Dear families

The past fortnight has simply flown past! Our students, including the new preps and year 7’s are certainly settling into college routines.

This week the year 7 and 8 students headed off to Camp Wyuna at Queenscliff. Unfortunately we have had some cooler days but reports from the staff were that they certainly embraced the activities on offer. A huge thank you to; Mr Guymer, Mr Moore, Mrs Neville, Mr Vening, Ms Megan Blackman, Miss Laura Shelton, Ms O’Toole and Mrs Staropoli who cared for the students over the past three days. I am sure they will all sleep well tonight.

Mr Kelly kept families up to date via Updat-ed during the camp. Short messages from the college were pushed out to the App. Event reminder alerts are also sent to families. These can be synced instantly to your smartphone calendar from a simple prompt. If you have not yet signed up the details are included in this newsletter for your information.

Our Year 9 students experienced Go Ride A Wave at Torquay surf beach on Tuesday. The weather was unfortunately cold but I have it on good advice that the water was warm. The students spent two hours surfing and now feel ready to join the pro tour for amateurs and the staff the master’s games.

Thank you to our families who stepped in to help on Tuesday night with the playground soft fall. The new equipment has been very well received by the children. Their patience during the set up was commendable. They certainly demonstrated respect by staying out of the area until the installation was finalized. Your effort on Tuesday night was truly appreciated by the children.

Student safety in and around the college is paramount. Parents are asked to drop students off in Grieve Parade or park on the street and escort them through the main entrance. The two car parks onsite are not for parent use. The car park on Civic Parade is attached to the regional professional learning centre and is not to be used by the college staff or families. The car park in Grieve Parade is for STAFF ONLY. I am concerned when I watch families walk through the car park and others trying to exit. Let’s all work together to keep each other safe!

School councils play a key role in Victorian government schools. Participating as a school council member is a rewarding and challenging experience. There were two parent vacancies on the council for 2016. Nominations close on Monday 22nd February. Details of the elections were emailed to all families last week. Hard copies were provided for families when emails bounced back.

The following vacancies exist on the council for 2016. All vacancies are for two years.

**PARENT CATEGORY:** 3

**DE&T EMPLOYEE CATEGORY:** 1

An outline of the College Council election process and timetable is included in the newsletter for your information. Nomination forms are available from the office.

This week we held getting to know you interviews for families with children in Years Prep to 6. These were very well attended by our parent community. Partnerships in education are vital. We hold meetings early to enable families to meet their child’s teacher and share any pertinent information. I know the opportunity was valued by parents and staff alike.

I am pleased to welcome Maree White to the staff at Altona P – 9 College. Maree will be filling the chaplaincy role previously undertaken by Cathie Staunton. I am expecting that Maree will be on board early in March. Cathie will continue as previously advised in the kitchen garden program.

Wishing everyone a relaxing weekend.

Julie Krause (Principal)
<table>
<thead>
<tr>
<th>EVENT</th>
<th>DATE</th>
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<tbody>
<tr>
<td>A. NOTICE OF ELECTION AND CALL FOR NOMINATIONS</td>
<td>Monday 15\textsuperscript{th} February 2016</td>
</tr>
<tr>
<td>B. CLOSING DATE FOR NOMINATIONS</td>
<td>Monday 22\textsuperscript{nd} February 2016</td>
</tr>
<tr>
<td>C. DATE BY WHICH THE LIST OF CANDIDATES AND NOMINATORS WILL BE POSTED</td>
<td>Wednesday, 24\textsuperscript{th} February 2016</td>
</tr>
<tr>
<td>D. DATE BY WHICH BALLOT PAPERS WILL BE PREPARED AND DISTRIBUTED</td>
<td>On or before Monday, 29\textsuperscript{th} February 2016</td>
</tr>
<tr>
<td>NB: If number of nominations is greater than the number of positions vacant</td>
<td></td>
</tr>
<tr>
<td>E. CLOSE OF BALLOT (if required)</td>
<td>Monday 7\textsuperscript{th} March 2016</td>
</tr>
<tr>
<td>F. VOTE COUNT</td>
<td>Tuesday 8\textsuperscript{th} March 2016</td>
</tr>
<tr>
<td>G. DECLARATION OF POLL</td>
<td>Wednesday 9\textsuperscript{th} March 2016</td>
</tr>
<tr>
<td>H. FIRST COUNCIL MEETING TO ELECT OFFICE BEARERS (the Principal will preside)</td>
<td>6:00pm Tuesday 22\textsuperscript{nd} March 2016</td>
</tr>
</tbody>
</table>
School news

Sweetharts Day Raffle Winners

Third prize - Brodie Tolomeo
Second prize – Dione O’Brien
First Prize – David Zipeveski

Mr McGee congratulates everyone for supporting our Sweetheart Day fundraiser last Friday, either by their gold coin donation or contribution via the raffle. The day was a great success raising a grand total of $512.70. These much-needed funds are used to provide support for Aussie kids with childhood heart disease as well as fund vital medical research.

