



**Contact Details:**  
 91 Bladin Street  
 Laverton Vic 3028  
 Phone: 9369 1833  
 Fax: 9369 4104

[laverton.p12.co@edumail.vic.gov.au](mailto:laverton.p12.co@edumail.vic.gov.au)  
[www.lavertonp12college.vic.edu.au](http://www.lavertonp12college.vic.edu.au)

# College Newsletter

## Thursday 21 February, 2019

### Issue No: 1

## Important Dates To Remember

Friday 22 February	Whole College Assembly 9.10 am
Tuesday 26 February	Year 7 Immunisations
<b>Monday 11 March</b>	<b>Labour Day Public Holiday</b>
Tuesday 2 April	Parent Teacher Interviews 2.00-7.00 pm
Friday 5 April	Last Day Term 1 - 2.30 pm dismissal

### PRINCIPAL'S REPORT

Dear Parents and Guardians,

On behalf of the staff at Laverton P-12 College, we would like to warmly welcome back our school community. Our returning students came back rested and excited to commence the school year and we welcomed many new faces, including 52 smiling preps. We have had an absolutely wonderful start to the school year and already our classrooms and school yard have a calm and positive feel.



I would like to start by introducing myself to our community members that I have not yet had a chance to meet. My name is Rynn Anderson and I will be the College Acting Principal for the start of the 2019 year while Richard Jones is on leave. My substantive Principal position is held at Tarneit P-9 College, where I have had the privilege of working with a culturally rich community and a student enrolment of over 2000 students. I feel incredibly fortunate to have been asked to lead Laverton P-12 in Richard's absence and have had a wonderful start to the year.

I would also like to welcome Paul Young and Dianne Clare who have joined our Principal Team this year. Paul comes Creekside P-9 College in Caroline Springs and has taken on the role of 10 -12 Assistant Principal supporting our students in the senior years of their schooling. Dianne for the last two years has been working with the South West Victorian Region as an Education Improvement Leader, driving school improvement in schools across Hobson's Bay and Wyndham. This year she has taken on the role of Primary Assistant Principal at our College. We are very lucky to have both of these wonderful leaders join Laverton P-12 College!

We are currently conducting our School Council elections and are calling for nominations. If you are interested in being part of our School Council, nomination forms are available at the Administration Office. Nominations close Wednesday 27 February. Additional information regarding the role of the School Councilor can be found within the newsletter.

#### **A few key messages:**

##### **Belongings**

In starting the school year, we ask that all parents and carers ensure that their child's belongings are clearly labelled with their name and class. This will allow any lost items to be easily returned to the correct owner.

##### **Mobile phones**

While we understand that lots of students these days have a mobile phone, our College does not allow phones within our classrooms, as they are often a distraction from learning. We ask all parents and guardians to please discuss this with your children.

##### **Healthy eating**

We encourage our students to have a healthy morning tea and lunches. Please do not drop take away food off for your children or organise for food to be delivered. If you are unable to organise a healthy lunch, we have options available at our canteen.

##### **Sun Smart**

A reminder that we are a sun smart school and students are expected to wear a hat at recess and lunchtime in Terms 1 and 4.

##### **Uniform**

Students are expected to wear full school uniform every day, if you require assistance with this, please contact our Administration office.

##### **Assembly**

This Friday we have our first whole College assembly for the school year. If you are available, please make sure you come along.

At Laverton P-12 College, we believe that it takes the combined efforts of parents, teachers and students to create a learning environment based on mutual trust and respect. Whilst at school or representing the school in any capacity all parents are expected to behave in a courteous manner and in alignment with our College values.

If you have any concerns or questions, please contact our Administration Office who will assist you in making a time to speak to the classroom teacher or any member of our Leadership team.

I look forward to meeting you in the near future.

