Dear families

It’s been another busy fortnight at our college. The new playground has been a mass of activity during breaks. It has been great to see our students interacting socially and reflecting our values: respect, learn and care. Down ball games are also prominent in the playground and friendly banter occurs as the students attempt to “get out” Mr T. We are looking forward to the fitness equipment located outside the gym being completed so it is ready for physical education classes and breaks.

Our students have participated in a range of extracurricular activities this term and there are a number planned in the coming weeks. Today our early years’ community travelled to the National Gallery Victoria. They participated in an educational program at the venue and then enjoyed lunch in Birrarang Marr. Our year 8 and 9 students joined in a district volleyball competition today and there are further events planned in the coming weeks. Students in our outdoor education program have enjoyed playing barefoot bowls within our local community. There have been incursions such as the hockey workshop that was thoroughly enjoyed by the early years’ students. The early years Australia Day (Altona P-9 College) was also a highlight this term. Please do not send coloured sprays on the day, but parents are welcome to spray hair, apply coloured zinc etc at home.

Hobson’s Bay Youth Services provide tremendous support to students. Each year they provide counselling services, drum beat and the “Fit for Life” program to name a few to our secondary students. Next week our Year 7 girls are heading down the coast for an overnight camp. This is fully subsidised by the council and enables our girls to challenge themselves through a range of physical activities. I know it is a favourite memory for all that are provided with the opportunity.

This week we welcomed Mrs Maree White to our staff who is our new college chaplain. We were delighted to receive funding for our chaplaincy program for 2015 and 2016. Maree is available to support families within our college community. She has introduced herself in today’s newsletter. Maree is working on Tuesday and Thursday each week. She will be attending breakfast club to get to know our students. Maree is willing to meet with students / parents as required with parent / guardian written consent.

Details regarding College Council elections were forwarded to families last week. At the close of business yesterday there were no further nominations received for the council. If you are interested in being involved on our council please contact me at the school on Monday.

Student safety is at the forefront of our college value of CARE. I am concerned at the number of students arriving early at the college, some as early as 8:00am. The yard is supervised from 8:40pm (15 minutes prior to the start of the school day) and until 3:20pm (15 minutes after the end of the school day). The pedestrian crossing is supervised from 8:30 in the mornings and 3:20 in the afternoons as well. There are many students arriving earlier than these supervised periods or remaining onsite at the end of the day. I have watched students take unnecessary risks when crossing Grieve and Civic Parade prior to the supervised times in the mornings or after school. If your child is arriving at the college before 8:40 they should be attending before school care. Alternatively if you are unable to collect your child at the end of the day please contact Camp Australia before and after school care online. Register as a new user: 


Our prep to 6 families participated in “getting to know you” parent teacher interviews last month. Written reports will be sent home at the end of term 2. Students in Year 7 to 9 will receive a mid-semester report in week 1 in term 2. Parent teacher interviews will be offered at that time to enable families to meet with teaching and specialist staff to discuss their child’s progress.

Have a great weekend and don’t forget the sunscreen and hat in the coming weeks.

Julie Krause
Principal
New school Chaplain

Hi everyone, my name is Maree White and I want to tell you a little about myself.

I grew up in a small farming community near Colac in the Western District of Victoria. My family were dairy farmers, who, in their spare time enjoyed travelling around Australia, so I have grown up with a love for the land and our amazing nation.

As we lived an hour from Geelong, the Cats became my favourite footy team.

My hobbies include photography, painting, drawing, bushwalking and travel. I also love food, especially from other cultures and since moving to Melbourne have been able to sample many amazing dishes from different countries.

My work history includes Teaching, Coordinating Out of School Hours programs, and working as a Chaplain for the past 7 years at Old Orchard Primary School in Blackburn North.

I am very happy to take on the role of Chaplain at Altona P9 College and I am looking forward to being part of your school community.

Clean up Australia day
Easter Bonnet Parade Prep—6

As we are quickly approaching the end of term 1, we will be celebrating the end of term with an ‘Easter Bonnet Parade’. Students will be making their bonnets during school time. If you would like to join us for the Easter Bonnet Parade, please see details below:

**Time:** 2.30pm, Wednesday 23rd March

**Location:** Down ball court next to the playground (behind P-4 building)

In case of bad weather we will run the activity in the old library.

Thanks for your support.

