Dear families

What an amazing celebration in the Early Years Learning Centre for Mother’s Day! I was delighted to meet many grandmothers, great grandmothers and special people in our children’s lives, with many travelling some distance to join us. The classes loved preparing afternoon tea and were supported by our Masterchef group and the staff with the catering. Our school leaders are certainly commended for the way they proudly represented their school at the afternoon tea; meeting, greeting and serving beverages. Our younger students shone, sharing their learning with their guests and supporting them at our celebration afternoon tea. The positive feedback received from the families was certainly appreciated and I know the day will be a much anticipated annual event.

The Mother’s Day stall last Friday was also a highlight for the students. They always enjoy choosing a special gift for their mothers and special people in their lives. The children were well supported by a group of parent volunteers and the stall certainly wouldn't have happened without their support. Thank you from all the staff for your efforts, it was truly appreciated.

Tuesday night I had the privilege of attending the WynSpeak public speaking competition in Werribee. This annual event is made possible through the support of local Rotary clubs. This year we were well represented by Thalia Hatcher a Year 8 student. I commend Thalia on her ever growing self-confidence and courage to step outside her comfort zone and try something new. It is never easy addressing an audience in a public forum with so many eyes watching. As the Principal, I watched Thalia’s presentation with pride, she represented the college so well. I look forward to watching her grow even more over the remaining time with us. Congratulations also to Jennifer who also spent many hours preparing but was unwell on the evening.

Mr Kelly and I have been kept busy with enrolment tours. The Steps to Prep program is a key to successful transition from pre-school. This will commence in term 3 and we would like to see all the 2017 prep students participate. It’s now time to enrol any siblings. Please see Simone or Wendy for an enrolment form and please encourage anyone looking for a school for 2017 to pay us a visit.

I received notification this week that the Hobson’s Bay Council considered a petition requesting a pedestrian crossing at Grieve Parade Altona at its meeting on Tuesday 26th April 2016. The council agreed to install a pedestrian refuge at the intersection of Grieve Parade with Wren Street and Railway Street South. The works are scheduled to commence mid to late June, weather permitting.

Our Year 8/9 Dance Mob elective group are preparing for a celebration concert later in the term. This will be held in the evening at Carranballac College Boardwalk Campus to enable students and families to attend. Final details will be placed in the next newsletter. I would encourage our families particularly in Years 5 and 6 to attend the evening and see what our students have learnt over the semester and what is possible in their future schooling. Mr Dadswell has produced some photos of the sailing elective in this newsletter.

**REMINDER: Wednesday 1st June** is a curriculum day at the college. **Students do not attend school on this day.**

Enjoy the continued sunshine this weekend. What wonderful weather we have been enjoying so far this term, it has been sensational!

Julie Krause
Principal
Pieta and Ebony presented funds raised from the Anzac day badge sales to the RSL representatives. The school fundraising leaders raised $603.40 for the RSL which will be used for RSL welfare projects.
Thalia H 8A represented Altona P9 College at Wynspeak this week.

WynSpeak is an annual public speaking competition for the youth of the Western Suburbs organised in conjunction with the Werribee Apex Club and Rostrum Australia.

Congratulations Thalia!
We had a lady from Commonwealth Bank come to our school and speak to us about financial literacy. We learnt about the various cards you can get from a bank, all about earning money, saving money and spending money. It was an interactive session and we all had lots of fun.

We spent last week in the garden, where we dug up a lot of the herbs from the garden and potted them into smaller pots. There was a lot of work that had to be done.

This term in inquiry the year 5/6 students have been learning about how plants and animals have adapted to survive in their environment. We have done an experiment to see what happens to leaves when we leave them in a zip lock bag with no water and no air. Over five weeks, we noticed that some of the plants have died, some stayed the same and some even grew flowers. This photo shows the results of our experiment.

While we are in Music, Amy plays the piano with Miss Blackman while we practise our singing. We are starting to sound really good.
1/2A celebrate mothers day
OUTDOOR EDUCATION: Sailing program

In the first 3 weeks of this term, Year 8-9 Outdoor Education students were involved in a sailing program in conjunction with Royal Yacht Club Victoria.

The program enabled students to develop skills and knowledge regarding the following things:

- General water safety.
- Safety considerations when operating a small water vessel.
- Rigging procedures and checks prior to launching a small water vessel.
- Crew roles and responsibilities during sailing.
- Capsize procedures.

