Important Dates To Remember

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<td>Monday 29th February</td>
<td>Leap Year Day – Whole school FREE BBQ lunchtime.</td>
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<td>Tuesday 1st March</td>
<td>College Photo Day.</td>
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<td>Monday 14th March</td>
<td>Labour Day Holiday.</td>
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<td>March 15th – 18th</td>
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<td>Tuesday 22nd March</td>
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<td>Thursday 24th March</td>
<td>Last Day of Term 1 – 2.30pm dismissal.</td>
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PRINCIPAL’S REPORT

Student learning and focus...
Recently I asked some students what they do to focus? They said we can see student focus when they are listening closely, maintaining effort, concentrating, giving attention to and completing the work or task.

Our teachers have learning goals and intentions each lesson to help students know what to do, what to focus on. Focus is about making things clearer, doing those things like identifying similarities and differences that make learning explicit and improve understanding and achievement.

There are lots of things our students can do to improve their focus like making notes while the teacher is talking, draw an image to represent what students have learned, asking the teacher for help or feedback. These things keep our student on track, paying attention and focussed.

Our teachers help students to focus and improve. Through their use of hooks, humour, making things engaging and fun, making it challenging, making the learning interesting, students will be more focussed. This means students will do more, write more, read more, be connected more, be able to apply more, be involved more in class, be learning more.

At school our student focus on the learning goal every hour of the day and don’t give up till they can say, “Yes I did it”. “Yes I made it, I wrote it, I read it, I created it, I watched it, I listened, I connected with, I searched for, I found and I discovered”.

Laverton P-12 College is our school and focus in class will help every student improve, grow and progress. We are aware our aim is for an additional 10% increase in student achievement for 2016. This means we aim for 12 months progress in 12 months plus more. We should see fewer students below the expected level and more students at, and above, the expected level of achievement.

For students the increased achievement is about doing something with more focus and more effort. It may be students’ writing answers to questions in full sentences and improving answers with better examples, comparing contrasting information with another setting and completing answers with more detail to show student understanding.

A big thank you to our teachers, parents and carers, and to each of our students for your efforts so far this year. It has been a smooth start to the year and classes and students have settled in well and the work to improve, grow and progress, student achievement, learning, student engagement and wellbeing is well underway.

We have lots of things happening at school over the coming weeks and please ask your child about these things be involved where you can. These include a free BBQ and lunchtime activities on Monday 29th February. This is a normal school day with students in uniform however, given it’s a Leap Year, we are having the celebration at lunchtime. The student organised lunchtime activities continue on Thursday and Fridays for different groups of students and we have our Prep to Year 6 Welcome BBQ next Thursday, 3rd March 2016. We will begin an after school basketball competition for boys in Year 8 and Year 9 soon. The before-school morning classes for writing, reading and
number work will begin soon for those students who could benefit from the additional support and practice.

Whilst student learning and achievement is our priority, I hope you have found your children have had a positive start to the year and are happy to be coming to school and are enjoying their friends and teachers.

Richard Jones
College Principal

COLLEGE PHOTOS:
Laverton P - 12 College Photo Day:
Tuesday 1st March, 2015.

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 sign themselves 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 HOURS

8.45 am Children arrive to School.
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.

ABSENCES

Please call the College if your child is away. 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.

DISCOVER, EXPLORE, CREATE NEWS

On Tuesday 23rd February, three Senior Laverton teams braced the 40 degree heat and participated in interschool sport. The Boys Cricket team had it the hardest being out in the elements, but had a fun game. The Girls Volleyball team won one out of their three hard-fought matches, and showed excellent skill and sportsmanship. The Boys Volleyball team dominated their opposition, never dropping a set to win all three games and the Hobsons Bay division pennant. A big congratulations to Rabih, Sam, Lachlan, Jehad, Mohammed and Evanda for their efforts. Also, thank you to Mr Gallagher for supervising the Cricket and thanks to all students who participated.

