Dear families

What a wet and soggy week it has been for everyone! The rains arrived and our students and staff certainly demonstrated resilience with the countless hours spent inside during breaks. The local RSL and Altona Library kindly supported our school providing access to buses to run a shuttle to the pool for the early years swimming program. The preps in particular loved their bus trips as it saved the long walk each day; there were grins from ear to ear. Mrs Najdovski, Mr Guymer and Mr McGee took on the role of bus drivers to ensure the students were high and dry over the past three days. We did however cancel swimming on Monday and have rescheduled this until Monday 3rd of October.

It truly is hard to believe the year is almost over and term 4 is upon us all. We certainly finished term 3 with a bang: Mini Olympics, The Big Freeze and yesterday with Chill Out Day! Our students were well supported by families from our school to enable them to participate in a range of activities to cater for all interests. Art therapy with Janine Hourigan and Lee Agius, Circus Skills with Tania Raquel, Jujitsu with Julie Giles, Drama with poet Emily Zoe Baker and Yoga with Carmen Weghaus were certainly well received and I thank you for your commitment to our school community. Mrs Giles, Mrs Elmer and Mr McGee are to be commended for their work in planning the day along with the assistance of the teaching and support staff.

Steps to Prep is in full swing with Mrs Ginis and our 2017 transition program extends in term 4 to sessions of two hours duration. This ensures the children are comfortable in the environment and ready for the new experiences ahead. The children are looking forward to joining in Italian Day activities with the college in term 4.

Today we were honoured to have Bec Daniher present at our final assembly to receive a cheque for $3416.45 on behalf of the Cure for MND Foundation. Bec is the daughter of patron Neale Daniher. These considerable funds were raised through our Mini Olympics Sponsorship for the Big Freeze event. The staff kindly volunteered to be doused with iced water on rather a chilly day for every $50 raised in each classroom. Motor Neurone Disease (MND) is the name given to a group of disease in which the nerve cells (Neurones) controlling the muscles that enable us to move around, speak, swallow and breathe fail to work and eventually die. With no nerves to activate them the muscles gradually weaken and waste. Further information can be found at: curemnd.org.au. We are extremely proud of the way families rallied for the cause to enable us to raise a considerable amount of funds to enable further research into this hideous disease.

Our fundraising team are to be commended for two recent events. The Father’s Day stall on the 2nd of September was well received by the students across the college from Prep to Year 9. On Father’s Day volunteers manned a barbecue at Bunnings raising just over $1000. My appreciation goes to Mandy who kindly spent the day at Bunnings to ensure all volunteers were well supported which included parents and staff.

Our Year 7 to 9 students have had a busy end to the term with both the History Showcase and Science Fair. I congratulate our young presenters for the way in which they articulated their learning to a range of different audiences. They should be very proud of themselves.

School finishes today at 2:15pm for the vacation period. I look forward to seeing all our students looking relaxed and ready for a busy term four. School recommences on Monday 3rd of October at 9:00am sharp.

Julie Krause
Principal
It has been an absolute pleasure stepping in as Acting Assistant Principal over the last couple of weeks. It has been lovely to be in classrooms and out in the yard getting to know the students, staff and families. I have witnessed many exciting events involving this wonderful community during my short time here to date. These include the afternoon of the Olympics Day with the teachers participating in the Ice Bucket Challenge for such a great cause, History Showcase, Science Fair, Prep-4 Swimming program and Chill Out Day. These events have all been wonderful opportunities for our students to showcase their learning, expand on their experiences and celebrate with their school community.

I look forward to continuing in the position for the first four weeks of Term 4 before Mathew Kelly’s return. I hope you have a wonderful break.

Shana Najdovski
Acting Assistant Principal
Chill Out Day
Chill Out Day
Big Freeze
School news

On Monday September 12th we had a visit from “Fleece” the mascot from Melbourne City FC. He enjoyed learning a few Soccer skills with our P-2 students!

P-2 Team

Italian word of the week

| Week 10 | La Festa del Diwali è il 30 ottobre. | The festival of Diwali is on 30th October. |
Group work and co-operation? Check!
Pursuing an area of interest? Check!
Following scientific method and sharing your findings with peers? CHECK!

