Dear families,

We have certainly had a very smooth start to semester 2! Our students returned to school with some wonderful holiday stories, ready to re-engage with peers and their learning. The weather to date has certainly been welcomed during breaks and outdoor activities.

Parent Teacher Interviews
We had a pleasing response to parent teacher interviews this week. These conferences are an opportunity for you to meet and get to know your child's teacher and foster a positive and respectful relationship with your child's school. They enable parents / guardians to share information about their child's progress, following distribution of the semester 1 report along with their interests and needs. Thank you to those families that attended on the evening. If there was a teacher who was unavailable due to a full allotment of interviews, please contact the office or the teacher directly to arrange a mutually convenient time to meet. Our teaching staff value this opportunity to meet with you.

Parent Opinion Survey
Each year the school conducts an opinion survey of 15 per cent of the school community. Parents are randomly selected to participate via our DE&T management system and we use the information to inform and direct our future school planning and improvement. The survey is designed to take no more than 20 minutes to complete and your feedback and opinions play an important role in making our school the best it can possibly be. Please be assured that your responses are completely confidential. The survey is conducted anonymously and it is important to us that you complete the survey as honestly as possible. Your comments in the final, open-ended question will be scanned and provided back to the school. Surveys were posted to families this week. I ask you to take the time to complete the survey as your opinions are important to us and will contribute to the future management and organisation of our school. For example, feedback from parents helped to change the way we delivered curriculum in the middle years.

When completed please seal your survey in the envelope provided and write your child's name and year level on the back of the envelope. Your child's name will only be used to record you have returned the survey. The sealed envelope will not be opened by the school but will be sent to an independent organisation for collation and reporting. The results will be shared with parents via the School Council later in the year.

Please return your completed survey to school by Friday, 29th July 2016.

Curriculum Day August 8th
We will be holding a curriculum day on August 8th. The focus of the day will be on the development of our professional learning community. This day is pupil free. Students do not attend school on this date. The school will be working alongside Spotswood Primary School on this day.

Breakfast Club
Mrs Giles and the support team trialled our first hot breakfast yesterday morning. The students enjoyed baked beans on toast, porridge, canned fruit, Vitabrits and milk. The college was a lucky recipient of support from the DE & T. The Victorian Government has partnered with Australia's largest welfare food agency Foodbank to deliver breakfast clubs at schools throughout Victoria, using Foodbank's warehousing, storage and freight network. Our college is well supported also by Bendigo Bank and Bakers Delight who provide additional items we serve each day. We will be running a regular hot breakfast each Thursday. I thank the support staff who facilitates this program for our students each morning. It is great for parents to drop in for a chat as well.

Camp Woorabinda
We have a lucky group of Year 4 and 5 students who are heading to Somers School Camp – Woorabinda in the coming fortnight. This Campus is a government residential school located on the shores of Lake Narracan in the LaTrobe Valley. It is situated on 100 Hectares of native bush, open paddocks, hidden wetlands and temperate rain forest. This is a values based learning environment with a strong focus on personal development, resilience and perseverance. The program will include environmental studies, sustainable practice, team building initiatives and challenging adventure activities. Miss Grace Vining (Year 5/6A) will accompany our students and provide support throughout the week.

Celebrate Indigenous Culture day
Next Friday we will be holding a celebration of Indigenous Culture across the college. This is being overseen by Mr Guymer and our school leaders. Additional information is included in today's newsletter. The students have been preparing sticks to create a Bunjils nest in the commons area which will be an ongoing memento of the day's learnings and be the centre piece of an indigenous garden.

100 days of Prep
Our prep students celebrated 100 days of prep today. They looked delightful dressed up to represent 100 and were busy counting cheerios and creating necklaces with 100 items when I dropped by. Congratulations to our preps who are now 100 days smarter!

