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College Newsletter

Thursday 27th July, 2017

Issue No: 7

Important Dates To Remember

| | |
|--------------------------------|---------------------------|
| Friday 4 th August | College Assembly 11.10 am |
| Friday 18 th August | Curriculum Day |

PRINCIPAL'S REPORT

Term 3 is off to a fab start!

We have seen our students return to school, ready for learning. Students are calm, orderly and have their equipment for each class. We have seen classes be very settled, very productive and very positive for students. Our teachers and ed support staff have been well prepared for students, through the use of our common model instruction, IMPACT. There have been plenty of things for students to do at Recess and Lunchtime with a selection of clubs and activities. We have a Vietnamese cooking class for students soon to commence on Tuesdays after school and there is drop-in for Year 7-12 students on Fridays after school.

We have just completed the mid-cycle evaluation of our plans and we are well on track to achieving all of our targets for 2017.

Student learning has been growing, progressing and improving. Our plans have goals seeking to have student learning at least 10% more than expected: this means higher rates of improvements and higher levels of achievement. Some of our early indicators show us to be on-track to achieve this goal and our targets. That's good news for students with more students above the expected level, more students at the expected level and fewer students below the expected level. Our teachers have been challenging the more able students while supporting and scaffolding the skills for others.

In our Prep to Year 12 school, students learning looks different and similar across the year levels. It's 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. Students are using the high yield or high impact strategies.

With regard to student engagement, students' sense of belonging has been improving. Our 2017 Student Attitudes to School Survey data shows improvement in many area such as stimulating learning, high

expectations for success and student motivation and interest. We still have some work to do regarding students perception of teacher concern, student voice and teacher managing bullying. Our Leadership Team along with our Year Level Mentors will meet with student focus groups to look at ways to improve some of these areas we will implement the recommendations.

Student wellbeing at our school is supported by our team of allied healthcare professionals. Our Wellbeing Team is very effective including a social worker, youth worker, speech therapist, psychologist, an occupational therapist, a school lawyer and a Doctor and Nurse. All of us work to improve our students' level of comfort, health and happiness and this team have the expertise to be able to manage complex situations, issues and problems some of our students occasionally face. Our work with Berry Street has been teaching us all about how to build students' social skills, help students regulate their emotions and help students have positive relationships with our staff and their friends.

A further reminder our school has no supervision of students prior to 8.45am each day. This means if you arrive at school before 8.45am you are responsible for the supervision of your child. Please work with us to ensure you bring your child to school at 8.45am. In Prep to Year 6 please feel free to join your class and listen to students reading from 8.45am till just before 9.00am. Breakfast Club is available for all students each day.

We need your help with uniform. Please remember our school has a compulsory uniform which means it's not ok to send your child to school out of uniform. Year 7 to 12 parents particularly, please support us and ensure your child has their white shirt, jumper and no hoodies! As your child leaves home please do not allow them to wear a hoodie: at school they will asked to put their hoodie in their locker. Additionally, on PE days, your child can wear their sport uniform to and from school. We will continue to call home to parents of the students who come to school without the correct uniform.

I hope your child has had a good start to the term: I hope they are firstly happy to come to school and are enjoying their friends and their classes. Then I hope

they are ready for learning each lesson and fully participating in the cognitive learning and skill development opportunities presented to them each lesson. I appreciate some days it can be difficult to get your child to school and I thank you for your efforts to ensure your child is attending. Our partnership around your child's learning and achievement is relentless and please let your child's teacher know of any issues or concerns you may have.

Together, let's make this a great term for every child at our school, Laverton P-12 College.

Richard Jones
College Principal



DISCOVER, EXPLORE, CREATE NEWS

YEAR 7 EXCURSION - STATE LIBRARY VICTORIA



The Year 7 students have enjoyed their first excursion for the term. They participated in a Research Launch Pad program, a free full-day excursion at State Library Victoria.

During this interactive program, the students went on a guided tour, getting to know the Library and discovering its amazing historic spaces, including the iconic domed reading room.

They were introduced to special collection items, choosing one to explore in-depth.

They went on a research quest in pairs, asking exploratory questions and capturing their journey in photos along the way and created and shared their research journey via a digital narrative using *Animoto*, an easy-to-use video-creation platform.

The students had a great time. They spoke about how cool it was to see the domed reading room, how interesting some of the artefacts in the library were and also that the opportunity to take photos was engaging and made the excursion more fun.



IMPORTANT DATES

- Year 10 into Year 11 Information Evening 23rd August 6.00pm-7.00pm
- Year 10 into Year 11 Course Counselling 31st August - 8th September
- Year 11 into Year 12 Course Counselling Monday 11th September –Friday 15th September
- Year 12 VTAC Applications commence 7th August

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.

CHANGE OF DETAILS

Please make sure you advise the College of any changes in details, phone numbers, address, emergency contacts etc.

DEVELOPING POSITIVE COPING STRATEGIES?



Working out the right coping strategies to help you handle different situations can be tough, but it's worth it. Find out more about different coping strategies, including how to put them into practice, and tips for what to do when they don't work.

Why positive coping strategies are useful.

