



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 10th November, 2016
Issue No: 12

Important Dates To Remember

Thursday 17 th November	Year 12 Valedictory 7.00 pm
Friday 18 th November	School Fete 12.30 pm start
Wednesday 23 rd November	College Assembly 11.10 am
Friday 25 th November	Year 10 & 11 exams commence
Wednesday 30 th November	Year 11 to 12 Orientation commences
Monday 5 th December	Year 10 to 11 Orientation commences
Tuesday 6 th December	Year 7 Orientation Day
Tuesday 6 th December	Summer Concert 6.00 pm
Friday 9 th December	Whole School Adventure Park
Wednesday 14 th December	Years 7-12 Presentation Evening 6.00 – 7.00 pm

PRINCIPAL’S REPORT

Our students are progressing well and enjoying school more.

As our student’s complete examinations and assessments we will have more data to show how our school has been progressing and what the rate of learning has been for each and every student. Our teachers and ed support staff care for the understanding and achievement of every child at our school: they meet regularly to look at indicators of progress: they ask what have students understood well? What can we do to challenge those who already ‘can do’? and how can we support those ‘can’t do’ it yet? This way our staff use their understanding of our students to plan for the next lesson to best meet the learning needs of each child.

Partnering with parents, we want to encourage each student to continue, to persist, to write that extra paragraph, work with extra effort in class each and every lesson. Talking about school at home, reading at home and completing homework all support our children. We know each lesson our teachers are building into their repertoire our common model of instruction called IMPACT which is filled with high yield strategies: students have a learning goal for that lesson, then a hook (like the use of visuals, short clips) often connecting to their prior knowledge, followed by adding new understandings and or

skills through saying, doing, making, reading, writing, creating, applying, analysing, identifying

similarities and differences, exploring, discovering (often with web-based applications), solving, questioning. When students do these things in every class there is an increase in their depth of understanding and rate of learning. Students then are supported with challenge,

cultivating their understanding through practice, application, evaluating and analysing and to conclude the lesson we have a short time for review and feedback to support the next steps in students’ learning. This was the focus with Dr Jane Pollock and at our recent Curriculum Day.

We have our College Carnival coming up soon with lots of fun things for students to do. Please support this event by coming along with your family and friends and join in the activities. We recently had our Diwali Festival evening and great food was enjoyed by all...a big thankyou to our Parent Club and all who helped organised the event, appreciated by over 200 people.

I always appreciate parents making time to provide feedback to us...please feel welcome to make a call, send an email or have a chat. I hope your child continues to work well end enjoy school as we move towards the end of Term 4.

Richard Jones
College Principal

DISCOVER, EXPLORE, CREATE NEWS

DIWALI FESTIVAL



GRADE 6 ART AND INDUSTRIES FESTIVAL

The Grade 6 students have been busy preparing for the Hobsons Bay Art and Industries Festival family night on Friday 25th November. To prepare they have been working with visiting artist Emma Pryse to create shadow puppets and create a performance telling the story of important local industries.



CRASHENDO

Crashendo! students will be presenting their final concert for the year on Thursday 17 November from 4.45-5.30pm in the Performing Arts Centre. It will be the first performance for our new *Crashendo!* students who joined us in July. The concert will feature our three groups, Elgars, Beethovens and Mozarts, as well as solos from our senior students and a special performance by our teaching artists. Please come along and enjoy our concert! Everyone is welcome.

This year has been particularly busy for *Crashendo!* students. We have performed a number of times in the community, including at Louis Joel Arts Centre, Werribee Baptist Church, National Herbarium of Victoria and as part of the Woods St Block Party. We have also enjoyed a trip to the circus and a music-making workshop in the city. *Crashendo!* students meet each Tuesday and Thursday after school for orchestra and choir practice. They work incredibly hard, individually and as part of a team, and are becoming very accomplished musicians.

We look forward to seeing you at our concert!

Crashendo! Concert

Thursday 17th November

4.45-5.30pm

Performing Arts Centre, Laverton P-12 College.

COLLEGE CARNIVAL DONATIONS

At the College Carnival this year we will be having carnival rides, laughing clowns and a spinning wheel. We are looking for donations to give as prizes. Please bring your donations to the main office. (No food or drink).



CAKE STALL

6A will be holding a cake stall at the carnival and would appreciate any donations (homemade or store bought).

Ingredients labels can be collected from the Main Office or Mrs Pocervina.

ART CORNER

This year our Art room was buzzing with creativity, utilizing our full capacity, often running 2 different classes and sharing facilities between 2 art teachers. We hope our dedication will be well illustrated in our end of the year Art Show running from 6th – 8th of December.

Along with completing their regular tasks and meeting curriculum requirements our students participated in various events in the wider community. Most significant events were “Have a heart for Cambodia”, exhibition held on Federation Square in July, and FOVA (Festival of Visual Arts at Point Cook). Our primary students also submitted a significant number of entries for the Hobsons Bays Libraries Book illustration competition. Year 9 students’ designs are featured on AIR TIME flags displayed near the Skate Park in Altona Meadows.

Our staff and students will continue to strive for excellence in our artistic expressions, trying to leave the creative marks in our community.