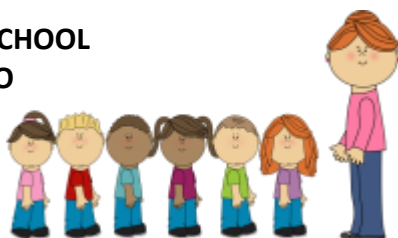
Kind Regards,

**Rynn Anderson**  
Acting Principal

**AROUND THE COLLEGE**

**PREPS STARTING SCHOOL  
WHAT YOU CAN DO**

How your child reacts to starting school will depend on their personality, their background and how prepared they are for this next big step in their lives. By now they'll probably be responding to school in a variety of ways and most children will be experiencing some change – after all they'll be learning, playing and interacting with new people and getting used to a whole new environment – and it will take them some time to settle in.



Some things you can do to help your child adjust to school include:

- Making sure your child knows who will take them to school and pick them up on the first day
- Laying out your child's clothes, hat, shoes and socks the night before
- Helping your child to pack their school bag with a snack, drink, lunch and a hat
- Placing a spare pair of underpants and a change of clothes in a plastic bag and letting your child know these clothes are in their bag in case of any accidents at school
- Putting sunscreen on your child in the morning if it is needed
- Showing your child where you will meet them at the end of the school day
- Ensuring they have a healthy breakfast – this is important for energy to get through the day
- Making time to chat to your child about what they did at school that day

- Developing a bedtime routine so your child can wind down at the end of the day and get a good night's sleep – children aged five need around 10 to 11 hours sleep a night
- Try not to put too many expectations on yourself or your child; if they are happy and enjoying school, that's a real achievement.

You know your child best. If you have any questions about how they are settling in at school, contact your child's teacher so you can talk things through together.

You can contact your child's teacher in person, over the telephone or via email, whichever suits you and your situation best.

**SAFETY COMING TO SCHOOL**

In the mornings children are very excited about coming to school and sometimes there are a few students who are creating an unsafe situation crossing roads close to the school.



Please have a chat with your children to help by reminding them about: **ALWAYS USING THE SCHOOL CROSSINGS**, where there is a crossing attendant.

The **Stop, Look, Listen, Think** procedure, when properly used, is the correct strategy for crossing roads. Choosing safe places to cross roads is essential, if the students are not coming from the direction where there is a school crossing.

**LOOKING** all around as is important, as vehicles can come from anywhere.

**LISTENING**, it helps with the hearing and interpretation of instructions from adults and also identifies where traffic is coming from and the presence of reversing vehicles.

**SCHOOL HOURS**

8.45 am	Students make their way into class.
9.00 am	School starts.
9.00 am – 11.00 am	Class time.
11.00 am – 11.30 am	Recess.
11.30 am – 1.30 pm	Class time.
1.30 pm - 2.10 pm	Lunchtime.
2.10 pm – 3.10 pm	Class time.
3.10 pm	Dismissal.

**UNIFORM**

It's great to see many of our students wearing the full school uniform.

**Some reminders**

- On PE days your child can wear their sport uniform to and from school.

- Year 5 and 6 students can also purchase and wear a sports uniform on sports day also, however it is not compulsory for these year levels.
- The school tie is to be worn with the white school shirt.
- Skirts, shorts and dresses must be no higher than 6 cm above the knee, when kneeling.



Uniforms can be purchased from:

**Double C Jeanery**  
**2 Aviation Road Laverton**  
**9369 4307**

### ABSENCES

Please call the College if your child is away on 9369 1833. Remember **'It's not ok to be away'**. The DEECD recommends that the maximum number of approved absent days for any student should not exceed more than 6 days for the whole year.

### CONTACTING THE SCHOOL

Telephone contact can be made with the College by contacting on 9369 1833. If you need to collect your child early please report to the Main Office so that your child can be signed out. The College will not allow students to leave early unless arrangements have been made with parents. **NO** student will be permitted to leave school early unless collected by an authorised adult.

### SCHOOL HATS

Students are required to wear hats during Terms 1 and 4 for outside play and for outside sport. Students who are not wearing a hat will be asked to play under the covered areas.

### BREAKFAST CLUB

Breakfast Club has started for the year. Students can have cereal, baked beans, toast, fresh fruit, tinned fruit and milo for breakfast from 8.15-8.45 each day in the Arts area of the Create building. We look forward to seeing you there.