Positive coping strategies are any actions you take to manage and reduce stress in your life, in a way that isn't going to be harmful or detrimental in the long term. People who use positive strategies are not only better able to tackle challenges and bounce back from tough times, but they are also much happier.

Finding the right coping strategies.

Pretty much any coping strategy which isn't going to be harmful or ineffective in the long term is worth a try. However, you will probably find that some strategies work better for you than others in terms of how well they reduce stress and help you manage. It's also worth noting that some strategies will work better or worse depending on the particular event / situation.

To find the best coping strategies for you, list the types of situations that you find difficult to manage. Pick a few ways to reduce stress (listed below). When the stressful situations arise, try out one of your strategies. Keep notes on how it went – things that worked, or didn't. You'll soon work out which strategies work well for you, and which situations favour certain strategies over others. Keeping tabs by writing things down will also help you make using positive coping strategies a habit.

A mega list of coping strategies

Turn to someone you trust. It can be a relief to share your thoughts with someone else, and it can be good to work through problems with the help of another person.

Write it all down. Keeping a notebook handy for you to scribble your thoughts in whenever you feel like it can be a great way of expressing yourself. You may find it helpful to write about what is worrying you, or express yourself in a more creative way.

Set aside regular time for yourself. Even if it's just ten minutes of 'you' time, taking some space for yourself where you turn off your phone, spend time alone, exercise, meditate, or listen to music can really prepare you for tackling stress or challenges.

Walk away. Work out which situations you are likely to get most stressed out by. If you feel like you're getting

too angry, end the conversation, take some space, and don't resume talking until you are calm and ready.

Overcome negative patterns of thinking through self-talk. Self-talk can help you see things from a more positive perspective and give a huge boost to your confidence. Check out ecouch for more info.

Reduce your load. Sometimes you just have to accept that you can't do everything. Keep track of your schedule and how you feel each day, and working out your optimal level of activity. You should be busy, entertained, and challenged, without feeling overwhelmed.

Consider the big picture. When you're going through a stressful situation, ask yourself these two questions. 'How important is this?' and 'will it matter in the long run?' If you realise it doesn't, it's probably not worth getting too stressed out by.

Learn to forgive. Move on from hurt, regret and anger. Whether you are angry at yourself or someone else, it doesn't help you to hold on to negative feelings like resentment.

Hone your communication skills. If you know how to communicate a problem well, it will help prevent conflict from escalating, and could help solve the cause of the stress in the first place.

Build your optimism. Optimism involves learning to think positively about the future – even when things go wrong. That's not to say you pretend that everything is fine when it isn't. Instead, it's about looking objectively at a situation, making a conscious decision to focus on the good. It can be hard to do, but if you practice, you're likely to get better.

› *Learn how to set goals*

› *Relax, man. Relaxation is a great way to refocus your thoughts, particularly when things are becoming a bit overwhelming.*

› *Build your gratitude. Take some of your focus away from the negative things, and take 5 minutes each day to identify 3 things which you are thankful about.*

If you need something stronger

You don't have to work this stuff out on your own. Counsellors are great at helping build and develop coping skills. They also can be good to talk to if you prefer not to talk to friends or family, or if your problems are making it hard to carry on with day to day stuff.

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

Michelle Hynson
Secondary School Health Promotion Nurse
Thursday and Friday.



Laverton College P-12

Learning. Belonging. Succeeding.

PREP 2018 ENROLMENT

Prep 2018 Enrolments are now being taken!

Enrolments are now being accepted for children starting Prep in **2018**. Please contact the school on **9369 1833** for an enrolment pack.

*When you are thinking a about school for your child or children, **Laverton College P-12** has much to offer. You are welcome to make a time to visit our school and walk through the learning spaces and facilities.*

*At **Laverton College P-12**, we focus on student growth, development and improvement. At all levels of the College, students focus on identifying their personal strengths, setting goals and aiming to achieve their personal best.*

SCHOOL TOUR

Friday, 23rd June

9:30am

Please call to arrange for a visit.

2018 PREP INFORMATION SESSIONS

Tuesday, 1st August

1:30 – 3:00pm

5:00 – 6:30pm

CONTACT US

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FREE WORKSHOP FOR PARENTS

The Impact of Video Games on Young People

Tuesday 29 August 2017

Have you ever been concerned about the amount of time your child spends playing video games?

The online world offers both opportunities and risks to young people. So what are the parenting strategies that simultaneously optimise the online opportunities for young people while minimising online risks?

Join **Steven Dupon, Founder of the Institute of Games and www.videogames.org.au** for a discussion on how to keep our young people safe and healthy in a world that is rapidly changing.

You can expect to learn more about:

- Parenting strategies to balance screen time in the family home.
- When to seek professional help
- Violence and other inappropriate content
- Online gambling in online worlds
- How to create positive gaming experiences

Details

Tuesday 29 August 2017
6.45pm to 8.30pm (7pm start)

UP@ Hobsons Bay Youth Services
Aspire Learning Lab, Level 1
Newport Community Hub
13 Mason Street, Newport

Access parking to rear of building
via Derwent Street

RSVP

Please register by
Friday 25 August 2017
Hobsons Bay Youth Services
(03) 9932 4000 or email
adminys@hobsonsbay.vic.gov.au



**HOBSONS
BAY CITY
COUNCIL**

