Dear families,

The past fortnight has brought a sharp reminder of the weeks ahead with the return of brisk mornings and cooler days. Winter is certainly upon us! To help beat the winter blues......

Let us entertain you!

Our inaugural Years 8 & 9 “DANCEMOB”

Invite the college community to their showcase.

Thursday June 23rd at 7:00pm.

VENUE: Peter Kearney Theatre at Carranballac College Point Cook (Cnr Foxwood Drive and Dunnings Rd Point Cook).

Come and see the group in action as they entertain us with a range of moves from Hip Hop, to Latin...

We would love to see all our middle years’ students in attendance to support their peers. Parents come and see our new electives program shine! The DANCEMOB program has engaged everyone involved in dance, regardless of ability or experience and helped them to discover their inner dancer, their creative spirit, the artiste within.

There is NO COST to attend the showcase! Booking details will be sent out next week.

We continue to conduct tours for preps for 2017. If you have a child ready for prep it is important to complete the enrolment process. At the beginning of term 3 we will be sending out information on the Steps to Prep program to those families enrolled for school.

Our partnership with Victoria University has seen the introduction of a play group for children from 0 to 5 years. This runs each Tuesday in the "old library" for interested families. Whilst the students from VU are on a break, the community members have continued the program. Please contact Hamish McGee: mcgee.hamish.q@edumail.vic.gov.au if you are interested in joining in the fun. Playgroups encourage your child to learn and develop through play as well as giving you the opportunity to meet other parents and share parenting skills and experiences. They are mostly managed by the parents who attend the group. Parents are responsible for the care of their own children when attending the playgroup.

Parent teacher interviews for Ms Walker’s class are being held next Thursday. Information regarding booking online was sent out to families in that class. If you have not yet booked your interview time please do so as soon as possible. Interviews for all other classes will be held in term 3. Mid year written reports for all students are being finalised. They will be released via the portal in the last week of this term.

Keep warm this weekend.

Julie Krause
## School news

### ART SMOCKS

Could parents please provide a clearly named art smock for their child’s use. The School does not provide art smocks in classrooms.

![Illustration of a girl painting](image)

## Italian word of the week

<table>
<thead>
<tr>
<th>Week</th>
<th>Italian Word</th>
<th>English Translation</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEEK 7</td>
<td>Abito in Australia.</td>
<td>I live in Australia.</td>
</tr>
<tr>
<td>WEEK 8</td>
<td>L’inverno inizia.</td>
<td>Winter starts.</td>
</tr>
</tbody>
</table>
Help your child rise to the challenge

Whether it is going to school for the first time, making new friends or even going to school camp, children often experience difficulties that they need to overcome.

When children overcome problems and deal with unpleasant situations they learn they are capable, which is the basis of self-esteem. When parents protect children from difficulties or solve their problems they rob children of opportunities to learn about themselves. They also place their children at risk, as they need to deal with some of life's smaller curve balls to build a reserve of experiences to draw on as adolescents and adults.

Resilient kids look back and draw on the skills and understandings they have developed in the past to help them deal with present challenges. For instance, a sixteen year old recently revealed how her time spent on a challenging twelve-day adventure school camp helped her overcome the homesickness she experienced on a six-month student exchange. She remembered that on the first day of her school camp she didn’t think she could make it - but she did. She experienced those same doubts early in her exchange but she knew that just as she had coped with her camp she would do so again, but this time in more difficult circumstances. She was drawing on the same resources.

The attitude and approach of parents and teachers will determine how successfully children and young people meet and overcome many of the obstacles and hurdles they meet.

Vitamins for parents - Helping children overcome difficulties

1. Frame the difficulty as a challenge rather than a problem. Even use the term challenge when speaking about the issue. “Going to school camp can be a challenge but I think you have what it takes to get through it.” Kids take their cues about how they view the world and events primarily from parents so if you see problems everywhere then it would take an innately optimistic child to see them otherwise. Your attitude is catching!

2. Help children develop the skills and mechanisms to cope with their difficulties. Talk them through challenging situations and give them ideas to help them cope. You may even rehearse some skills or the language that they may need in certain circumstances.

