



Contact Details:
 91 Bladin Street
 Laverton Vic 3028
 Phone: 9369 1833
 Fax: 9369 4104

laverton.p12.co@edumail.vic.gov.au
www.lavertonp12college.vic.edu.au

College Newsletter

Thursday 27th April, 2017

Issue No: 4

Important Dates To Remember

Friday 28 th April	Curriculum Day
Tuesday 2 nd May	Students dismissed 1.30pm
Friday 2 nd June	Curriculum Day

PRINCIPAL'S REPORT

Teacher Learning + Student Learning.

At our school, Laverton P-12 College, we have all teachers planning and working together for the learning students will do each day. Teachers know your child(ren) and organise the next step in their learning. This requires our teachers to access a repertoire of strategies and things for students to do. Our ed support staff are there alongside students encouraging them, monitoring their progress and reassuring students they 'can do' the work required. Our teachers have been learning about high yield strategies (HYS) and know their effect is to help students perform at higher levels and also increase the rate of learning. These HYS are within our common model of instruction, IMPACT, which we encourage all teachers to use throughout each lesson. As part of this model, teachers plan for student practice, application, evaluating and analysing and feedback during class.

When we talk about learning for students we are talking about what students are doing in classes. It may be watching short clips, reading, writing, rhyming, clapping, reading out loud, giving oral presentations, saying, doing, making, drawing, connecting, listing, creating, applying, analysing, identifying similarities and differences, exploring, discovering (often with web-based applications), solving, questioning.

Together, teacher learning and student learning, create an effective dynamic for student improvement, growth and progress. Alongside their friends, with encouragement from parents, students and teachers together work to see achievement increase at a rate beyond what is expected. As we know, our plans have goals for an additional 10% increase in student achievement for 2017. This means we aim for more than 12 months progress in 12 months. Again we do this

through student use of high yield strategies and our common model of instruction, IMPACT.

This term we have just employed additional staff to support student reading skills in Years 7, 8 and 9. We need to ensure every student has the skills to read and understand what they are reading. I have attached to this newsletter a guide for ways we can encourage encourage students to read and write. Reading and writing are closely connected and the more practice students have, the more effective they will become. This may mean making a time, even 10 minutes each day, as a regular routine, for your child(ren) to read. With our patience and encouragement, students will learn to persist and use the strategies learned at school to help them read and write.

Thank you for having students ready for school each day, in uniform and with the materials they need. This can be difficult at times and we appreciate the efforts you make which let your child(ren) know that school is important. Regarding uniform for Years 7-12, in Term 1 we focused on the new white shirts which look great! As move into Term 2 we would like to see all students in their school jumpers with no hoodies please. Additionally, on PE days, your child can wear their sport uniform to and from school.

I hope your child has had a good start to Term 2 and are enjoying their classes, friends and teachers. As always, with any concerns you may have please make time to chat with your child's teacher by phone, email or in person. You may find you would like to follow up something you heard from your child or want something clarified. We are here to work with you, together, to ensure your child improves, grows and progresses.

Richard Jones
College Principal

DISCOVER, EXPLORE, CREATE NEWS

COMPUTERS

We have been fortunate to receive a number of second hand desktop computers donated to our school which we are able to pass on to you if you are a holder of a Health Care Card.

It will be 'first in best dressed' meaning those who request first will be able to get one.

Ideally these computers can be used to access our parent portal and for students to complete school work and access class materials and resources, as well as everything else.

The desktops are complete with monitor, mouse and basic software.

If you are wanting one and are eligible, please contact the Main Office to arrange a time to pick up.

GRADE 1 LOCAL EXCURSION

Dear Grade 1 Families,
Grade 1s will be taking a walk next week (weather-dependent) around the school, McCormick Park and along the path near Laverton Creek.



We will be investigating natural, managed and constructed features of our community.

GRADE 3 LOCAL EXCURSION

Grade 3 are investigating history this term. We will be looking at the lives of the Yalukit Willem people who have lived in the area since Hobson's Bay was a grassy plain. We will also look at the reasons for, and consequences of European settlement and some important dates in personal, family and global history. Thanks to all of the families who have already supplied dates for our timelines. Your children may come home with even more questions over the weeks to come.

This week our investigation will link up with place value and 'really big numbers' as we take our timeline on a local area excursion (down the path along the creek) to find out just how long 40,000 years would be! Weather permitting, the Local Area Excursion will be in session 5 of Thursday the 27th of April.

DATES TO REMEMBER

28th April – Laverton Primary School Cross Country –

Parents to take students

Monday 3rd May – WMR Intermediate Girls Volleyball Finals

Thursday 4th May – Grade 6 Interschool Sport

Friday 5th May – Grade 6 Interschool Sport

2017 VICTORIAN SCHOOL STATE TEAM

UPCOMING TRIALS

Any students that are interested MUST see Mr Barrera or Mrs Jackson by the end of the week.