### CSEF

Families that hold a current and valid Health Care Card are eligible to apply for CSEF (Camps, Sports & Excursions Fund)

**Students in Prep – 6 are eligible for \$125.00**

**Students in Years 7-12 are eligible for \$225.00**

This money is paid to the school directly for you to use towards your child's camps, sports and excursions. If you hold a valid (current) concession card, and have already been approved for CSEF previously, we are able to roll over your application for the following year.

If you have not applied for CSEF in the past but have a valid concession card, please complete a CSEF application form from the office.

**Applications must be submitted no later than 14 June 2019.**

If you are unsure if your application will be rolled over, please contact College Administration for more information.

We would like to advise all families applying for CSEF next year to please include a copy of your health care card when submitting your application form.

### COLLEGE COUNCIL NOMINATIONS

## HEALTH & WELLBEING

### HOW TO MAKE FRIENDS

A lot of people struggle with the challenge of making friends, but there are things you can do to make it easier. Thinking about how you can be a good friend is a first step, along with thinking about places you might go to make new friends.



There are also some skills you can work on which will make it easier to socialise and talk to people. If you feel like making friends is far more difficult than it should be, you might be looking at something a bit more serious, so talk to someone you trust who can help.

Everyone deserves friends and finding it hard to make friends doesn't mean there's anything wrong with you. But there are a couple of things you can do which might make the process of making friends a bit easier.

#### Friend ready

If you're looking to make friends, it's worthwhile thinking about things you can do that will make you the best friend you can be...

Work on *self-awareness*. It's really important when looking to have any relationship with another person that you're aware of who you are, your values and beliefs.

*Friendships come to those who wait.* Don't be too disappointed if your decision to make some new friends doesn't result in heaps of friends straight away. Making a network of friends is quite a slow process but if you're patient, you'll end up with a whole crew of people who are lucky to be your friend.

*Try not to gossip.* Whether you're a guy or a girl, it can sometimes be hard to resist building friendships based on a shared dislike of someone else. Be aware though that this can make you seem like an untrustworthy friend, so can backfire if you're not careful.

*Don't forget who you are.* Sometimes the urge to make friends can make us want to change who we are. But you shouldn't feel that you have to give up a part of yourself to make friends with others. Not only will this mean that your friendships aren't genuine, you'll be missing out on meeting people who think the real you is awesome.

### Places to go

Beyond the usual places like school or uni, there are some other alternative places to find friends that you might not have thought of...

*Join a club or group that interests you.* Chances are there'll be people there who you'll get on with because, after all, you must like at least one thing in common!

*Volunteer.* There's so many good things that can come out of volunteering. Not only are you helping others, but there's also a chance you'll make friends while doing it. Party on. Try not to turn down invitations to parties or events. The more people you see, the more people you meet, the more friends you're likely to make.

### Learn some skills

Making friends can be difficult if you're not too confident about your social skills. A lot of people have difficulty knowing what to talk about and what the best approach is. There are things that can help, tried and true methods that just might give you the confidence to be a friend-making machine...

- › *Watch and learn from sociable people*
- › *Practice socialising.*
- › *Don't feel you have to talk, just listen*
- › *Ask the person about themselves.*
- › *Find out about other strategies from a good source (eg a counsellor or psychologist)*

If these don't help or you feel like fear of socialising is affecting your life, you might be suffering from something called social anxiety. There are heaps of ways to deal with this, so check out our fact sheet and find out other things that might work for you.

### It's bigger than this

If you feel like making friends is impossible and you've practiced these strategies but they haven't worked, it might be worth talking to someone who can help. By talking to someone you trust, or an experienced expert, you'll be able to get some unique strategies that will be tailored to the particular challenges you are facing. Try a psychologist or counsellor – they'll have some suggestions that may help.

References and further information:  
[www.reachout.com.au](http://www.reachout.com.au)

Michelle Hynson  
Secondary School Health Promotion Nurse  
Thursday and Friday.