3. Show confidence in children’s abilities to overcome difficulties that they meet. If you think that a child can’t do something then you are probably correct. Children generally meet their parents’ expectations whether they are positive or negative.

4. Give children the opportunity to deal with the problem in their own way.

Quick Parenting Quiz

1. “Tweenagers” is the term usually attributed to which age group:
   a) 6 to 8 year olds?
   b) 8 to 12 year olds?
   c) 10 to 14 year olds?

2. Second born children generally have more friends than first borns.

Wise & Witty Words

“I can live two months on one good compliment.”
Mark Twain

“If you talk to your children, you can help them to keep their lives together. If you talk to them skillfully, you can help them to build future dreams.”
Rudolf Dreikurs
Dear Families,

At Camp Australia we all are having loads of fun.

We had Science Week and We, Artie, Cassidy, Annabelle, Madeleine, Kynan, Luke, Jayden, Yasmine, Christina and Arley were happy to participate in the Science experiments. Some of the experiments were Making our own Lava, Blowing a Balloon using CO2, Puncturing a potato with a straw and Making our own Rainbow.

Last week we had Plantation and also Music Week, we all played games like Party Island, Musical statues, Musical chairs and Pass the parcel. Its always good to see children dancing crazily while playing the games.

As we are thinking to make our own Vegetable Patch, Makayla, Cassidy, Eva and Leo have helped us to plant veggies like cucumber, tomatoes and also carrots in small pots which will be transferred into the big pots later. We make sure to take care of them every single day. As they grow we will definitely be enjoying them with our afternoon snacks.

And as we know that Children are involved learners, we have named this week’s theme as Dress up week and Also Creative Week. Yasmine, Jayden, Christina and Arley have already started building the best Doll House ever. Yasmine is guiding her younger friends really well. We are also trying to make beautiful friendship bands.

Eli, Kynan and We are showing their best creative ideas by using Lego, Gears and Connectors.

We try to make sure that we have a different theme every week so that we can utilise most of our time really well. We also make sure that we organise activities for one and a half hour so that children get plenty of time to play after all the activities are done.

Last but not the least I would like to Thanks Cherish Cassidy, We, Artie, Kynan, Arley, Nala and Sommer for helping me out to work with Naomi Butteriss. Naomi came to attend After school care and all these beautiful children helped me to understand what and how to communicate with her. They did a beautiful job by taking care of Naomi under Lavanya’s and my guidance.

Enjoy the Weekend.
Thanks and Regards
Sapna Sudan (Coordinator at Camp Australia)
‘CREATING INDEPENDENT LEARNERS – LEADERS OF THE FUTURE’

Respect • Learn • Care

Dynamic learning environments foster . . .

CREATIVITY
CURIOSITY
CONFIDENCE

for academic excellence

ALTONA P-9 COLLEGE
Tours phone 9250 8050
www.altonap9college.vic.edu.au
Altona West Kindergarten

Open Day

Saturday 18th June
11am - 1pm

Quality Early Childhood Education with smaller group sizes

Taking enrolments for 4 year old kinder now

14 Lindwood Avenue, Altona
9398 2015
NOMIT PRESENTS

MAGIA
TRIODELORE

BY
THE GREAT ARMANDO

SUNDAY 5 JUNE 2016
FESTA DELLA REPUBBLICA - ITALIAN NATIONAL DAY
DOORS OPEN: 11:00AM

HOME MADE COLAZIONE ITALIANA (ITALIAN BREAKFAST)
BY PIEDIMONTE'S WILL BE SERVED BEFORE THE SHOW

FREE EVENT | BOOKINGS ESSENTIAL | RSVP WWW.TRYBOOKING.COM/201065
MORE AT INFO@NOMIT.COM.AU

OUR SPONSORS:

NOMIT
CONSULATE GENERAL OF ITALY MELBOURNE
Brunswick South PRIMARY SCHOOL
PIEDIMONTE'S SUPERMARKET
Temporary changed traffic conditions for Grieve Parade, Altona

City West Water is undertaking essential water main renewal works in Grieve Parade, Altona in June and July.

The water main will be replaced on Grieve Parade from Charles Rd to Civic Parade on the west side of the street.