“The principle – goal for art education is student’s acquisition of special knowledge, insight and understanding – of self, of the realities of the past and present worlds, of imagined and future realities, and the norms by which individuals govern their lives- that comes from works of art.

The goal of art education is for students to connect the idea- filled works of art they create to the artworks of others – artworks from other times an our time, from other places and other place, from other peoples and our people – whose meanings students interpret.

The goal for art education is that students will also connect the artworks they create and interpret to significant works and ideas from other disciplines and realms of experience, and finally to write the special, art pervaded knowledge, insight, and understanding into the texts of their own lives within and beyond school.”

*Within Self, Society, School and Beyond
Brent Wilson, (1995)*



LIBRARY ILLUSTRATION PRIZE

Congratulations Laverton P-12 College Grades 3-5 for winning the school entry draw.

As advertised, our school has the opportunity to win an Award Winning Illustrator visit to work with our students.

Hobsons Bay Library would also like to invite the students and parents to attend the Awards Night.

When: Thursday 17 November

Time: 6.30pm to 8pm

Where: Laverton Community Hub
95-105 Railway Avenue
(near Laverton Station)

RSVP: RSVP is essential by Monday 14 November

<http://libraries.hobsonsbay.vic.gov.au>

or phone 1300 HOB LIB

Please book for all who will be attending.

Prizes and certificates will be presented on the night and every entrant will receive a certificate of participation.

Take part in an all-ages illustration workshop with award winning illustrator Anna Walker.

Light refreshments will be provided.



HEALTH & WELLBEING

HOW TO INCREASE SELF-AWARENESS



Developing self-awareness is a great way of learning more about yourself and what you're capable of. Why does it matter, you ask? Because by practicing self-awareness, you open up opportunities that you may not have recognised before. There are some great ways you can work on your self-awareness, but what you do next is entirely up to you. With self-awareness, the world is your oyster.

Self-awareness is really just about being aware of who we are. It can relate to knowing your own values, your beliefs, personal preferences and tendencies. Because we are all different in the way we react to things, it can be really helpful to start thinking about how we work best, including things like

- › *How we learn best*
- › *Our talents and abilities*
- › *Personality traits*
- › *Political beliefs*
- › *Values*

Why does it matter?

You know how famous people always say "Stay true to yourself"? This is actually really important advice, but it's not easy to stay true to yourself if you don't know who you are. By becoming self-aware and understanding your strengths and limitations, you open up opportunities that just aren't available if you don't know who you are.

You're also able to have more honest and genuine relationships because the people that you're attracted to will be attracted to you for who you actually are.

So how can I work on it?

1. Assess your self-talk. The first step in self-awareness is to listen to ourselves. What's going on in your mind? Is it a series of negative thoughts that make you feel pretty crap? Or are you always looking on the bright side?

In practice – Take a couple of minutes each day to just sit in silence and listen to what you're thinking. One way of getting your inner voice going is to stand in front of a mirror and hear what you're saying to yourself about how you look. It might even help to write down your thoughts so you can get a better idea of how positive or negative they are.

2. Use your senses. Our senses (sight and sound in particular) provide us with a huge insight into the world, ourselves, other people and situations. But these senses are often viewed through a filter of our own self talk.

For example, a frown does not always mean someone's angry, someone groaning doesn't mean you're boring – but, when our mind is determining how we see things it can be easy to start feeling hurt.

In practice – Next time you feel like someone was judging you or has made you feel bad about yourself, take a step back and write down why you thought this. Ask yourself, could these actions have been interpreted differently? You might actually find that your interpretation was clouded by your own negative thoughts.

3. Get your feeling's out. This can be hard if you're not the kind of person who likes to think too deeply about your feelings, but it can be really worthwhile. Our feelings are spontaneous and emotional responses to the things we experience. Like our senses, they give us good information about what's going on around us.

Sometimes it can be hard to tune into feelings, but there are a couple of physical signs that you can look for which might help. Some examples include;

- › *A warm feeling in your face might mean you're embarrassed*
- › *A feeling of 'butterflies' in your tummy can mean you're nervous*
- › *Clenching your teeth might mean you're angry*

In practice – Look out for physical signs which might indicate how you're feeling. By engaging with how you're feeling, you can get a better insight into what you like, what makes you uncomfortable and what makes you angry.

What next?

These are just first steps. There are heaps of others way you can become more self-aware but give these a try and see how you go. You can also check out mindfulness factsheets about how this might help you get to know yourself better. You're already somewhat self-aware because you've come to this fact sheet! Delve deeper into it and see what you can find out about yourself.

We're stuck with ourselves for the rest of our lives, so we might as well get to know the real you. And as the famous people always say "Stay true to yourself"!

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

Michelle Hynson
Secondary School Health Promotion Nurse
Thursday and Friday.



CARNIVAL

91 BLADIN ST LAVERTON

FRIDAY 18th NOVEMBER, 2016

12:30 – 3:10pm



**LAUGHING CLOWNS
SPINNING WHEEL
CARNIVAL RIDES
PRIZES
SHOW BAGS
BADGES
FAIRY FLOSS
SAUSAGE SIZZLE
PLANT STALLS
FOOD STALLS
LUCKY DIPS
FACE PAINTING
HAIR BRAIDING**