Katerina Whitefield

INFORMATION FOR STUDENTS WHO WISH TO TRY OUT FOR STATE SPORT TEAMS

On line registrations are open for students wishing to try out for the Team Vic Boys Australian Rules Football, Girls Netball, Boys and Girls Basketball and Boys and Girls Football (Soccer) teams. The information and form can be found on the SSV website – Team Vic State Teams tab. https://www.ssv.vic.edu.au/TeamVic/Pages/onlineRegistrationInformation.aspx

The process is on line and the responsibility of parents to nominate their child/ren BUT …. The parent MUST have received a ‘tick of approval’ from their child’s sports teacher before they can participate.
HARMONY DAY FASHION SHOW
Attention parents and students of Laverton P-12 College On Harmony Day, Friday 18th March, the Year 12 VCAL students will be holding a FASHION SHOW. All students are encouraged to wear their cultural clothing or something orange. Reward for the best dressed!! By Matthieu and Jesse

STUDENT CONCESSION:
2016 Victorian Public Transport (VPT) Student/Tertiary Concession Cards and Student Passes are now available for sale and the application forms are available to download below or at the Discovery Learning Centre Office. Primary, secondary or tertiary students who do not already have a concession myki may also receive a free concession myki upon request when applying for your Victorian Public Transport (VPT) Student or Tertiary Concession Card.

Students over the age of 16 years must hold a current Victorian Public Transport (VPT) concession card. These are to be renewed each year. The 2015 one expires on Monday 29th February. PTV have advised that if students do not have a current PTV concession card they may receive a fine for not carrying one.

PREPS:
As from next week, 29th February, Prep students will be required at school every day.

HATS:
In Term 1 and 4 the students in the Prep - 6 are required to wear a hat for sport and PE lessons and also during recess and lunch play. If a student does not have a hat in these peek UV ray periods, the student will be asked to play a quiet, passive game under the shade of the veranda. Hats can stay at school in the student’s locker so it is available for any of the above occasions.

8:45 START TIMES
At 8:45 the students are expected to come into class to start reading and to be ready for the 9:00 start for the day. At this stage of the year all students should be independent and able to carry their own bags and put their own bags away. It is important for the student to do this themselves as it is the first step in personal organization skills. The students then take out their reading books and read with parents of friends. Students may wish to change books according to the criteria that they have discussed with their teacher. Once again this is important as teachers need to see how the students choose their “just right books”. Talking to the students about their books and strategies needed for the day is part of the settling process for all the class.

PARENT CONTACT DETAILS
If your contact details have changed over the school holidays, you are asked to provide details of changes to the office so that we can update our files. This applies to changes in circumstances such as:
- new address
- emergency contacts
- custody arrangements
- telephone /mobile numbers etc.
- work details

COMMUNITY NEWS

ALTONA HOCKEY CLUB
REGISTRATION NIGHT FOR 2016
THURSDAY 18TH FEB, 5-8pm
TEAMS from U/8 to U/18
BOYS & GIRLS
OR
BEGINNER’S HOCKEY PROGRAM
FOR 5-10 YR OLDS
Cost $60: inc Equipment Pack & 5 sessions
REGISTRATION/COME & TRY: MONDAY FEB 15th 5-6pm
NEW PROGRAM STARTING: MONDAYS 6-7pm
Feb 15th – March 21st
ADDRESS: SUGARGUM DRIVE, ALTONA
MORE INFORMATION: www.altonahc.org.au
OR Karen Symons: peterjsymons@hotmail.com 0421 373 573

NAB AFL AUSKICK 2016
Registrations for the 2016 NAB AFL Auskick season are open!! Your nearest centre can be found at:
Laverton Auskick Centre
Laverton Football Club, Hall Avenue, Altona Meadows.
Saturday mornings 9am-10:30am
Brodieg83@gmail.com
Head to www.aflauskick.com.au to register, or to find out details of all centres in the area!
SCHOOL BUS PROGRAM:

While parents/guardians are primarily responsible for getting their children to and from school, the School Bus Program assists families in rural and regional Victoria by transporting students to school. The School Bus Program services both government and non-government schools.