Wishing all our families a warm weekend
Julie Krause
**School news**

**Indigenous Culture Day**

On Friday 29th of July, we are celebrating the Indigenous Peoples of the world. On the day we will be having whole school activities and class activities. We will be lucky enough to have an Indigenous elder of our land, Aunty Fay Stuart-Muir, to oversee the event and share her invaluable knowledge. Students are encouraged to dress up in the colours of Australia’s Indigenous Flag (red, black and yellow), and bring along a gold coin donation.

![Indigenous Flag](image)

**Italian word of the week**

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>WEEK 2</th>
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<tbody>
<tr>
<td><strong>I</strong></td>
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<tr>
<td><strong>piove.</strong></td>
<td><strong>I pupazzo di neve</strong></td>
</tr>
<tr>
<td><strong>It’s raining.</strong></td>
<td><strong>It’s raining.</strong></td>
</tr>
</tbody>
</table>
Prep students have been learning how to write a procedural text. They worked together and made ‘Snake Jelly Cups’. They wrote up the procedure once completed. We had great fun!
Prep news—100 days of school!
St John offer Victorian Primary Schools a free first aid training session for all students in Prep to Year Six. Students will develop First Aid awareness and this contributes to building a more resilient community. Each training session is age appropriate and runs for approximately 45 minutes. The Prep – Year 6 classes will be involved in this training session on Thursday 25th August.

Volunteers Needed

We’re all looking forward to Chill Out Day on Thursday 15th September. On this day, we will participate in activities to encourage mindfulness, mental and physical health, and learning how to de-stress. (Last year’s activities included bike riding, jujitsu, belly-dancing, circus skills and sewing, to name a few.) We would be grateful for any community support to make this day a success. Do you have any skills or talents that could help to make this day even better? Please contact us tiana.patros@altonap9college.vic.edu.au or finn.hourigan@altonap9college.vic.edu.au
Thanks in advance,
Tiana & Finn
Altona P-9 College Captains

FREE

Student desk approx. 4’ x 2’
2 drawers one side, cupboard on other side
Very good condition
Thank you to Mobil Altona for their generous Mobil Bright Future Grant of $4000. The grant will be used to further the college Robotics program.

On Tuesday our student leaders, Tianna and Finn, attended a celebratory morning tea hosted by Mobil.

**Mobil injects over $95,000 into maths and science programs at local schools**

Mobil is helping to inspire a new generation of engineers and scientists by investing over $95,000 into local schools and kindergartens.

Through the 2016 Bright Future Grants program, 33 schools and kindergartens near the Mobil Altona Refinery and the Mobil Yarraville Terminal have each received grants of up to $4,000 for maths and science resources and projects.

“Scientists and engineers are critical for addressing the challenges of 21st century life. That’s why we invest in education programs that focus on inspiring kids to pursue careers in science, technology, engineering and mathematics,” said Andrew Warrell, Altona Refinery Manager.

“From medicine to energy development to computing and engineering, we are supporting the development of a passionate and highly skilled workforce that will help solve problems and create new opportunities into the future.”

The grants will enable local kindergartens, primary and secondary schools to bolster their maths and science programs and resources; from purchasing new technology such as iPads, smartboard software and robotics kits, to funding outdoor programs to teach students about sustainability, such as a pedal-powered charging station and sustainable garden.
ART NEWS

Students in Ceramics last semester created some excellent pieces. Pictured is work by Ebony, Vernona, Antonia and Ken.
Performing Arts News

The choir have been busily rehearsing for their upcoming performance at the Festival of Performing Arts. The Festival of Performing Arts is held at Carranballac College during the second week of August, and is an opportunity for students from across the region to perform as part of a larger concert with other primary and secondary schools students. Our performance date and time will be confirmed in the coming weeks, and will be sharing with the school community as soon as more details become available. We would love to see some familiar faces in the audience!

In other news, the music department are looking for donations of musical instruments to build an instrumental music program at Altona P-9 College. If you have any (working) instruments under your bed or in a cupboard at home that you played once-upon-a-time, but no longer use, we could definitely put them to good use and would appreciate your help in building our new program. If you would like to get in contact about this, drop in to the college or send me an email at megan.blackman@altonap9college.vic.edu.au.

