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College Newsletter
Thursday 18th May, 2017
Issue No: 5

Important Dates To Remember

Friday 2 nd June	Curriculum Day
Monday 12 th June	Queen's Birthday Public Holiday
Friday 30 th June	Last Day Term 2 students dismissed 2.30 pm

PRINCIPAL'S REPORT

Mid- Term check-in.

How are we going? How are your children going at school? Are they making progress? Is there still further improvement to make? Let's take a look at a few things school-wide and then bring things back to your child.

Our school is made up of over 721 students who each day come to school to learn. Our data shows that since the beginning of this year some students have achieved high rates of growth and some lower rates of growth. Importantly all students have shown growth. This is a great indication that our student's academic performance can be higher and can be at and above the state average.

School wide we have a focus on teacher use, in their planning, of our IMPACT model. This encourages teachers to include student use of high yield strategies every hour. Typically our students come in to their class and think about the learning goal. The teacher connects the goal to prior learning often through the use of a hook, a short video clip or a visual image. Students now feel linked to their previous lesson learning and become interested in what's going to be learned next. Often this will be new material, concepts and skills. And students then will practice the skill or apply the information and find examples of how the information is used and how it looks in different settings. Student challenge themselves and others by posing questions and testing their thoughts and ideas. Towards the end of the lesson there is a check-in with the students for a review of their learning that hour.

When students are note-taking, summarising, watching short clips, reading, pair-sharing, writing, rhyming, clapping, reading out loud, giving oral presentations, saying, doing, making, drawing, connecting, listing, creating, applying, analysing, identifying similarities and differences, exploring, discovering, solving problems, questioning they are using high yield strategies. This skills increasing student achievement and we are aiming for an additional 10% increase in academic achievement, above what is

expected, for 2017. As a result we should more students at, and above, the expected level of achievement and see fewer students below the expected level from Prep to Year 12.

Let me ask you how child feels about school? Every day I walk around our school and go in to many classes and I'm seeing students more focused, putting more effort in and doing more. It's very encouraging and rewarding to see students on task in a calm and orderly learning environment. Attendance at school is closely connected to learning and wellbeing. We are doing lots of things like planning engaging lessons, creating a positive classroom climate and have lots of clubs and activities for students to be involved with at lunchtime, to make what happens at school interesting, enjoyable and challenging (with support) for students. Working together, we can ensure every student at our school is learning, progressing and achieving while feeling welcome, safe and happy.

As you have seen, our on-line Parent Portal allows you to see attendance and a few other things about your child and school. There are still a number of desktop computers available for free to families to take home and keep. If you would like one, please contact the Main Office at school.

We would like your help to ensure we see all students in their school jumpers with no hoodies please. Additionally, on PE days, your child can wear their sport uniform and the sports jacket to and from school.

Your child's teacher, the Year Level Mentors, Leading Teachers, Assistant Principals and myself are available to clarify any questions or hear any concerns you may have: initially please make time to chat with your child's teacher by phone, email or in person. Together we can ensure your child improves, grows and progresses and increase their academic performance.

Richard Jones
College Principal

DISCOVER, EXPLORE, CREATE NEWS

BREAKFAST CLUB

Every morning Breakfast club operates from the Create Building Art Room space from 8.15 – 8.45. Students have a wholesome breakfast of cereal, baked beans, toast, tinned and fresh fruit and warm milo. The interaction between the students is very social and enjoyable. All year Prep-6 students are welcome to come along to Breakfast Club.



KNITTING CLUB

Every Wednesday at lunch time the knitting club is held in the Art Space of the Create building. The students are learning to cast on and off and knit. They are presently making squares to make a blanket. Both boys and girls attend the club each week and we have a lot of fun together. We have a waiting list for next term already.



YEAR 8 LADY NORTHCOTE CAMP

Last week from the 10th to the 12th of May, the year eights attended camp at Lady Northcote. Over the course of the three days, we participated in a range of many activities, such as; Archery, Mountain Bike Riding, Canoeing, low ropes and a lot more. Everyone enjoyed themselves, and the company. There was laughter, sweat and tears. Everyone had their own responsibilities, like cleaning up after themselves and did so, without any complaints. New friendships bloomed, and everyone was one big happy family. Keren & Monique



FAIRY PARK

On 1st May, Grade 1 students went to Fairy Park as a part of their Literature unit on Fairy Tales. We wanted to see some of the characters and settings that we are reading and writing about! We had a wonderful time. We thought Aladdin's cave was scary, and the three little pigs were very cute! We liked taking our pictures posing as knights and princesses. The dragon sculpture was our favourite... until we got to the playground. It was the most adventurous playground we have ever seen, with slides and rides and castle walls to hide and run in! On the way home most of us fell asleep. It was a great day.



REMINDERS:

- No dogs are permitted in the school grounds at any time.
- Laverton College carparks are designated for **STAFF PARKING ONLY**.
- Parents and visitors to the school are requested to avoid smoking in the vicinity of the school. Smoking is not permitted in the school grounds.
- All visitors are asked to report to the Main College Office.
- Laverton College expects all students to be respectful to each other and to take care of the great facilities we have at our College every day whilst at school and going to and from school.