- From 6 June - 29 July 2016
- Between 7am – 3.30pm, Mon – Fri.

The works will involve digging up some of the nature strips and, if required, footpaths and driveways in order to gain access to the water mains.

Please be aware that if your nature strip or yard is affected it will be reinstated to its previous condition, similarly any work on footpaths and driveways will be fully repaired as works progress along the street.

Traffic management will be in place along Grieve Parade. Pedestrian access will not be affected.

We anticipate there will be minimal impact on the water supply to your home or business. City West Water’s contractor will work with you to advise if any water supply interruptions are expected.

We appreciate your patience as we work to improve the reliability of water supply to our customers.

For further details follow the works on Twitter #citywestwater, see citywestwater.com.au or contact 131 691.
**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.

<table>
<thead>
<tr>
<th>Item:</th>
<th>Price</th>
<th>Item:</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ham, Tomato &amp; Cheese</td>
<td>$4.00</td>
<td>Paper Bag</td>
<td>$0.20</td>
</tr>
<tr>
<td>Ham &amp; Cheese</td>
<td>$3.60</td>
<td>Bread White</td>
<td>Tick ✓</td>
</tr>
<tr>
<td>Ham &amp; Tomato</td>
<td>$3.60</td>
<td>Bread Wholemeal</td>
<td>Tick ✓</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Toasted</td>
<td>Tick ✓</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>Item:</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Beef Pie</td>
<td>$4.00</td>
<td>Hot Dog Skinless With Tomato Sauces</td>
<td>$3.20</td>
</tr>
<tr>
<td>Sausage Roll</td>
<td>$3.00</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>Steamed Dim Sim</td>
<td>$1.00</td>
</tr>
<tr>
<td>Chicken Wing</td>
<td>$1.50</td>
<td>Noodles – Chicken</td>
<td>$2.50</td>
</tr>
<tr>
<td>Baked Chicken Strips x3</td>
<td>$3.00</td>
<td>Noodles – Beef</td>
<td>$2.50</td>
</tr>
<tr>
<td>Wedges with Sour Cream</td>
<td>$4.00</td>
<td>Fish Wrap (Fish fillet, Lettuce, Mayo)</td>
<td>$5.00</td>
</tr>
<tr>
<td>Pastizzi</td>
<td>$2.00</td>
<td>Fish Pack Calamari x1 Fish Fillet x1 &amp; Chips</td>
<td>$5.50</td>
</tr>
<tr>
<td>Fish Fillet (Flathead Tails) x3</td>
<td>$4.50</td>
<td>Traditional Beef Lasagne (97% Fat Free) - 200g</td>
<td>$4.20</td>
</tr>
<tr>
<td>Calamari x2 &amp; Chips</td>
<td>$5.50</td>
<td>Chicken Wrap (Chicken Strips, Lettuce, Mayo)</td>
<td>$5.00</td>
</tr>
<tr>
<td>Fish Fillet x2 &amp; Chips $5.00</td>
<td>$5.50</td>
<td>Fish Wrap (Fish fillet, Lettuce, Mayo)</td>
<td>$5.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fish Pack Calamari x1 Fish Fillet x1 &amp; Chips</td>
<td>$5.50</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lamb Kebabs Tomato, Lettuce &amp; Mayo</td>
<td>$6.50</td>
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<tr>
<td></td>
<td></td>
<td>Chicken Burger Lettuce Cheese &amp; Mayo</td>
<td>$5.00</td>
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</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>Item:</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>School Smart Milk Big M - Strawberry - 250ml</td>
<td>$2.00</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>Prima Orange - 200ml</td>
<td>$2.00</td>
</tr>
<tr>
<td>Home-style Smartie Cookie</td>
<td>$2.00</td>
<td>Prima Apple - 200ml</td>
<td>$2.00</td>
</tr>
<tr>
<td>Gingerbread Man</td>
<td>$1.00</td>
<td>Prima Tropical - 200ml</td>
<td>$2.00</td>
</tr>
<tr>
<td>Popcorn</td>
<td>$1.00</td>
<td>Bottled Water - 600ml</td>
<td>$2.00</td>
</tr>
<tr>
<td>Nippy's Milk Chocolate 350ml</td>
<td>$3.50</td>
<td>Nippy's Milk Chocolate 350ml</td>
<td>$3.50</td>
</tr>
</tbody>
</table>