Megan Blackman
Performing Arts Co-ordinator
Helping self-critical children

"I can't do this work. I'm stupid."

We all feel down at times and will think, if not say, negative things about ourselves. We need to allow kids a little latitude and not expect them to be positive thinkers all the time. Sometimes it is good to let off some steam even if it is negative. The important thing is not to dwell on it and move on in a positive direction. “Okay, you got that out of your system now let’s get to work” is the type of response that is useful sometimes.

If your child constantly puts him or herself down then you may need to take a different approach. Don’t be fooled by children's feelings of inadequacy. Like all behaviours they have a purpose and continuous self-criticism makes others lower their expectations. Generally, parents and teachers will lower their sights as a response. Expectations for achievement should be realistic and pitched just ahead of where children are developmentally or ability-wise. Too high and they maybe discouraged. Too low and they have little to aim for. It takes wisdom to get your expectations just right.

Either ignore or challenge their self-criticism. Sometimes it is best to let the ‘I’m stupid’ statements pass, while there are times it is useful to remind children to think of situations when they showed they were capable. Not only does this challenge their view of themselves but it also provides a useful reference point if they are going to tackle a difficult task. They can draw on the same resources this time around that were successful for them in the past.

One way to help self-doubters is to break a complex task into smaller steps. If it is a complex school project, then help children break the work into manageable bits. Some children need a great deal of help with project management. It is always easier to do a series of smaller tasks than a big one. The advantage of tackling a series of small tasks is that there is success built in all the way rather than waiting until the end to gain a feeling of accomplishment.

Self-doubting or self-critical children benefit from a great deal of encouragement. Every person, child or adult, needs someone in his or her life who says, “I think you can do this.” The hard part is that self-doubting or self-critical kids tend to discourage those around them. That is why they can be hard to encourage.

Vitamins for parents

Helping self-critical children:

a) Ignore or respond to their statement depending on your intuition
b) Challenge their view of themselves
c) Keep your expectations positive and realistic
d) Help them get started and get organised with difficult tasks
e) Give a great deal of encouragement that focuses on effort, improvement, contribution and displays confidence
f) Don't give up on the above because you need to persist with discouraged kids.

Bright idea

Helping kids be organised systematically

Teach your children to be organised by introducing simple organisation systems at home.

For instance, one way to add some structure when dealing with children’s artwork, school work and notices is to have a folder for each person in the immediate and broader family: one for mum, dad, each child, grandma and grandpa and the like. Children and adults then place items of interest, artwork and messages in the relevant folders. Remind children to check their folders regularly and also take folders on visits to grandparents and other significant people.

Wise & Witty Words

"The fundamental defect of fathers is that they want their children to be a credit to them."

Bertrand Russell

"If parents ran the world bad countries would have to play by themselves."

Unknown (adapted)
Colouring Club
Wednesday lunchtime
Year 9 building

Calm | Relaxing | Enjoyable
Dear Parents

As part of our drug and health education this term we are offering you the opportunity to visit our Life Education mobile classroom, while it’s here at our school.

Have you ever considered the following?
- What is my child learning in Life Education?
- Have you seen inside the Life Education mobile classroom, or know of Harold?
- What drug education is appropriate for primary school students?
- Why do we have health and drug education?
- How is health and drug education integrated into your school’s curriculum?

Want to know more?
NOW IS YOUR CHANCE.

The Life Education mobile classroom will be at our school:

From Tuesday 30th August to Friday 1st September. A 30 minute Parent Information has been scheduled for Tuesday 30th August at 9am in the Life Education Van, which will be located near the After School Care building.

Please return the slip to the office if attending.