Students in years 7-9 participated in our Science Fair on Wednesday 7th September. A great deal of preparation and work was carried out in the lead up to the event, with students having to choose, plan, and conduct their experiments, then collate and analyse their results. They made posters and videos, and decided on interactive elements they could have on display to support their discussions. The room was abuzz with scientific language and explanations, as experiments were shared and explored. Ask your child about their work and what they learned!
As part of their Science focus, the year 8s and 9s were lucky enough to be joined by Matt McArthur, a Marine Ecologist, and Dr Megan Cock, a researcher with a focus on foetal development. Both of our guests spoke about the nature of scientific investigation, and how science is not something that purely happens in a laboratory. The speakers had a wealth of knowledge in their prospective fields, and engaged their audience with their life experiences. We are very grateful that they volunteered their time to share their work with us, and to inspire us about a future in Science.

Matt McArthur
Ph: 0435 910 003
matt@divermatt.com.au
www.divermatt.com.au
Birth order and children

The effects of their birth position have a significant impact on children, their behavior and their personalities.

Children in each of the three major birth order positions—first, middle and youngest—share a similar set of characteristics. Only or single children share similar birth order characteristics to first borns—they are super first borns.

First borns are often more motivated to achieve than later borns. They are usually the objects of great delight in a family—they are the first. There is an air of expectancy even before their birth. Names are chosen half way through the pregnancy and photo albums are filled as baby’s every special moment is captured on film.

First borns are trail blazers for parents and for the children to follow. Parents are usually hardest on their first borns in terms of discipline and they loosen up as they move further down the family.

It is no coincidence that anecdotal evidence suggests that first borns, particularly boys tend to take fewer risks as learners. These kids can drive their parents and teachers to distraction as they just won’t move out of their comfort zones to take a few risks and, even (shock, horror), mess up.

Generally the middle or second child will be what the first-born isn’t. If the first-born is responsible the next in line may well be a problem. If the first-born is serious, as they often are, the second borns may well be easy-going and gregarious. Seconds are often more flexible as their lives tend to fit in more with the first-born.

Youngest children in the family are typically charmers and manipulators. They love to get their own way—and they invariably do. They are in the fortunate position of having a sibling break their parents in for them and they don’t have the pressures of the first-born.

The pressure is off the last borns in terms of having to meet their parents’ high expectations so they are more likely to achieve in their own ways. Creative, artistic pursuits are full of later or last borns, whereas first borns are more likely to end up in positions of leadership.

One of the traits many last borns share is persistence. They learn when they are young that if they persist with what they want they will outlast their siblings and wear their parents down eventually. Last borns tend to be more impetuous—they act now and worry about the repercussions later.

The position a child holds in his family is a predictor only of personality and academic success, but a powerful predictor nonetheless. It is definitely a factor that parents need to consider as they look for ways to raise well-adjusted, confident children.

Quick Parenting Quiz

Which of the following descriptions best fits the (1) first born, (2) middle born, (3) youngest, and (4) only child?

a) I don’t know how he does it; his room is a mess but whenever he wants something he knows exactly where it is.
b) That girl is real manipulator. Charming as anything but she knows how to get her own way. She’ll be a great sleazeperson one day.
c) Phil is a budding scientist. He is fantastic at math, but he drives people crazy with his precision and dedication to perfection.
d) Jono has heaps of friends. He is hard to sum up but he is terrific with people and a first class regulator. He’ll end up a diplomatic type, working for his eldest brother who is bound to be prime minister.
e) Gol gets on better with older people than his peers. Many people think he is self-centred as he is not very good at sharing.

Answers: a 1, b 3, c 1, d 2, e 4

For more information about how birth order affects you, your children, your parenting and your partner visit www.birthordercentre.com

Wise & Witty Words

“The position in the family leaves an indelible stamp.”
Alfred Adler

“What a father says to his children is not heard by the world; but it will be heard by posterity.”
Jean Paul Richter

Vitamins for parents

If you have a first born:

1. Save some responsibilities for others
Parents need to be careful not to heap all the jobs around the house onto the capable first born’s shoulders.

2. Have special times and privileges
Recognise the special place of first borns in the family by giving them some special privileges.

3. Flatter your imperfections
As first borns, more than children in any other position, take their behavioural cues from their parents. It really helps if you can drop your guard and make a few mistakes.

4. Need structure and rules
First borns just love consistency. They love order and thrive on routines. They also need rules and limits.