Year 3/4 Kitchen Garden
School news

Italian word of the week

<table>
<thead>
<tr>
<th>WEEK 3</th>
<th>Buon Giorno</th>
<th>Good day</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEEK 4</td>
<td>Grazie mille</td>
<td>Thanks a lot</td>
</tr>
</tbody>
</table>

Only Year 7s to receive vaccinations in 2016

Parents of older children may be aware that in previous years vaccinations were given to students in years 7 to 10. However, the vaccine program for secondary students has been simplified this year so that all vaccines will only be offered to Year 7 students. This includes:

- Diphtheria, tetanus and pertussis combined vaccine (dTP) – one dose
- Human Papillomavirus (HPV) vaccine – three doses
- Varicella (chicken pox) vaccine – one dose

Parents of year 7 students should look out for the vaccine consent card booklet coming home from school with your child. You need to read, complete and return Part A regardless of whether your child is being vaccinated at school.

The Hobson’s Bay Council immunisation service may contact you about the Secondary School Vaccine Program. Schools are authorised to provide parent/guardian contact details to local councils for this purpose. Contact the school on 9250 8050 by 29 February 2016 if you do not want your contact details given to the Hobson’s Bay Council.

To learn more about the Secondary School Vaccine Program, the vaccines, the diseases they protect against, or how you can prepare your child for vaccination, go to immunehero.health.vic.gov.au

PE UNIFORM DAYS

<table>
<thead>
<tr>
<th>Year prep</th>
<th>Monday</th>
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<tbody>
<tr>
<td>Year 1/2A</td>
<td>Monday</td>
</tr>
<tr>
<td>Year 1/2B</td>
<td>Monday</td>
</tr>
<tr>
<td>Year 3</td>
<td>Thursday</td>
</tr>
<tr>
<td>Year 3/4</td>
<td>Thursday</td>
</tr>
<tr>
<td>Year 5/6A</td>
<td>Friday</td>
</tr>
<tr>
<td>Year 5/6B</td>
<td>Friday</td>
</tr>
<tr>
<td>Year 7A</td>
<td>Wednesday</td>
</tr>
<tr>
<td>Year 7B</td>
<td>Wednesday</td>
</tr>
<tr>
<td>Year 8A</td>
<td>Tuesday</td>
</tr>
<tr>
<td>Year 8B</td>
<td>Tuesday</td>
</tr>
<tr>
<td>Year 9</td>
<td>Friday</td>
</tr>
<tr>
<td>Year 8/9 Dance Mob Elective</td>
<td>Thursday</td>
</tr>
<tr>
<td>Year 8/9 Outdoor Ed Elective</td>
<td>Thursday</td>
</tr>
</tbody>
</table>
This week we’ve been having loads of fun making pasta and playing around with Kale. We created an amazing green smoothie with Kale and Cucumber from the kitchen garden and most of the students drank it! All you need is a blender and a bit of imagination, so get your kids eating their vegies for breakfast! Check out our handy smoothie ingredient list you can mix and match with and get the kids involved.

**HOW TO MAKE A GREEN SMOOTHIE**

**STEP 1: LIQUID (2 CUPS)**
- milk: Almond, Coconut, Rice, Soy, Cows
- coconut water
- water

**STEP 2: GREENS (3-4 HANDFULS)**
- baby kale
- spinach
- pak choy
- Swiss chard

**STEP 3: FRUIT (2 CUPS)**
- strawberries
- blackberries
- blueberries
- raspberries
- pineapple
- apples
- cherries
- pears
- peaches
- grapes
- mangoes
- oranges
*We like to use at least part frozen fruit because it makes your smoothie thicker and more creamy*

**STEP 4: CREAMY FRUIT (1 EACH)**
- banana
- avocado

**STEP 5: HEALTHY FAT (2 TBSP)**
- flax seeds or flax oil
- nuts
- coconut oil
- seeds
- chia seeds
- nut butters

**OPTIONAL ADD-INS:**
- sweetener: honey, dates, extra banana
- spices/other flavors: cinnamon, nutmeg, Vanilla, Lime, Lemon, Ginger
- ice cubes

www.superhealthykids.com
Our new playground
Colouring Club
Wednesday lunchtime
Year 9 building

Calm | Relaxing | Enjoyable
Italian Preserving workshops

Saturday 19 March
9:30am - 12:30pm or 2 - 5pm
Altona P-9 College, 103A Grieve Pde, Altona

Autumn is the time to make the most of your garden produce and stock your pantry with rows of beautiful jars to see you through winter and spring. Let Maria Ciavarella step you through tried and tested Italian preserving methods, from bottled tomatoes and fruit to jams, chutneys and relishes, plus tips on pickling your own olives. This session will be part demonstration, part hands-on workshop, with plenty of tastings of course!