- **Briefing**
- **Instructional demonstration**
- **Rigging**
OUTDOOR EDUCATION: Sailing program

Push and pull turns

Avoiding capsizing

Launching

On the water
Thank you to students and families who supported the May Book Fair during National Family Reading Month.

As a result of the generosity of the school community we reached a total of $1,500 in book sales, giving the school a Book Fair sales commission of $450. This commission was used by teachers from Prep to Year 6, to select a wonderful selection of picture story books, chapterbooks, novels and information texts, to add to class collections, providing additional Literacy resources to support the development of reading.

Thank you to everyone who entered the competition and special thanks to Year 9 students, Tiana, Finn, Ebony, Kayla and Haley, plus our special Book Fair guest, Thea Stilton, who all assisted with story reading and serving refreshments at our Book Fair Afternoon Tea.

**Prize Winners:**
Guessing Competition - Sam A. (Year 1)
Colouring Competition Winners -
Prep – Savannah
Year 1/2: 1/2A – Joshua A, 1/2B - Bianne
Year 3/4: 3A - Benjamin, 3/4A - Shanthi
Year 5/6: 5/6A - Win, 5/6B - Emily
Door Prize Raffle Winner – Xavier (Class 3/4A)
Competition winners chose books or stationary items from the Book Fair as prizes.
Thanks again and see you at our next Book Fair in December.
P - 6 Teachers
Fun, food and stories to share at the Book Fair!
### Uniform shop

This week’s second hand uniform shop sale items

**Long sleeve rugby tops $10 each**

Lots of sizes available

Please see Kelly in the uniform shop

Tuesday 8.45—9.15am
Wednesday 2.45—3.15pm

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### Italian word of the week

<table>
<thead>
<tr>
<th>WEEK 5</th>
<th>WEEK 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>A scuola, parliamo italiano.</td>
<td>Sono australiano/a.</td>
</tr>
<tr>
<td>At school, we speak Italian</td>
<td>I am Australian.</td>
</tr>
</tbody>
</table>
A resilience-promoting childhood

What type of childhood do your children experience?

In our current consumer-oriented society it can be difficult to provide the type of childhood that promotes long-lasting resilience in children. It is tempting to over-organise their lives and fill every spare minute with some type of activity.

The emergence of indoor playgrounds shows the lengths we go to ensure that they never get bored (or even get wet and cold when they play!)

It helps to stand back and take stock of the type of childhood that we provide for our kids.

A resilience-promoting childhood has the following features:

1. Children don’t always get what they want. The Rolling Stones were right when they sang, “You can’t always get what you want, but you can try” all those years ago.
2. They have plenty of opportunities to solve their own problems without adults trying to fix everything for them. Children will only develop their inner resources when given the opportunity to develop their resourcefulness.
3. Children are expected to help at home from a young age without being paid so they learn to be useful.
4. Parental expectations for success are positive, realistic and based on a child’s interests and aptitudes rather than on adult wishes.
5. Children receive liberal amounts of encouragement but moderate amounts of praise. Praise is like fast food – kids want it but they don’t always need it.
6. Children have plenty of free time to do three essential things – play outside, have fun and daydream. But they need to have the opportunity to initiate all three, rather than have them initiated by someone. These three essentials help insulate human beings when life gets out of control.
7. Children are involved in family decision-making so that they learn to impact positively on their environment.
8. Children have the opportunity to identify their strengths and then build on these to develop their unique identities.
9. Children grow up in families that have their own rituals, rites of passage and celebrations. These rituals provide important anchors to children as they develop and grow away from their families.
10. Resilient children need to be surrounded by resilient adults rather than adults who are continually stressed and have no real life outside from children and work. If you feel that life is all work (and kids) and no fun then begin by taking a hobby.

Quick Parenting Quiz

1. According to a recent Australian Research Project, eight qualities were identified as family strengths. Communication and Resilience were two qualities. Name three more.
   
   Answer:
   1. Research by the Family Action Centre identified the following eight qualities in strong families: communication, togetherness, sharing activities.

2. When changing children’s misbehaviour it will generally get worse before it improves. True or false.
   
   True.