**TUNING INTO TEENS™**

**A six session parenting program for parents of teens**

**Would you like to learn how to:**

- communicate more effectively with your teen?
- understand your teen better?
- help your teen to manage those difficult emotions?
- help to prevent behavioural issues in your teen?
- teach your teen how to deal with conflict more effectively?

**Tuning into Teens shows you how to help your teen to develop emotional intelligence. Research shows teens with higher emotional intelligence:**

- have more stable and satisfying relationships as adults
- are able to deal with peer pressure better
- are more able to cope positively when upset or angry
- have fewer mental health issues and substance abuse difficulties
- have greater career success

**Tuesdays 6.30pm to 8.30pm**  
commencing 19 February  
(you will need to be available for all 6 sessions)

**Where:**  
Aspire Learning Lab,  
Level 1, Newport Community Hub,  
13 Mason St, Newport

**Contact:**  
Please call Hobsons Bay UP  
on 9932 4000 or email  
[admnys@hobsonsbay.vic.gov.au](mailto:admnys@hobsonsbay.vic.gov.au)  
for more information or to  
reserve your place.

**Facilitated by:**  
Hobsons Bay City Council  
and Hobsons Bay UP  
[hobsonsbay.vic.gov.au/teens](http://hobsonsbay.vic.gov.au/teens)

Hobsons Bay UP  
Orygen YOUTH Health  
HOBSONS BAY CITY COUNCIL



## REPLACEMENT FOOTPATHS IN RESERVE IN 2019

Council is continuing with its commitment to improve access to shops, schools and public transport in Hobsons Bay. As part of Hobson Bay City Council's annual Capital Works Program for 2018-19 Council will be replacing footpaths in McCormack Park, Laverton.

Works are expected to commence on 18 February 2019 and will be completed by 8 March 2019, weather permitting.

**For more information please contact Steven Pouliopoulos (Paths and Drainage Officer) on 0437 950 136 or email [project@hobsonsbay.vic.gov.au](mailto:project@hobsonsbay.vic.gov.au)**

# Treating and controlling headlice

health

While children are at school many families will have contact with head lice. The information contained here will help you treat and control head lice.

## Catching head lice

Head lice have been around for many thousands of years. Anyone can get head lice.

Head lice are small, wingless, blood sucking insects. Their colour varies from whitish-brown to reddish-brown. Head lice only survive on humans. If isolated from the head they die very quickly (usually within 24 hours).

People get head lice from direct hair to hair contact with another person who has head lice. This can happen when people play, cuddle or work closely together.

Head lice do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl.

## Finding head lice

Many lice do not cause an itch, so you have to **look carefully to find them**.

Head lice are found on the hair itself and move to the scalp to feed. They have six legs which end in a claw and they rarely fall from the head. Louse eggs (also called nits) are laid within 1.5 cm of the scalp and are firmly attached to the hair. They resemble dandruff, but can't be brushed off.

Lice can crawl and hide. The easiest and most effective way to find them is to follow these steps:

- Step 1** Comb any type of hair conditioner on to dry, brushed (detangled) hair. This stuns the lice and makes it difficult for them to grip the hair or crawl around.
- Step 2** Now comb sections of the hair with a fine tooth, head lice comb.
- Step 3** Wipe the conditioner from the comb onto a paper towel or tissue.
- Step 4** Look on the tissue and on the comb for lice and eggs.
- Step 5** Repeat the combing for every part of the head at least four or five times.

If lice or eggs are found, the hair should be treated.

If the person has been treated recently and you only find empty hatched eggs, you may not have to treat, as the empty eggs could be from a previous episode.

## Treating head lice

Treating head lice involves removing lice and eggs from the hair. There are two ways you can do this:

- Buying and using a head lice lotion or shampoo, following the instructions on the product
- Using the conditioner and comb method (described under 'finding head lice') every second day until there have been no live lice found for ten days.