Two workshops announced due to popular demand!
Bookings essential, to register please visit www.mysmartgarden.org.au
Welcome Back to the new school year!

We hope you have all enjoyed the holiday break and are excited for a new year.

After having holidays ourselves we are back on board and excited to see familiar faces returning- as well as some new faces.

We have already started having fun at OSHC. Our programs are tailored according to the children who attend OSHC. We have divided our timings beautifully to enjoy indoor and outdoor activities. We have already started doing some paintings (Tree-mendous Tree made by Tremendous children), cooking (Mug Cakes), playing games (Cricket / Handball / Soccer and many more).

As always we encourage children to Follow Hand Washing Techniques, Table manners, Voice levels to be maintained when you talk, Maintaining Hygiene, Eating fresh fruits, Keeping our room clean, washing our own dishes, reading or doing homework for 15 mins (time will exceed to 30 mins from next week) and last but not the least have Super Fun!!!!

We are also happy about parents participating in the activities we do, as thats a heads up for all of us.

To know more about our activities please feel free to come anytime in Camp Australia’s room to have a chat with us.

Booking and Registering with Camp Australia is made really easy. To create any bookings log onto www.campaustralia.com.au or you can also call 1300 105 343 or you can also contact the coordinator at 0450778047 for any queries.

Thanks and Regards

Sapna Sudan (Coordinator)
Parenting Children who Worry Too Much
for parents of children aged 2 - 10 years

Does anxiety stop your child enjoying life?

Come along to find out more about anxiety and strategies to help your child to worry less.

Friday
11th March, 2016
12.30pm - 2.30pm
Wyndham Private Medical Centre
Level 1, 242 Hoppers Lane
Werribee
FREE

BOOKINGS ESSENTIAL
Phone: (03) 9663 6733 or email: enquiries@ds.org.au
Breakfast Club

What: Breakfast Club

When: Every morning

8:30am - 8:55am

Where: Dining room in the Food Tech Building

Who: ALL WELCOME

Why: A good breakfast is vital to student learning.

The Altona P9 College is excited to be running our Breakfast Club again this year, starting Monday, 1st of February. Any student is welcome to enjoy some toast or cereal, juice or milo to ensure they are ready for the day’s learning.

We will also be looking for some parent volunteers to help us with serving and clean up on these day. If you are able to help on any of these mornings, please complete the below form and return it to the office or the class teacher.

Julie Giles (Wellbeing Coordinator)

I, ______________________, am available to help at Breakfast Club Mondays Tuesdays Wednesdays Thursdays Fridays (Please circle) OR occasionally _______________________________ (Please write dates)

Contact Details: Phone: _______________________________

Email: _______________________________
Altona P-9 College is excited to announce that we are launching a Smartphone app called **Updat-ed** that will make connecting with you so much more convenient.

**Using our interface couldn’t be easier.**

Short messages from the college are pushed out to the App in the ‘Updat-ed’ section. This stores the 25 most recent messages and deletes any older than that.

Event alerts are sent. These can be synced instantly to your smartphone calendar from a simple prompt.

Access relevant links for online purchasing such as JB Education Laptop Portal, Booklists and Uniform Ordering.

Access college newsletters

Access XUNO Parent Portal

To download the **FREE** app just visit the App Store for iPhones or Google Play for Android’s. Search for **Updat-ed** and from the menu select our college. We’ll receive your registration request and will need to approve you before your app is up and running.
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>
</tr>
</thead>
<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>
<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>
</tr>
</thead>
<tbody>
<tr>
<td>Beef Pie</td>
<td>$4.00</td>
<td>✓</td>
</tr>
<tr>
<td>Sausage Roll</td>
<td>$3.00</td>
<td>✓</td>
</tr>
<tr>
<td>Nachos (Corn Chips, Salsa, Sour Cream &amp; Cheese)</td>
<td>$5.00</td>
<td>✓</td>
</tr>
<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>
</tr>
<tr>
<td>Pastizzi</td>
<td>$2.00</td>
<td>✓</td>
</tr>
<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>
</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>
</tr>
</thead>
<tbody>
<tr>
<td>School Smart Milk Big M - Strawberry - 250ml</td>
<td>$2.00</td>
<td>✓</td>
</tr>
<tr>
<td>School Smart Milk Big M - Chocolate - 250ml</td>
<td>$2.00</td>
<td>✓</td>
</tr>
<tr>
<td>Home-style Smartie Cookie</td>
<td>$2.00</td>
<td>✓</td>
</tr>
<tr>
<td>Gingerbread Man</td>
<td>$1.00</td>
<td>✓</td>
</tr>
<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>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Item:</th>
<th>Price</th>
<th>Tick</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seasonal Fresh Fruit piece</td>
<td>$1.00</td>
<td>✓</td>
</tr>
<tr>
<td>Prima Orange - 200ml</td>
<td>$2.00</td>
<td>✓</td>
</tr>
<tr>
<td>Prima Apple - 200ml</td>
<td>$2.00</td>
<td>✓</td>
</tr>
<tr>
<td>Prima Tropical - 200ml</td>
<td>$2.00</td>
<td>✓</td>
</tr>
<tr>
<td>Bottled Water - 600ml</td>
<td>$2.00</td>
<td>✓</td>
</tr>
<tr>
<td>Nippy's Milk Chocolate 350ml</td>
<td>$3.50</td>
<td>✓</td>
</tr>
</tbody>
</table>