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Italian word of the week

<table>
<thead>
<tr>
<th>WEEK 6</th>
<th>L’autunno inizia.</th>
<th>Autumn starts this week</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEEK 7</td>
<td>foglie autunnali</td>
<td>Autumn leaves</td>
</tr>
</tbody>
</table>
School news

PE UNIFORM DAYS

<table>
<thead>
<tr>
<th>Year</th>
<th>Day</th>
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</thead>
<tbody>
<tr>
<td>Year prep</td>
<td>Monday</td>
</tr>
<tr>
<td>Year 1/2A</td>
<td>Monday</td>
</tr>
<tr>
<td>Year 1/2B</td>
<td>Monday</td>
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<tr>
<td>Year 3</td>
<td>Thursday</td>
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<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</td>
<td>Thursday</td>
</tr>
<tr>
<td>Dance Mob</td>
<td></td>
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<tr>
<td>Elective</td>
<td></td>
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<tr>
<td>Year 8/9</td>
<td>Outdoor Ed</td>
</tr>
<tr>
<td>Elective</td>
<td></td>
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<tr>
<td></td>
<td>Thursday</td>
</tr>
</tbody>
</table>

Fundraising

The Parents and Friends committee is putting together Easter hampers for our Easter raffle. We would greatly appreciate support with this event with each family donating something Easter related to go in the hampers. This could be chocolate, stickers, plush toys, Easter novelties, etc.

Please take any donations to the school office, they will be accepted up until Friday 18th of March.

Raffle tickets will be sent home next week. Tickets are to be returned by Friday the 18th of March and the raffle will be drawn on Tuesday the 22nd of March.

Thank you for all your support with our fundraising events.

Altona P-9 College Parents and Friends Committee.
Zucchini Choc Chip Cookies

Ingredients
125 grams butter
1 cup sugar
1 egg
2 cups SR flour
2 Tablespoons cocoa
1 teaspoon cinnamon
½ teaspoon salt
1 small zucchini (grated)
1 cup dark chocolate chips

Method
Preheat oven to 180 C
Place the sugar and butter in a mixing bowl. Beat together until the butter is soft.
Add the egg, mix well.
Add the grated zucchini, cinnamon, salt and choc chips and mix well.
Sift the self raising flour and cocoa and add to the mixture, mix well.
Line baking trays with baking paper.
Using 2 teaspoons put small teaspoons of mixture on the trays, about 3 cm apart.
Bake in oven for about 10 - 15 minutes. Cookies should be lightly browned.
Remove baking trays from oven, place cookies on cooling rack to cool.
Place on a serving plate to serve.
Le Notizie Italiane

Ciao a tutti!
Italian has had a flying start this term, with lots of fun things happening. Preps have had a fabulous introduction to Italian and their smiles are priceless each week. Using Pinocchio, they are learning greetings, body parts and simple expressions. Take a look at their ‘burratini’ in the office foyer and feel free to join in their class on Tuesdays at 11:25am. (We love helpers in the Italian room, so you’ll always feel welcome!)

Years 5 & 6 students are learning to play ‘Guess Who?’ in Italian and are really stepping up to the challenge. They developed the language for the game and have access to it via Google.docs. Why not try playing the game at home?

A presto!
Simona
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
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.
Going to school every day is the single most important part of your child’s education. Students learn new things at school every day – missing school puts them behind.

Why it’s important

We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day.

If students miss school regularly, they miss out on learning the fundamental skills that will set them up for success in the later years of school.

There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes.

Each missed day is associated with progressively lower achievement in numeracy, writing and reading.

Getting in early

Attendance patterns are established early – a child regularly missing days in kindergarten or in the early years of school will often continue to miss classes in the later years, and receive lower test scores than their classmates. It’s vital that students go to school every day – even in the early years of primary school.

What we can do

The main reasons for absence are:

Sickness – There are always times when students need to miss school, such as when they’re ill. It’s vital that they’re only away on the days they are genuinely sick, and setting good sleep patterns, eating well and exercising regularly can make a big difference.

It’s vital that holidays are planned during school holidays where possible, and not during the term if it can be avoided.

“Day off” – Think twice before letting your child have a “day off” as they could fall behind their classmates – every day counts.

Truancy – This is when students choose not to go to school without their parent’s permission. There can be many reasons for truancy. The best way to address this is for schools and parents to work together.

If for any reason your child must miss school, there are things you can do with your school to ensure they don’t fall behind:

• Speak with your classroom teacher and find out what work your child needs to do to keep up.

• Develop an absence learning plan with your teacher and ensure your child completes the plan.

Remember, every day counts. If your child must miss school, speak with your classroom teacher as early as possible.

Openly communicating with your child’s school about all absences is a good way to prevent attendance issues being escalated to a School Attendance Officer. A School Attendance Officer is a Department of Education and Early Childhood Development Regional Director who has authority to follow up attendance issues. Attendance issues that are escalated can lead to an infringement Notice.

If you’re having attendance issues with your child, please let your classroom teacher know so we can work together to get your child to school every day.