Life Education Victoria – 2016 Information Session Attendance Slip

<table>
<thead>
<tr>
<th>I / We will be attending the Life Education Information Session.</th>
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<tbody>
<tr>
<td>Names:</td>
</tr>
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</table>
Welcome back for Term 3. I trust that you all had a great holiday, and it was a chance to recharge the batteries and spend some time relaxing as a family. The winter weather certainly arrived through the holidays, making it a little harder to get out of bed in the mornings. It was great to see happy smiling faces arrive back at school, keen to get back into learning, and having fun with their friends.

This Term at Camp Australia We will be focussing more on Cooking, Arts, Crafts and definitely more play.

As we are celebrating Indigenous Cultures we have already learnt some weaving on paper and we have made them on different animal templates. We are doing coloring sheets as well. We will be cooking many dishes related to different cultures. And in coming weeks we will be making Our own Pizza (from scratch), Singaporean noodles, Mexican Nachos, Tacos, Indian Nan Breads and many more.

In preparing our menus we take into account children’s individual dietary needs and preferences as well as seasonal diversity. Children learn and have so much fun when they get to cook and eat what they’ve made. Apart from learning about health, safety and nutrition, weights and measures, time, history, culture, sharing, patience and considering others, both children and educators have the most amazing conversations while they work and eat together. Children particularly love hearing stories from the educators about what their childhoods were like.

At Camp Australia we value constructive, helpful ideas and feedback. Our program and what’s going on is displayed all around the room, We are constantly seeking feedback whether it be via child/parent surveys or just through casual chats. This way we tailor our program to suit our children’s specific interests.

Also for the safety of the children We have been practicing Emergency Drills with children. I want to make sure that everyone knows what to do at the time of Emergencies. And I am so proud that children are volunteering really well.

All the children who come at my service are spectacular. But The best thing I saw this week was Christina Dellai and Cassidy Ryan trying to teach Makayla Moss few maths questions. They believed that teaching the method is more important than telling the answers. And I am so proud of them.

Will definitely update on how Our cooking sessions went. Till then Keep Smiling.

Thanks and Regards
Sapna Sudan
Coordinator at Camp Australia
Altona
Fun with Friends Playgroup

Each Wednesday during school term
Commencing term three 2016
9.00am -11.00am
Altona P-9 College
103A Grieve Parade, Altona

This is a free playgroup supported by Hobsons Bay City Council providing you and your child the opportunity to meet local families with preschool aged children.

For information ring or text Jacinta – 0417 394 137
FREE SCHOOLS SPECIAL OFFER

ALTONA CITY SOCCER CLUB IS PROUD TO PRESENT 2 FREE 1.5hr FOOTBALL SESSIONS TO KIDS AGED 7 TO 11 THAT ARE NOT AFFILIATED WITH ACSC. THE SESSIONS WILL BE DELIVERED BY HIGHLY QUALIFIED COACHES THAT HAVE ADVANCED COACHING QUALIFICATIONS. SESSIONS WILL BE HELD AT KIM RESERVE, ALTONA.

SEBASTIAN SZTORMOWSKI
EX NPL TECHNICAL DIRECTOR
FFV COACH PRESENTER & ASSESSOR
AFC C LICENCE
AFC B LICENCE – PART 1

SESSION 1:  30 / 07 / 16 @ 11.30am
SESSION 2:  20 / 08 / 16 @ 11.30am
PLEASE EMAIL TO CONFIRM ATTENDANCE BY 15 / 07 / 16
Doc.altonacitysc@outlook.com
Ph: 0411898070 or 0423643146

ROCCO GIOVANNIELLO
ACSC TECHNICAL DIRECTOR
AFC C LICENCE
AVONDALE FC SAP HEAD COACH

PROBLEM SOLVING  GROWTH MINDSET  SKILL DEVELOPMENT  FUN

Facebook: https://www.facebook.com/altonacity.sc/?fref=ts  or Website: http://www.altonacitysc.com/
GTAC invites students aged 10-13 and their parents to zoom in on scientific research specimens. You will investigate with scientists how research is being used to solve global problems.

- **Use microscopes.** Use light microscopes, powerful electron microscopes, and advanced fluorescent microscopes to discover how technology is used in cutting edge research.