3. "I've learned that children and grandparents are natural allies." Anonymous

4. "Encouragement is the continuous process aimed at giving the child a sense of self-respect and a sense of achievement. From earliest infancy he needs help finding his place through achievement." Rudolf Dreikurs

Vitamins for parents

How to answer when children say things to you such as:

- "It’s not fair."
- "I hate you."
- "You never buy/make/get me anything….."
- "All the other kids in my class have done/seen/been there….."
- "You’ll only be happy if they carry me out in a body bag."

Next time your child comes up with one of those guilt-laden, golden lies take a deep breath and say calmly – "You know, you maybe right."

It stops them in their tracks.

Bright idea

Have a “Quality Mealtime” once a week.

Write a list of personal qualities such as determination, patience, tolerance, honesty, initiative and so on. Once a week have a great meal and also introduce a personal quality or characteristic. Then focus on that quality for the week. Use Who, How, What, When and Why questions to get discussion going. "What is determination? Who do you know who is determined?" The list goes on. Write the quality on a card and display it somewhere for the week so you can refer to it. This is a powerful and simple way to build children’s character, resilience and personal awareness.

Wise & Witty Words

"I’ve learned that children and grandparents are natural allies.” Anonymous

"Encouragement is the continuous process aimed at giving the child a sense of self-respect and a sense of achievement. From earliest infancy he needs help finding his place through achievement.” Rudolf Dreikurs
Mother’s Day High Tea

What a wonderful school community event! Special thanks to all staff and students who assisted either with food preparation or helping to organize on the day. Our Food Tech Centre provided a perfect setting for the occasion. Our Year 9 leaders did an excellent job, serving tea and coffee to parents, as did all P -4 students, who enthusiastically prepared food dishes as well as a lovely variety of handmade gifts for mums.

The Early Years Department thoroughly enjoyed hosting this event and were thrilled with our school community participation.
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>
<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>Nippy’s Milk Chocolate 350ml</td>
<td>$3.50</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>Nippy’s Milk Chocolate 350ml</td>
<td>$3.50</td>
<td></td>
</tr>
</tbody>
</table>

### NEW

**NEW**

Jelly Cup $1.50

### MILK SHAKE

**NEW**

Chicken Wing $4.00

**FRESH**

Chicken Burger $1.50

Lettuce Cheese & Mayo $4.00

Last Updated 31.01.15
VU SCIENCE SPECTACULAR
FAMILY NIGHT
(part of VU’s STEM week 2016)

VU SCIENCE SPECTACULAR
2016 FAMILY NIGHT

Showcasing science demonstrations presented by the Professor Science Troupe. Expect big bangs, explosions and huge amounts of wonderment.

This is a free event for the whole family to enjoy!

This event is part of The College of Engineering and Science’s STEM (Science, Technology, Engineering & Mathematics) week 2016.

WHEN  Thursday, 2 June 2016
TIME   6pm
WHERE  Footscray Park Campus
       (corner Ballarat and Geelong Roads)
       Building L, level 1, room 14 (next to gym)
       (free carpark available across the road from venue)

REGISTER  Email sciencefamilynight@vu.edu.au

vu.edu.au
ALTONA BEACH FILM FESTIVAL

A SHORT FILM COMPETITION

THEME 2016: WAVES

ENTRIES OPEN MAY 1 2016
CLOSE JUNE 30 2016
FILM SCREENINGS 20 AUG. 2016

LIKE US ON FACEBOOK
WWW.ALTONABEACHFILMEVENT.COM.AU
## Extra curricular activities

### Upcoming extra curricular activities

<table>
<thead>
<tr>
<th>Year 8-9 Girls Soccer</th>
<th>Friday 20th May</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 7 Cyberbullying workshop</td>
<td>Friday 20th May</td>
</tr>
<tr>
<td>Year 7-8 Girls Netball</td>
<td>Tuesday 24th May</td>
</tr>
<tr>
<td>Year 5/6 Wildlife Incursion</td>
<td>Tuesday 31st May</td>
</tr>
<tr>
<td>Year Prep—9 Curriculum day</td>
<td>Wednesday 1st June</td>
</tr>
<tr>
<td>Year 7-8 Boys Soccer</td>
<td>Tuesday 7th June</td>
</tr>
<tr>
<td>Year 7-8 Boys Netball</td>
<td>Wednesday 15th June</td>
</tr>
</tbody>
</table>