If you choose to use a head lice product always read and follow the instructions provided with the product carefully. The following points may also be helpful:

- Head lice products must be applied to all parts of the hair and scalp.
- No treatment kills all of the eggs so treatment must involve two applications, seven days apart. The first treatment kills all lice; the second treatment kills the lice that may have hatched from eggs not killed by the first treatment.
- Cover the person's eyes while the treatment is being applied. A towel is a good way to do this.
- If you are using a lotion, apply the product to dry hair.
- If you are using a shampoo, wet the hair, but use the least amount of water possible.
- Apply the treatment near the scalp, using an ordinary comb to cover the hair from root to tip. Repeat this several times until all the hair is covered.

There is no need to treat the whole family - unless they also have head lice.

Concentrate on the head - there is no need to clean the house or the classroom.

Only the pillowcase requires washing - either wash it in hot water (at least 60°C) or dry it using a clothes dryer on the hot or warm setting.

## Testing resistance

Head lice products belong in one of the following categories depending on the active compound they contain:

- pyrethrins
- synthetic pyrethroids (permethrin, bioallethrin)
- organophosphates (maldison or malathion)
- herbal with or without natural (non-chemical) pyrethrins.

Insecticide resistance is common, so you should test if lice are dead. If they are, treat again in seven days using the same product. If the lice are not dead, the treatment has not worked and the lice may be resistant to the product and all products containing the same active compound. Wash off the product and treat as soon as possible using a product containing a different active compound. If the insecticide has worked, the lice will be dead within 20 minutes.

Any head lice product could cause a reaction and should be used with care by women who are pregnant or breastfeeding, children less than 12 months old and people with allergies, asthma or open wounds on the scalp. If you are unsure, please check with your pharmacist or doctor.

## Head lice combs

Combs with long, rounded stainless steel teeth positioned very close together have been shown to be the most effective, however, any head lice comb can be used.

## Head lice eggs

Head lice eggs are small (the size of a pinhead) and oval. A live egg will 'pop' when squashed between fingernails.



Dead eggs have crumpled sides and hatched eggs look like tiny boiled eggs with their tops cut off.

## Regulations

According to the Public Health and Wellbeing Regulations 2009, children with head lice can be readmitted to school or children's service centres after treatment has commenced.

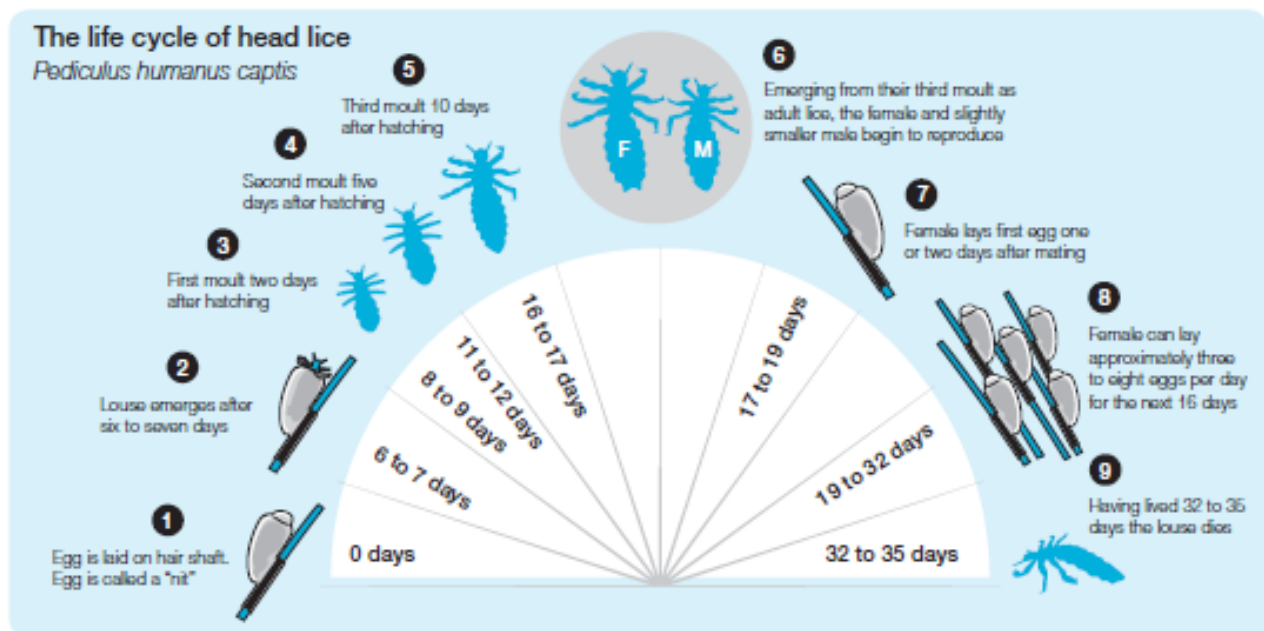
The department recommends a child with head lice can be treated one evening and return to school or children's service centres the next day, even if there are still some eggs present. There is no need to miss school or child care because of head lice.