- **Activities:** Guided by scientist mentors, carry out exciting activities to investigate how cells become the building blocks of living things, and observe how strange aquatic life forms create ecosystems.

- **Become a scientist:** Discover what hidden beauty lies in your own back yard. Use GTAC microscopes to analyse specimens you bring in from home.

**Where:** The Gene Technology Access Centre (GTAC)
77 Story Street, Parkville.

**When:** Sunday 21st August, 2016

**Register for one session:**
Session A: 9.30am—11.00am
Session B: 12.00pm—1.30pm

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This is a free public event
Registration is essential, go to
http://www.gtac.edu.au/?p=9949 or visit
http://www.scienceweek.net.au/
TEST LAB

THURSDAY MAKERS CLUB

KEEN FOR MORE TINKERING IN TEST LAB?
Come along to our Thursday Makers Club, a weekly workshop from 4pm to 6pm during Term 3.
We’ll be tinkering, making, building, programming and lots of other cool activities.

Get tickets online, or over the phone.
Places are limited, suitable for ages 10-15 years only and must be accompanied by an adult.

<table>
<thead>
<tr>
<th></th>
<th>MUSEUM NON-MEMBERS</th>
<th>MUSEUM MEMBERS</th>
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<tbody>
<tr>
<td>Thursday Makers Club</td>
<td>$5</td>
<td>$3</td>
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<tr>
<td>Thursday Makers Club Season Pass*</td>
<td>$40</td>
<td>$25</td>
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*season passes (10 sessions) are available over the phone 13 11 02

museumvictoria.com.au/tmc
Altona P-9 College Lunch Menu 19.01.2016

Place your order, at the school, or canteen. On this form, clearly state your child's name, grade class & tick (✓) the appropriate boxes to make your selection. Please provide correct cash. You may supply your own paper bag, or we can provide one for you at the cost of 20 cents at the office or at canteen. Unfortunately, we cannot accept any responsibility for lost change.

Name: ___________________________  Grade/Class: ___________________________

**SANDWICHES:** WHITE OR WHOLEMEAL BREAD - Made Fresh Daily!

**PLEASE NOTE:** All Sandwiches are spread with Cholesterol-Free Margarine. We can supply *additional* fillings on any Sandwich: i.e. Lettuce, Cucumber, Carrot, Cheese and Tomato, at the cost of 40 cents extra per item.

<table>
<thead>
<tr>
<th>Item:</th>
<th>Price</th>
<th>Tick</th>
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<tbody>
<tr>
<td>Ham, Tomato &amp; Cheese</td>
<td>$4.00</td>
<td></td>
</tr>
<tr>
<td>Ham &amp; Cheese</td>
<td>$3.60</td>
<td></td>
</tr>
<tr>
<td>Ham &amp; Tomato</td>
<td>$3.60</td>
<td></td>
</tr>
<tr>
<td>Paper Bag</td>
<td>$0.20</td>
<td>✓</td>
</tr>
<tr>
<td>Bread White</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Bread Wholemeal</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Toasted</td>
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<td>✓</td>
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**HOT FOOD**