FOOTBALL - 16 YEARS AND UNDER BOYS

Each year, talented Victorian School students have the opportunity to trial for a place in the School Sport Victoria (SSV) Team Vic State team. Selected students participate in annual [School Sport Australia](#) (SSA) Championships including the Pacific School Games (PSG) held every second year. These championships offer gifted and talented students the opportunity to participate in higher levels of sporting competition against students from other Australian States and Territories.

IMPORTANT: The tournament dates **do not** clash with NPL season. So please offer this opportunity to your best performing players. Players that represent Victorian Schoolboys have the chance to be identified for the Australian Schoolboys.

Trials:

Trial 1 A to H Surname: Wednesday, 17 May, 2017
Time: 6:00pm – 8:00pm

Trial 1 I to Q Surname: Monday, 22 May, 2017
Time: 6:00pm – 8:00pm

Trial 1 R to Z Surname: Wednesday 7 June, 2017
Time: 6:00pm – 8:00pm

Trial 2: Wednesday 14 June, 2017 Time: 6:00pm – 8:00pm

Trial 3: Wednesday 21 June, 2017 Time: 6:00pm – 8:00pm

Venue: All Trials held at Keilor Park Recreation Reserve Synthetic Soccer Fields - Stadium Drive Keilor.

NB. Students must fully register before attending trials.

To register go to:

<https://2017football16yrsboys.eventdesq.com/>

Nominations close: Thursday, 3rd May 2017.

Age Eligibility: 16 years and under, that is, born 2001 or later.

Championship Venue and Dates: Adelaide, SA, Sunday 3rd December – Saturday 9th December ([Part of Pacific School Games \(PSG\)](#))

PARENTS CLUB

MOTHERS DAY STALL

If any parents would like to assist and help next week on Wednesday, Thursday lunch times between 1:15pm and 2:15pm and Friday recess and lunch times we would be very grateful. If they could email lavertoncollegepc@gmail.com.



Also the noticeboard outside the Resource Centre will now be showing important dates such as assemblies, camps/excursion dates and copies of the newsletter.

HEALTH & WELLBEING

HOW TO BUILD SELF-CONFIDENCE



Confidence can be a tough thing to build on but we have some handy tips that just might help you out. Things like listing what you've already achieved, or finding a hobby can be a really great way of building self-confidence. If these strategies don't help, you might have to dig a bit deeper for ways of building yourself up.

Not everyone is born with a high level of self-confidence. Sometimes it can be hard to develop confidence, whether because of personal experiences that have caused you to lose confidence or suffering from low self-esteem.

There are a couple of handy things you can do to build your confidence. Some of these are just little changes to your frame of mind, and others are things you have to work on for a bit longer to get used to them.

Top tips for building self-confidence:

Look at what you've already achieved. Sometimes it can be easy to focus on what you haven't done. It's easy to lose confidence if you feel like you haven't achieved anything. Focusing on stuff you have done, big or small, can help gain perspective on all your talents and abilities.

Write down a list of all the things you're proud of in your life. Think of things you have achieved, whether it's getting a good mark on an exam or even learning to ride a bike. Keep this list close and add to it when you do something you're proud of. When you're low in confidence, pull this list out and celebrate the things you've achieved so far.

Think of the things you're good at. Everyone has strengths and talents, what are yours? Have a look at our fact sheet on strengths and work out how you can build on yours. Recognising what you're good at and trying to build on those things can be a really valuable way of building confidence in your own abilities.

Set some goals. Set some goals and aim to achieve them. By proving to yourself that you can get stuff done, you'll prove to yourself what you're capable of achieving. They don't have to be big goals; they can even be things like baking a cake or planning a night out with friends. Just little things that can be ticked off a list and help you gain self-confidence in your ability to get stuff done.

Talk yourself up. You're never going to feel confident if you have a negative commentary running through your mind telling you you're no good. Think about

your self-talk and how that might be affecting your self-confidence. Have a read of our fact sheet on self-talk to get some handy tips on turning your negative self-talk around.

Get a hobby. Try to find something that you're really passionate about. Do you like playing footy? Like building model trains? Think of some of the stuff you're really interested in and commit yourself to giving them a go. Finding stuff that you're passionate about will help you find stuff that you're good at. Chances are, if you're interested or passionate about a certain activity you're likely to be good at it as well. It can also be a skill you can master, something that will inevitably give you higher self-confidence.

Talk to someone about it. Not everyone is going to be able to make you feel better about yourself. In fact, there are some people in the world who will purposefully try and lower your self-confidence. But if you can find someone that you trust who will tell you honestly what you're good at and who you can talk to about your self-confidence, go have a chat with them. This might be a friend, a parent, a teacher or a counsellor.

If you're not feeling better:

Sometimes the quick fixes don't help in the long term. If you're feeling really bad and things just don't seem to be getting better, it might be worth going to talk to someone who knows how to build you up. Professionals like counsellors and psychologists have some really good strategies that can help you build up your confidence. Not only that, but they may be able to help you find the underlying problem that might be causing you to feel bad about yourself.

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

Michelle Hynson
Secondary School Health Promotion Nurse
Thursday and Friday.