## Preventing head lice

Check your child's head regularly with comb and conditioner. There is no research to prove that chemical or herbal therapies can prevent head lice.

## Further information

The following website offers further information:  
[www.health.vic.gov.au/headlice](http://www.health.vic.gov.au/headlice)



The information in this pamphlet is based on the research conducted and written by Associate Professor Rick Speare and the team of researchers at, School of Public Health and Tropical Medicine, James Cook University.

Cover concept by students from St Patrick's Primary School, West Geelong. Life cycle diagram courtesy of Nitpickers Qld.  
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## Community Asthma Program



- The Community Asthma Program (CAP) provides **free** asthma education, support and help for children (under 18) and their families
- Education is done to your needs and provided in an easy way
- It can be in your home or at an area that works for you and your child.

### How CAP can help

We are a trained team of asthma educators based in the community.

Asthma educators will help and support you by:

- Listening to your concerns and issues
- Looking at medicines, puffers and spacers used to help control asthma
- Look at what may cause asthma and how to manage this
- Look at signs of asthma and know when to get help and what to do
- Help with a written asthma action plan
- Look at services in the community that may help with asthma management
- Can support and work with your GP, school teacher, childcare ~~centre~~ or others involved with your child

**Have you been told your child has asthma?**

**Has your child been given Ventolin?**

**Has the Doctor talked to you about using Ventolin with a cold or cough?**

**Did Ventolin help your child's breathing?**

### How to participate:

- You can call and discuss with a team member or contact your GP

**Contact details: Roslyn Scholz**

**Phone: (03)94486825**



Free access to interpreter.  
Phone 131 450 and ask them to call us.



[cohealth.org.au](http://cohealth.org.au)

# Laverton festival

LOVE LAVERTON

**\$10 ALL DAY**  
Kid's Fun Package



**SUNDAY 24 FEBRUARY**

**11AM - 4PM · EPSOM STREET RESERVE**

**Great family day full of entertainment!**

**Large variety of stalls and food vendors**

**\$10 ALL DAY**  
Kid's Fun Package

Includes all rides, children's activities  
and entry to the animal farm plus **FREE**  
showbag for the first 500 children.



 Find us on Facebook for updates and more information: [www.facebook.com/LavertonFestival](http://www.facebook.com/LavertonFestival)



# College Council Election 2019

## What is a college council and what does it do?

All government schools in Victoria have a college council. They are legally constituted bodies that are given powers to set the key directions of a school within state-wide guidelines. In doing this, a college council is able to directly influence the quality of education that the school provides for its students.

## Why is Parent membership so important?

Parents on college councils provide important viewpoints and have valuable skills that can help shape the direction of the school.

Those parents who become active on a college council find their involvement satisfying in itself and may also find that their children feel a greater sense of belonging.

## How can you become involved?

The most obvious way is to vote in the elections, which are held in Term One each year. However, ballots are only held if more people nominate as candidates than there are positions vacant.

In view of this, you might seriously consider

- Standing for election as a member of the college council.
- Encouraging another person to stand for election.



## Important Dates

Nomination Forms can be collected from Reception on **Thursday 21 February** until **Wednesday 27 February**.

All Nominations need to be returned to Reception **no later than 4.00pm Wednesday 27 February**.

If an Election is required it will be announced on **Thursday 28 February**.