CRASHENDO

Crashendo is recruiting! If you are interested in learning a musical instrument and singing in a choir, new places are available at Crashendo starting Term 3. Crashendo runs every Wednesday and Thursday after school from 3.30pm-5.30pm. Please collect a form from the front office to express interest in joining Crashendo!

HEALTH & WELLBEING

FINDING MOTIVATION:

Motivation is what drives us to make the things we want happen—but staying motivated isn't always easy. Get some tips on how to find (and to keep!) motivation, and suggestions for what to do if you just can't get into gear.

Why motivation is important

To make things you want to do or achieve happen, you need motivation. Motivation is what drives you towards a goal, gets you up in the morning, and keeps you working through a task, determined to succeed when things get tough.

Everything that could possibly motivate you can fit into one of two categories:

› Positive motivations, which focus on the positive things that will happen when you take action. e.g. 'Finishing this assignment means I'm one step closer to being qualified.'

› Negative motivations, which focus on the negative backlash that will occur if you don't take action. e.g. 'if I don't finish this assignment in the next few hours I will fail.'

Both negative and positive motivation can be effective in different circumstances. However, people are much more successful when they're doing something because they actually want to, rather than if they're acting to avoid an outcome they don't want. That means positive motivation usually has a bigger and better impact.



Negative motivation can sometimes be quite dangerous. That's because it only works if you know the exact steps you are going to take to reach your goal. If you don't have a positive plan of action, using negative motivation to approach a task can make you feel really helpless, and actually reduce your motivation.

Knowing how to find effective motivation strategies is really important to getting stuff done.

Tips for finding/keeping motivated

Set goals. When you set a goal you make a decision to act upon what you want. This gives you a direction to focus on – one that's measurable and has an end point; all factors which can help a person stay motivated.

Choose goals that interest you. You're much more likely to stay motivated if you are working towards something that you genuinely want to do or achieve.

Find things that interest you within goals that don't. Sometimes other people set us goals or tasks that we don't find interesting / want. So, try and find something within that task that does motivate you. E.g. 'I hate maths, but it's going to help me become a builder, which I want more than anything.'

Make your goal public. If you state you are doing something to someone else, or write it down, you've essentially promised to keep your word.

Plot your progress. When you are working towards something, it can be really motivating if you can see evidence that you are making progress. Draw / create a visual representation of how you are coming closer to achieving something.

Break up your goal. Start with easier tasks and work your way up to bigger challenges. Breaking up a task in your mind into achievable chunks helps build confidence.

Use rewards. Promise yourself some sort of reward each time you complete a step/task.

Don't do it alone. Join a class, find a teacher or someone with whom you can share the experience. Other people's encouragement to keep going can be a big boost to your motivation, particularly when you're doing it tough.

Learn how to use positive self-talk.

If you're really finding it hard to stay motivated

If you've tried all these things, and just can't get motivated, then it might help to talk it through with someone that you trust. It can be really hard to achieve things on our own, and having a good support network when you're working through a big challenge is really important.

You could also try talking to a counsellor. They are great at helping people work out which motivating strategies will work best for them.

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

Michelle Hynson
Secondary School Health Promotion Nurse
Thursday and Friday.

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.



in-balance
FITNESS

B01/390 Queen Street
Altona Meadows

12 MONTHS MEMBERSHIP

Included in the Membership:

- 24/7 Access To The Gym
- Access To All Gym & Cardio Equipment
- Personalised Induction Program

\$12.95 WEEKLY

CONDITIONS APPLY



WYNDHAM TRIALS

North Melbourne Football Club invites all 11-15 year old girls and boys to our Next Generation Academy Trials. The Next Generation Academy endeavours to transform all young athletes into champions both on and off the field.

TRIAL

Wyndham - Tuesday, July 11
Eagle Stadium, Werribee (Time TBC)

ELIGIBILITY

Trials for participants living in the following postcodes:

• 3024 • 3026 • 3027 • 3028 • 3029
• 3030 • 3211 • 3338 • 3340

**FREE
REGO**

Selected participants will experience a 13-week elite football and personal development program every Monday, beginning July 24.



North Melbourne Football Club strongly encourages girls and boys from multicultural and Aboriginal and Torres Strait Islander backgrounds to register and attend the Next Generation Academy. Previous football experience is not a requirement to participate in the academy.

▶▶ REGISTER NOW AT NMFC.COM.AU/NEXTGEN
▶▶ Questions? Email us at nextgenacademy@nmfc.com.au



FRIENDS OF LAVERTON CREEK COMMUNITY PLANTING ACTIVITY

Come down and join in with the local community and help revitalise Laverton Creek.

Friends of Laverton Creek have been conducting regular activities along the Laverton Stretch of the creek for five years now. Turning what was once a wasteland into one of the main features of Laverton.



When: Saturday 27 May 2017

Time: 10am to 12pm

Where: Bladin Street Laverton on the South West side of the bridge

Activity: Planting and Mulching local Indigenous plants. Tools and gloves supplied.

A FREE BBQ lunch will be provided afterwards.



**HOBSONS BAY
LANGUAGE LINE**

9932 1212

INTERPRETER SERVICE FOR ALL LANGUAGES

AND RECORDED COUNCIL INFORMATION IN:

English

Italiano

普通话

Mavayhikan

العربية

Ελληνικά

粵語

Tagalog

Your Council in your language



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