**NEW**

Jelly Cup

$1.50

**MILK SHAKE**

$4.00

**FRESH**

Chicken Wing

$1.50

**FRESH**

Chicken Burger

Lettuce Cheese & Mayo

$4.00

Last Updated 31.01.15
**YOUTH SERVICES SCHOOL HOLIDAY PROGRAM 2016**

Hobsons Bay Youth Services operates the School Holiday Program each school holidays for young people aged 12 to 17 who live, study or work in the Hobsons Bay municipality. Youn gi people have the opportunity to partipate in recreational activities in environments that are safe, supervised and fun. Please have a read of the booking procedure to obtain a secure position in this program.

**Hobsons Bay Youth Services School Holiday Program Winter 2016**

(Let both sides of this form, cut down the middle and bring this to the Casualty at the Civic Centre)

| Receipt # | 44428 5455 |

**DETAILED PERSONAL RECORD**

**First name:**

**Surname:**

**Date of birth:**

**Age:**

**Contact email:**

**Address:**

**Young person’s mobile phone:**

**Medicare number:**

**Young persons health information:**

- Does this young person suffer from asthma, epilepsy or diabetes?
  - Yes
  - No
- Does this young person suffer from any medical conditions including any learning & behaviour difficulties?
  - Yes
  - No
- Name of condition:
- Does this young person suffer from any allergies?
  - Yes
  - No
- Name of allergy:
- Is this young person currently taking any medication?
  - Yes
  - No
- Name of medication:
- Is there any medication(s) that need to be administered during this program?
  - Yes
  - No
- Times and dosage:
- Does this young person have any cultural or dietary needs?
  - Yes
  - No
- Extra information that may assist staff to ensure your young person has an enjoyable experience:

**Parent/guardian/carer/worker contact details:**

**First name:**

**Surname:**

**Parent relationship:**

- Young person (please circle)
- Guardian/Carer
- Worker

**Address:**

**Contact numbers:**

**H:**

**W:**

**Emergency contact(s):** (will be contacted in the event that the parent/guardian/worker is not contactable)

**Name:**

**Relationship to young person:**

**Preferred contact number:**

**Alternate contact number:**

**Name of family doctor:**

**Doctor’s phone number:**

**Please indicate below where your young person will be required to be picked up and dropped from:**

**Day/Date** | Activity | Location | Cost | What to bring/ wear | Lunch provided | Attending/ Participation Task
--- | --- | --- | --- | --- | --- | ---
**Tuesday 28 June** | Galactic Circus | Crown Casino | $10 | Snacks, lunch, water bottle, closed toe shoes and socks | No |
**Friday 1 July** | Polymer Clay Jewellery workshop 1pm to 6pm | Woods Street Arts Space | $5 | Meet at Woods St Arts Space (44 Woods Street, Laverton) at 5pm | Wear clothes you don’t mind getting dirty | Yes |
**Tuesday 5 July** | Movies and shopping | Highpoint | $5 | Snacks, lunch and water bottle | No |
**Thursday 7 July** | Fifa Tournament 12.45 pm to 4.30pm | Altona Meadows Library and Learning centre | FREE | Meet at Altona Meadows library and learning centre (2 Newman Way) at 12.45pm for registration | Yes |
Australian Girls Choir

Junior @ AGC

A Very Good Place To Start

Look no further than the Australian Girls Choir because we encourage, challenge and inspire girls as they learn to sing, dance and perform.

Open Day – Saturday June 18

New venues opening in Berwick and Yarraville
Other venues located in Box Hill, Caulfield North, Cheltenham, Essendon, Ivanhoe, Kew and Ringwood

aspa Australian School of Performing Arts
aspagroup.com.au
Upcoming extra curricular activities

Year 7-8 Boys
Soccer	Tuesday 7th June

Year 3-6
Lacrosse Incursion	Thursday 9th June

Year 7-8 Boys
Netball	Wednesday 15th June