Bright idea

Keep a record on each child for consistency

First borns complain that the other children in the family have an easy life compared to them. So if you have more than one child consider keeping a record of the following:

- Jobs at each age
- Bedtime, pocket money amounts and other special privileges at each age
- Some rules, limits and consequences that govern behaviour at different ages
2017 YEAR 7 INFORMATION NIGHT

PLEASE JOIN US ON:
WEDNESDAY 12TH OCTOBER 2016
6:00PM – 7:30PM
IN THE
YEAR 9 CENTRE
ALTONA P-9 COLLEGE
Altona P-9 College presents

ITALIAN DAY

TUESDAY 18TH OCTOBER 2016

DRESS AS A FAMOUS OR INFAMOUS ITALIAN, WEAR ITALIAN COLOURS OR ITALIAN GEAR – USE YOUR IMAGINATION!

ITALIAN DAY 2016

This year we will celebrate Italian Day with activities including: a performance from La Comica Variety, a waiters’ race, giant soccer, bocce, cooking activities, a gelati van, a best dressed competition and lots more. Save your coins for a gelato and get your outfit organised!

A presto!

SIMONA
Photo Competition

IT’S ITALY TO ME!

Students and families are invited to enter our ‘Photo Competition’. Use your own creativity to compose a photo that defines Italy. All entries will be displayed in the Italian Gallery on Italian Day – Tuesday 18th October – and are in the running for Brunetti vouchers for best family entry and best student entry. Entries close 5pm Friday 14th October 2016.

Contact Simona if you have any queries: costello.simone.m1@edumail.vic.gov.au
**Italian Day Lunch – 18\(^{th}\) October 2016**

In keeping with our Italian Day celebrations, you have the chance to pre-order an Italian inspired meal for your lunch on the day from our canteen.

Please remember:
1. All orders and monies must be returned to *Maria in the canteen*.
2. Orders must be finalised at the end of lunch on *Friday 14\(^{th}\) October 2016*.
3. **NO LATE ORDERS WILL BE ACCEPTED.**

A presto!
*Simona - Italian Teacher*

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**NAME: ____________________________**
**CLASS: __________**

<table>
<thead>
<tr>
<th>MENU CHOICE</th>
<th>COST</th>
<th>QUANTITY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BEEF LASAGNE:</strong></td>
<td>$5.50</td>
<td></td>
</tr>
</tbody>
</table>
| **SPINACH & RICOTTA CANNELLONI**
  1 piece                                         | $3    |          |
| **SPINACH & RICOTTA CANNELLONI**
  2 pieces                                        | $5    |          |
| **PROFITEROLI** – three *small* cream-filled, chocolate drizzled pastries | $2    |          |
| **Total Money Enclosed**                        | $     |          |

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**inner smile**
**yoga & health**
Do you want to play basketball? Come and join Altona Pirates!!

Come and join our fantastic club for the new season commencing straight after the school holidays.

Our club is currently looking for players for the following age groups to complete teams:

Under 8’s Mixed For boys and girls born in 2010 and 2011
Under 10 Boys For boys born in 2008 and 2009
Under 10 Girls For girls born in 2008 and 2009
Under 16 Girls For girls born in 2002 and 2003

Enquiries to Club Registrar Rebekah
Mobile 0439 840 805
Email registrar@altonapirates.com.au
www.altonapirates.com.au
ALTONA LITTLE ATHLETICS

SCHOOL HOLIDAY PROGRAM

September 20-22, 3.30-5.30pm

- Connor Menadue AFL Footballer, Altona Little Aths graduate
- Photos & Autographs
- Fun Program & Activities
- Cost $30 Per Child
  3 x 2 Hour Sessions
  $20 Siblings

INFORMATION & REGISTRATION

w: altonalac.com.au  p: 0499 994 305
e: altona@lavic.com.au
Altona
Little Athletics Centre

Voted 6th Best Club in the State

COME & TRY!

24th September 2016
9am to 12noon
George Nevitt Athletics Track
Sugargum Drive, Altona

Registration: $160 1st child, $150 2nd child, $140 3rd child & thereafter
Orientation Day: 1st October 2016, 9am - 11am
Season Starts: 8th October 2016, 9am - 11am

For more information contact Rebecca on 0499 994 305
COME & TRY BASEBALL

OPEN TO ALL GIRLS & BOYS 4-17 YEARS

Newport Rams

Sunday 28 August & Sunday 11 September
9:30am to 11:30am
Newport Baseball Club – Park Cres, Williamstown North

For More Information Contact Shane 0413 368 993
ART SHOW

Presented by Rotary Club of Altona

Rotary

HOBSONS BAY ART SHOW

29th September – 2nd October 2016

Friday-Saturday 10-5pm/Sunday 10am-4pm
Weekend Entry Costs $5/$2 conc + stds

At SeaWorks
82 Nelson Place, Williamstown Mel ref: Pg56 E9

Preview (PV) Evening Dinner 29th September Thursday 6:30pm

Enquiries & PV bookings visit
www.hobsonsbayartshow.com.au

A Fundraising event to support local community projects

Latitudes, KickStart Breakfast in Schools,
White Ribbon Foundation, Wellness Centre in WEST.