Categories of eligibility determine whether a student travels at no cost or travels upon the payment of a fare. Students wishing to access a seat on a bus must complete an application form and parents/guardians must agree to the conditions of travel including, if applicable, the payment of a fare.

Public Transport Victoria (PTV) administers the School Bus Program as directed by the policy. The Student Transport Unit of the Department of Education and Early Childhood Development (DEECD) sets the policy and provides general transport advice to regional offices and schools.

To be eligible for a seat on a bus at no cost a student must:
- Attend their closest government school or closest appropriate non-government school, which is determined by the denomination of the school.
- Students not attending their closest school may be accommodated on a bus service as long as they pay a fare and seating capacity exists.
- Reside 4.8 km or more from the school
- Reside in Victoria.
- Students are expected to access public transport if it is within 1.6 km of their home or closer than their nearest school bus service.
- Application must be approved to be eligible. Please see below on where to apply.

Further information

HEALTH & WELLBEING

BACK TO SCHOOL ASTHMA SPIKE
Every year there is a well-documented rise in asthma flare-ups and hospitalisations when students return to school after the Christmas break. Asthma Australia has information for parents of students with asthma to help them prepare for school. Asthma Australia’s website and social media provide the latest information, including a checklist of what to do to help your child and a survey to complete to determine the impacts for parents/carers.

Asthma Australia recommends that you talk to school staff about your child’s asthma and the school’s medication policy, provide an Asthma Plan from the doctor and supply a spare reliever puffer and spacer for your child’s use at school.

Asthma Kids
Looking for a way to help your child understand more about their asthma or about a friend with asthma? Asthma Kids is an online, interactive tool to help primary school aged children understand what it’s like to have asthma and what they can do to help. Watch one of the introductory videos then take Chester’s Asthma Trail. There are prizes to win too! [www.astmakids.org.au](http://www.astmakids.org.au)

Young People and Asthma
Asthma Australia is working with key organisations supporting young people’s health to help improve asthma health outcomes for 12-25 year olds. A Facebook page, Young People with Asthma Australia, provides a range of information for these young people and their supporters. Every two months Asthma Australia will also run a Question and Answer session that is proving very popular. Check out the page for our posts and promotion for upcoming Q and A sessions.

BECOMING MORE FIT AND ACTIVE
We all know regular exercise is a beneficial thing to do.

Why Exercise?
There are hundreds of good reasons it’s worthwhile to get active and fit.

Some of these include...
- It charges you up. 30 minutes or more of vigorous exercise releases endorphins (the good stuff) in the brain, giving you energy, vitality and the most intense natural high.
- It helps your positivity. Studies show that exercise is a great way to manage depression. Not only does it release those happy hormones but also it can help clear your mind of stress, confusion and worry.
- It helps your social life. Exercising with others, going to the gym or playing sports, can be a great way to meet new people and to keep each other motivated.
- It helps you sleep. Working the body and clearing the brain puts you in great stead for a good night’s sleep, and can help regulate problematic sleeping patterns.

Getting started
Many people give up on exercise because they haven’t learned the best way to go about it. Here’s some help:

› Little by little – If you’re just getting into it, start gently with an activity you can manage. You don’t go straight into playing Mozart as soon as you start learning the piano. Start small and then little-by-little increase the length and intensity of your session.
- The ideal workout – Once you’re a little more fit, try and get in 30 minutes of moderate intensity exercise a day.
› Work it into your daily routine – try walking or cycling instead of driving or taking public transport.
› Pick the right workout – Choose something you enjoy doing. If you see exercise as a chore, it will become a chore, and nobody likes chores. Don’t plan half an hour on a treadmill if you’d rather be shooting hoops.
› Stretch – The way your body handles exercise and how quickly it recovers is directly linked to how much you stretch. It prevents muscle problems and increases flexibility. A five to ten minute warm-up and warm-down is all you need.