**PLEASE NOTE:** Tomato Sauces will cost 20 cents extra.

<table>
<thead>
<tr>
<th>Item:</th>
<th>Price</th>
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<tbody>
<tr>
<td>Beef Pie</td>
<td>$4.00</td>
<td></td>
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<tr>
<td>Sausage Roll</td>
<td>$3.00</td>
<td></td>
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<tr>
<td>Nachos (Corn Chips, Salsa, Sour Cream &amp; Cheese)</td>
<td>$5.00</td>
<td></td>
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<tr>
<td>Chicken Wing</td>
<td>$1.50</td>
<td></td>
</tr>
<tr>
<td>Baked Chicken Strips x3</td>
<td>$3.00</td>
<td></td>
</tr>
<tr>
<td>Wedges with Sour Cream</td>
<td>$4.00</td>
<td></td>
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<tr>
<td>Pastizzi</td>
<td>$2.00</td>
<td></td>
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<tr>
<td>Fish Fillet (Flathead Tails) x3</td>
<td>$4.50</td>
<td></td>
</tr>
<tr>
<td>Calamari x2 &amp; Chips</td>
<td>$5.50</td>
<td></td>
</tr>
<tr>
<td>Fish Fillet x2 &amp; Chips $5.00</td>
<td>$5.50</td>
<td></td>
</tr>
<tr>
<td>Hot Dog Skinless With Tomato Sauces</td>
<td>$3.20</td>
<td></td>
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<tr>
<td>Baked Chicken Breast Nuggets x3 pieces</td>
<td>$2.20</td>
<td></td>
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<tr>
<td>Steamed Dim Sim</td>
<td>$1.00</td>
<td></td>
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<tr>
<td>Noodles – Chicken</td>
<td>$2.50</td>
<td></td>
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<tr>
<td>Noodles – Beef</td>
<td>$2.50</td>
<td></td>
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<tr>
<td>Traditional Beef Lasagne (97% Fat Free) - 200g</td>
<td>$4.20</td>
<td></td>
</tr>
<tr>
<td>Chicken Wrap (Chicken Strips, Lettuce, Mayo)</td>
<td>$5.00</td>
<td></td>
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<tr>
<td>Fish Wrap (Fish fillet, Lettuce, Mayo)</td>
<td>$5.00</td>
<td></td>
</tr>
<tr>
<td>Fish Pack Calamari x1 Fish Fillet x1 &amp; Chips</td>
<td>$5.50</td>
<td></td>
</tr>
<tr>
<td>Lamb Kebabs Tomato, Lettuce &amp; Mayo</td>
<td>$9.50</td>
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<tr>
<td>Chicken Burger Lettuce Cheese &amp; Mayo</td>
<td>$5.00</td>
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**SNACKS & COLD DRINKS**

**PLEASE NOTE:** If an item is “unavailable”, then a substitute will be given.

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<thead>
<tr>
<th>Item:</th>
<th>Price</th>
<th>Tick</th>
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<tbody>
<tr>
<td>School Smart Milk Big M - Strawberry - 250ml</td>
<td>$2.00</td>
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</tr>
<tr>
<td>School Smart Milk Big M - Chocolate - 250ml</td>
<td>$2.00</td>
<td></td>
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<tr>
<td>Home-style Smartie Cookie</td>
<td>$2.00</td>
<td></td>
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<tr>
<td>Gingerbread Man</td>
<td>$1.00</td>
<td></td>
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<tr>
<td>Popcorn</td>
<td>$1.00</td>
<td></td>
</tr>
<tr>
<td>Nippy’s Milk Chocolate 350ml</td>
<td>$3.50</td>
<td></td>
</tr>
<tr>
<td>Seasonal Fresh Fruit piece</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Prima Orange - 200ml</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Prima Apple – 200ml</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Prima Tropical – 200ml</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Bottled Water – 600ml</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Nippy’s Milk Chocolate 350ml</td>
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<td>✓</td>
</tr>
</tbody>
</table>

**NEW**

Jelly Cup

$1.50

**YUM**

Pastizzi

$2.00

Chicken Wings & Chips

$5.00

**NEW**

**MILK SHAKE**

Chicken Wing

$1.50

Chicken Burger

Lettuce Cheese & Mayo

$4.00

Last Updated: 31.01.15
Extra curricular activities

Upcoming extra curricular activities

Friday July 29th
Celebrate Indigenous day

Monday 1st August to Friday 5th August
Woorabinda camp

Friday 5th August
Year Prep—2 Zoo

Monday 8th August
YearP-9 Curriculum day

Tuesday 9th August
Year 7 State Library

Monday 15th August to Friday 19
August Science week

Thursday 18th August
Vietnam Veterans day

Thursday 25th August
Years P–4 St John first Aid

Tuesday 30 August to Thursday 1st September
Life Education