Come and support us in our Fundraising

www.altona@rotarydistrict9800.org

*Donations are Tax deductible

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Attona Community Bank* Branch
Bendigo Bank
Surf Life Saving is highly regarded part of our Australian way of life. The Altona Life Saving Club is a volunteer community based club committed to bringing families together in a healthy and happy environment and we would love you to join us....

Joining ALSC gives you the opportunity to learn new skills, make new friends and contribute towards making Altona Beach a fun and safe place for us all to enjoy.

Nippers
The Altona Nippers program aims to provide the opportunity for children to gain valuable surf and water safety information and build their skills in a safe and fun environment. The Nippers program incorporates the national Surf Education Program with activities aimed at building lifesaving, surf, competition, teamwork and leadership skills and is a training ground for tomorrow's lifesavers.

come along to our “Information Day”

Sunday 9th October 2016
11:00am – 1:30pm
Altona Surf Life Saving Club Rooms, 139 Esplanade, Altona

Training
Nippers training is held at Altona Beach on Sunday mornings from November to the end of March. Activities include beach sprints, flags, wading in shallow water, board paddling, swimming, relays and lots of fun games. In addition to our weekly Nipper sessions, additional training times are available for competition teams and there’s also a fantastic fitness boot camp open to all members.

Beach Competitions are held during the summer months from December through to March. From age 8, nippers compete in a range of aquatic and beach events designed to promote fitness and surf skills at all levels. Events include ironman & iron woman, surf swimming, board race, ski race (U17+), beach sprint, beach flags, surf boats (U19+), rescue & resuscitation, and a number of team related disciplines

Pool Competitions are held during the winter months from April through to September. All age groups and events include obstacle swims, manikin carry, super lifesaver, Line throw, individual stroke races and team a variety of team relays.

For more information, enquiries and contact details visit
Website: http://www.altonalsc.com.au
## 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>
<th>Item:</th>
<th>Price</th>
<th>Tick</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ham, Tomato &amp; Cheese</td>
<td>$4.00</td>
<td></td>
<td>Paper Bag</td>
<td>$0.20</td>
<td>✓</td>
</tr>
<tr>
<td>Ham &amp; Cheese</td>
<td>$3.60</td>
<td></td>
<td>Bread White</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Ham &amp; Tomato</td>
<td>$3.60</td>
<td></td>
<td>Bread Wholemeal</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Toasted</td>
<td></td>
<td>✓</td>
</tr>
</tbody>
</table>

#### HOT FOOD

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

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

#### SNACKS & COLD DRINKS

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

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

### NEW

- Jelly Cup: $1.50
- Pastizzi: $2.00
- Chicken Wings & Chips: $5.00

### MILK SHAKE

- Chicken Wing: $4.00
- Chicken Burger Lettuce Cheese & Mayo: $4.00

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Last Updated 31.01.15
### Upcoming extra curricular activities

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>First Day term 4</td>
<td>Monday October 3rd</td>
</tr>
<tr>
<td>Year 7 Information Night</td>
<td>Wednesday October 12th</td>
</tr>
<tr>
<td>Italian Day</td>
<td>Tuesday October 18th</td>
</tr>
<tr>
<td>Year 3– 6 Camp Rumbug</td>
<td>Monday October 24th—26th</td>
</tr>
<tr>
<td>Curriculum Day</td>
<td>Monday October 31st</td>
</tr>
<tr>
<td>Melbourne Cup Day</td>
<td>Tuesday November 1st</td>
</tr>
<tr>
<td>Steps to Preps dates</td>
<td>Tuesday October 11th 9—11am</td>
</tr>
<tr>
<td></td>
<td>Tuesday October 18th 9 –11am</td>
</tr>
<tr>
<td></td>
<td>Tuesday October 25th 9—11am</td>
</tr>
<tr>
<td></td>
<td>Tuesday November 8th 9—11am</td>
</tr>
<tr>
<td></td>
<td>Tuesday November 15th 9—11am</td>
</tr>
<tr>
<td></td>
<td>Tuesday November 22nd 9 –11am</td>
</tr>
</tbody>
</table>