For more information and resources to help address attendance issues, visit: www.education.vic.gov.au/school/parents/behaviour/Pages/studentattendance.aspx

Department of Education and Early Childhood Development
### Holiday Fun

**Stella Maris**
54 Innisfail Drive Point Cook VIC 3030
0401 571 286 (07:00-18:00)

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday 28 March 2016</strong></td>
<td>jungle quest: Ready for a jungle quest - An awesomely WILD workshop full of fun games, imaginary exploration, adventure games and music!</td>
<td>$0.00</td>
</tr>
<tr>
<td><strong>Tuesday 29 March 2016</strong></td>
<td>amazing amazon: 3D Animal Puzzles - Today we'll be the ones getting puzzled, building and decorating our own iconic animal puzzles</td>
<td>$69.88</td>
</tr>
<tr>
<td><strong>Wednesday 30 March 2016</strong></td>
<td>puzzling animals: 3D Animal Puzzles - Today we’ll be the ones getting puzzled, building and decorating our own iconic animal puzzles</td>
<td>$68.88</td>
</tr>
<tr>
<td><strong>Thursday 31 March 2016</strong></td>
<td>beats of the jungle: Disco Jungle Yoga - You’ll have to be a part of it to believe it! Disco Jungle Yoga exists and it’s great!</td>
<td>$68.88</td>
</tr>
<tr>
<td><strong>Friday 1 April 2016</strong></td>
<td>sounds of the wild: Bundoora Park and farm - we’re visiting Coopers Settlement where we’ll get to experience lots of park and farm life fun!</td>
<td>$83.88</td>
</tr>
<tr>
<td><strong>Monday 4 April 2016</strong></td>
<td>jungle rumble: Make an erupting volcano - Today we’re making the rumble to put in the jungle!</td>
<td>$72.38</td>
</tr>
<tr>
<td><strong>Tuesday 5 April 2016</strong></td>
<td>teach me your jungle ways: Basket Weaving - Learn the art of basket weaving and culture and language.</td>
<td>$70.88</td>
</tr>
<tr>
<td><strong>Wednesday 6 April 2016</strong></td>
<td>jewel of the nile: There are so many special treasures hidden in the jungle. Speak to the onsite coordinator to find out what exciting fun awaits, in a specially designed program.</td>
<td>$53.88</td>
</tr>
<tr>
<td><strong>Thursday 7 April 2016</strong></td>
<td>urban jungle: At the movies - Zootopia. Join Judy Welove to the mammal metropolis! Please arrive by 8:45am</td>
<td>$80.88</td>
</tr>
<tr>
<td><strong>Friday 8 April 2016</strong></td>
<td>call of the wild: It’s time to jump, run, leap, and dance with the energy of a pack of cheetahs!</td>
<td>$70.88</td>
</tr>
</tbody>
</table>


Daily Requirements: Children must bring their own lunch and refreshments (no nut products please), wet weather gear, art smock, and suitable clothing for active and sunny days. An afternoon snack will be provided.
# 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><strong>Chicken Wing</strong></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><strong>Pastizzi</strong></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>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hot Dog Skinless With Tomato Sauces</td>
<td>$3.20</td>
<td></td>
</tr>
<tr>
<td>Baked Chicken Breast Nuggets x3 pieces</td>
<td>$2.20</td>
<td></td>
</tr>
<tr>
<td>Steamed Dim Sim</td>
<td>$1.00</td>
<td></td>
</tr>
<tr>
<td>Noodles – Chicken</td>
<td>$2.50</td>
<td></td>
</tr>
<tr>
<td>Noodles – Beef</td>
<td>$2.50</td>
<td></td>
</tr>
<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>
</tr>
<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>
<td></td>
</tr>
<tr>
<td>Chicken Burger Lettuce Cheese &amp; Mayo</td>
<td>$5.00</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><strong>Nippy’s Milk Chocolate 350ml</strong></td>
<td>$3.50</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
</tr>
<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><strong>Nippy’s Milk Chocolate 350ml</strong></td>
<td>$3.50</td>
<td></td>
</tr>
</tbody>
</table>

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### New

- **Jelly Cup**
  - $1.50

### Yum

- **Pastizzi**
  - $2.00
- **Chicken Wings & Chips**
  - $5.00

### Fresh

- **Chicken Wing**
  - $1.50
- **Chicken Burger Lettuce Cheese & Mayo**
  - $4.00

---

Last Updated 31.01.15
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.partnersinparenting.net.au](http://www.partnersinparenting.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-partnersinparenting@monash.edu](mailto:med-partnersinparenting@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
Upcoming Excursions and events

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 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

Year P—6: Easter Bonnet Parade  
Wednesday March 23rd

Year P-9: Last day term 1  
Thursday March 24th  
2.15pm finish