Tutoring only

\$17.50/hr

**Learn
Better!
Learn
Smarter!**

**Struggling at
School?
Want to be ahead of
the class?
Need help with
homework
or tests?**

**Grade 1 to 9
English, Maths,
Science
Friendly teaching
environment**

**Enrol Now!
Limited Spots Available
Call 0400 992 618**

**University of Melbourne
Double Degree
Bachelor of Commerce
Bachelor of Arts**

Quintuple Majors

**Extensive Teaching
Experience**

**Scholarships from
Carey Baptist Grammar
Fintona Girls' School
University of Melbourne**

**Working with Children
Check**



FOSTER CARERS NEEDED

If you have thought about foster care, please get in touch and ask the questions you have always wanted to.

Ring: Key Assets 1800 932 237 or 1800 WE CARE

Email: info@keyassets.com.au

Web: canifoster.com.au or keyassets.com.au

Interested families would receive a brochure, information and no pressure!

I have also attached a graphic if space allows.

Please call if you require any additional information and/or would like a Key Assets representative to visit and talk to your school community.



Supporting your child's reading and writing

Everyday activities to make connections at home

- 1 Share rhymes and songs and encourage your child to join in.
- 2 Save safe cardboard household items for your child to build with. Ask your child to describe what they are building.
- 3 Have a dress-up box for your child to use for imaginative play.
- 4 Listen to your child and respond to their ideas with questions and ask for more information.
- 5 Write down your child's stories as they tell you and encourage him or her to read it back to you.
- 6 Point out and talk about letters and words all around you. For example, on cereal boxes, car number plates, signs.
- 7 Cook simple things together. Read out the recipe, talk through what you are doing.
- 8 Join a toy library and choose toys together.
- 9 Look at junk mail and talk about the things for sale.
- 10 Provide materials and create a writing/drawing table or area.
- 11 Talk about family photos and histories.

Story-telling about:

- 12 A favourite character from a book or television program.
- 13 Another family member.
- 14 Your child's favourite toy.

Reading together

- 15 Encourage your child to select the books, magazines, catalogues, multimedia stories or DVDs.
- 16 Discuss the pictures in a book and encourage your child to talk about the pictures.
- 17 Share wordless picture books to develop imagination, ideas and vocabulary by naming things in the pictures.
- 18 Re-read your child's favourite books and stories.
- 19 Look for rhyme, rhythm or repetition in books.
- 20 Support your child to make their own books with pictures and then 'read' the story to you.

Questions to explore

- 21 Look at the picture, what can you see that might start with that letter?
- 22 Look at the picture, what word makes sense to describe it?
- 23 What letter does it start with? What sound does the letter make? What letter does it end with?

- 24 What would you like to read about?
- 25 Look at the cover – what do you think this book is about?
- 26 What is happening in the pictures?
- 27 How could we work out these tricky words?
- 28 What do you think is going to happen next?
- 29 What was your favourite part of the book?
- 30 Who was your favourite character in the story? Why did you like that character?
- 31 If you could change the ending of this book, what would it be?

Reading ideas

- 32 Write down what your child is telling you about an experience and then read it back together.
- 33 Visit your local library or school library to select and read books together.
- 34 Find out facts about your body by visiting www.cyh.com/subdefault.aspx?p=255
- 35 Draw or paint pictures about the scenes by visiting Brushster at www.nga.gov/kids/zone/brushster.htm
- 36 Talk about what authors and illustrators do.
- 37 Point out important things about a book – for example, the front cover, the spine, the contents page, or the title.

Reading and writing go hand in hand

- 38 Ask your child to talk about an experience or something that interests them.
- 39 Ask your child what part of the conversation they would like you to write.
- 40 Write a shopping list or add items to the list and tick off the items as you buy or unpack them.
- 41 Keep a board to write and read family messages.
- 42 Give your child a pad of sticky notes to write reminders for themselves.
- 43 Plan and write your weekly menu together.
- 44 Write captions for photographs in your family photo albums.
- 45 Write labels for your child's art works and creations.
- 46 Make words using magnetic letters and stick them on the fridge.
- 47 Make and write greeting cards, birthday cards, and thank you notes.
- 48 Keep a family calendar on display and write down family events. Talk about upcoming events with your child, for example, where, when, and who will be there.



PARTNER OFFER



JUNIOR MASCOT COMPETITION

WESTERN BULLDOGS JUNIOR SUPPORTERS (7-12YRS)

How would you like to go down to the rooms before the match
AND run through the banner (in uniform) with the team
on Saturday 6th May against the TIGERS?



You and your family can watch the game and cheer on the Bulldogs! **Entering is simple.**

All you need to do is click through to the website, watch our video featuring Marcus Bontempelli and answer a simple question. **Good luck and go dogs!**

Competition ends 12pm Friday 28th April

#CAPEGRIM
#TRYTHEBESTBEEF

OFFICIAL BEEF OF THE BULLDOGS



WHERE
REAL
STRENGTH
LIVES



1300 46 36 47 • #REALSTRENGTH



MEMBER PARTNER



MAJOR PARTNER