions that may help.

References and further information:
www.reachout.com.au

Michelle Hynson
School Health Promotion Nurse
Thursday and Friday.

AOCRA

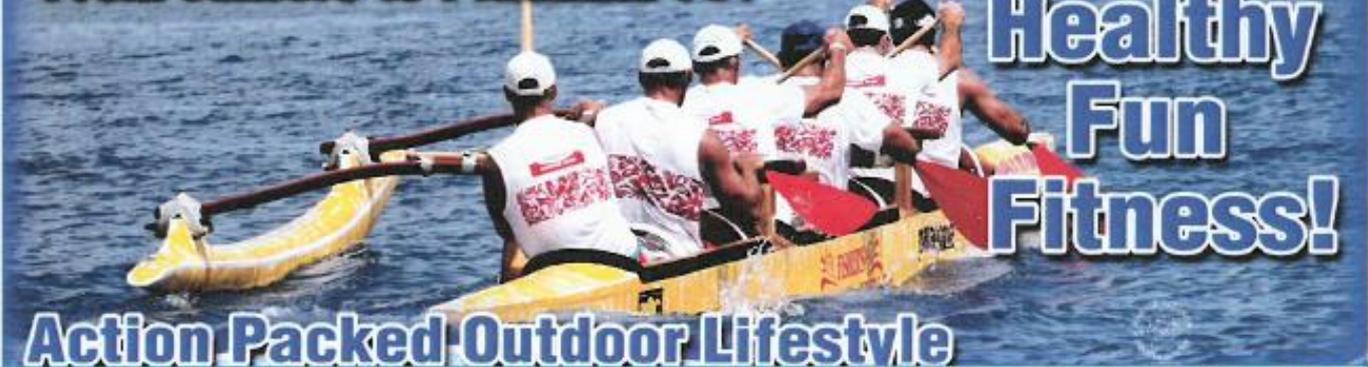
Australian Outrigger Canoe Racing Association



Australia's fastest growing
'EXTREME' water sport

All ages catered for!
From Juniors to Platinum 70+

**Serious
Healthy
Fun
Fitness!**



Action Packed Outdoor Lifestyle

KAI'OPUA OUTRIGGER CANOE CLUB COME & TRY DAY

**ALTONA YACHT CLUB
WG CRESSER RESERVE
10 BEACH STREET
SEAHOLME**

Year 7-12 Students
**Laverton College
P-12**

FREE SAUSAGE SIZZLE

**19TH FEBRUARY
10AM-2PM**

ROSA - 0400 324 325

ALL EQUIPMENT PROVIDED

PLEASE BRING A CHANGE OF CLOTHES & TOWEL



Try it for Yourself!