### NEW

Jelly Cup $1.50

### YUM

Pastizzi $2.00

### NEW

Chicken Wings & Chips $5.00

### MILK SHAKE

Chicken Wing $1.50

### FRESH

Chicken Burger Lettuce Cheese & Mayo $4.00

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<th>Item:</th>
<th>Price</th>
<th>Tick</th>
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Last Updated: 31.01.15
Young people today are immersed in digital technologies. They use the internet and mobile phones to socialise, study, exchange ideas and play. While online activity has many benefits, there are also risks.

To help your children stay safe online we are hosting a Cybersmart Outreach - Internet Safety Awareness presentation provided by the Office of the Children’s eSafety Commissioner as part of a national program of Cybersmart Initiatives.

This free presentation is for parents and carers, conducted by Cybersmart trainer Greg Gebhart, and will cover:

- the role of the Children's eSafety Commissioner
- the ways children use the internet and emerging technologies
- potential risks for children online, such as cyberbullying, identity theft, inappropriate contact and exposure
- tips to help children stay safe online

**ADD TO YOUR CALENDAR**

Thursday 3 March 2016
6.45pm to 8.30pm
with a 7pm start

Williamstown Library
104 Ferguson St Williamstown

**BOOKINGS**

via the library website or phone 1300 462 542
http://libraries.hobsonsbay.vic.gov.au
Dear parent,

Raising Resilient Teenagers: A Free Online Program for Parents

Researchers at Monash University and the University of Melbourne are pleased to offer parents of students aged 12 to 15 a free online parenting program designed to empower parents to make sense of adolescence and parent their teenager with confidence. This program provides strategies for parents to raise a resilient teenager, which are supported by research evidence and international experts in the field. It is based on Parenting Guidelines that were published in partnership with beyondblue and have been accessed by thousands of parents internationally, many of whom have found them very useful.

If you are a parent or guardian of a child aged 12 to 15, you may be eligible to participate in a free trial of the program. After completing a survey, you will receive your parenting program, comprising of either a personalised feedback report and interactive online modules, or a set of five factsheets about parenting adolescents. Participation will take a few hours of yours and your child’s time over 12 months. Both you and your child will be reimbursed for your time.

To sign up for a free trial of this program, please visit: www.partners inpersiparenting.net.au

If you have any specific queries about the program, please do not hesitate to contact the Partners in Parenting team via email, med-partnersinpaparenting@monash.edu or phone, (03) 9905 1250.

Thank you,

Dr Marie Yap
NHMRC Career Development Fellow
Senior Research Fellow and Psychologist
School of Psychological Sciences
Monash University
Very soon
the Responsible Pet Education Program
is coming to visit you at your school!

My pet dog will be coming
to help teach you how to
be safe around dogs and
how to say hello to dog
with their owners!

There will be lots of
listening, role plays,
singing and some
dancing.

My dog may even
meet you during the visit.
EVERY DAY COUNTS

In Years 7-10, students miss on average almost a week every term - that’s four weeks of school per year.

Going to school every day is the single most important part of your child’s education.

For more information and resources to help address attendance issues, visit: education.vic.gov.au

Department of Education and Early Childhood Development
Upcoming Excursions and events

Year 8&9 Outdoor Ed:  
Lawn Bowls  
February 11th, 25th and March 3rd.

Year 5/6:  
Summer sport  
February 26th

Year 7 Girls:  
Life fit for girls  
Tuesday March 1st, 15th & 24th  
Life fit overnight camp 8th & 9th March

Year 7-9:  
Select team  
Swimming  
March 1st

Year 9:  
Select team  
Summer sport  
March 4th

Years P—4:  
NGV excursion  
March 4th

Year 8:  
Select team  
Summer sport  
March 9th

Year prep—9:  
College athletics day  
March 16th  
(Back up day March 18th)

Year 7:  
Select team  
Summer sport  
March 17th

Years P-4:  
Responsible Pet ownership program  
March 18th