What to do if need a little push
It’s not always easy to get the motivation to start becoming active, so it’s helpful to learn ways to get that push you need. If you plan your activities and personalise them to your interests and fitness-level, as well as try to see exercise as the positive and rewarding thing it is, you’ll be much more likely to keep it up.

References and further information:
www.reachout.com.au

Michelle Hynson
Secondary School Health Promotion Nurse
Thursday and Friday
Behind this smile
I didn’t choose to be
a refugee, Australia is
now my home.

Paw

I believe we need to be prepared and emotionally strong when it comes to
racism. It doesn’t matter how many qualifications you have, it will make life hard
if you cannot accept others. We need to understand others as well as ourselves.
My culture, my tradition, is so important to me. It is really important to maintain it.
I would be lost, I would be nobody without it; it’s what makes me who I am.

I am Paw. Paw means flower in my language, but I’m not ready to be a flower.
I was very naughty as a child and people said I should change my name.

I was born in Mae La Camp, the biggest refugee camp on the Thai border. Born
in a refugee camp, went to school in a refugee camp; I never thought I would
have life like this. Yesterday I slept in a bamboo house, but today I have washing
machine and TV in my house. I always thought I would die when I am 18 because
once you reach 18 there is nothing else for you in the camp.

Since I was little I never consider myself as a refugee, but my grandfather said
I am one. I didn’t choose to be a refugee. I was born with this and sometimes
I think it’s written from heaven. Sometimes I want to scream, so loud that I
frighten the birds away.

Growing up I always thought the refugee camp was my home, but that place was
temporary. I find it hard and complicated to answer when people asked me where
I’m from. I tell them I am Karen, but they have no idea what being Karen meant,
so I have to tell the whole story. My Mother birth country is Burma, but that
doesn’t make us Burmese citizen. I was born in Thailand, but it doesn’t make me
Thai. I’m Karen. From 18 years of life time I did not have a home, but I do now;
Australia is my home. This is the only country that allows me to call this place
home, regardless of my race and my status.

If it wasn’t the war, life would be different, but some say life is boring with no
hardship. There was a time in my life when I thought about revenge for everything
I’ve lost, but who am I going to kill? I’m going to kill the innocent ones, when
I think about it again, they have to follow orders. If I killed when would it stop?
My hand full of blood, will it bring back everything? No, it won’t. It’s just going to
make things worse.

Sometimes I wish I had wings so I can fly and be free. I can go anywhere I want. If
I could fly I would fly to find my dad, meet my biological relatives and know more
tradition.

When I was 10 I snuck out of the refugee camp and walked to the border
where the rebels were training. I went to see, but what I saw was the river, and
it’s beautiful, green water; the sky, the mountains, the field. As you grow you
appreciate beauty and nature. I never thought about growing, but now I’m here, I
realised, I can grow.

I remember a female immigration officer greeted us at the airport when we arrived
in Australia. She asked me what I wanted to be, and I told her I wanted to be
a policeman. I remember she told me that in this country, I could be anything I
wanted to be. When I first saw police in Australia I was expecting to be scared,
but I saw them at a festival. They were dancing and smiling and talking to
everyone. I couldn’t believe it. I knew I wanted to be like them. And look at me
now; I am fighting for justice; because I know what justice is. I have chosen to
fight for justice, fairness and equality.
Dear Parents/Carers,

In providing high quality education relevant to the needs of our students, we rely on close collaboration with our parents and community. This term, Parents/Carers have the opportunity to work with teachers and their children to support students with reading.

If you are interested in volunteering about an hour a week (or more), please complete the Expression of Interest form attached. You will need to complete a volunteers ‘Working with Children’s Check’ to be involved.

Should you be called to help this term, we will organise a time to meet with you to explain and demonstrate the tasks.

Parents are welcome to work with their own child’s teacher.

We are committed to encouraging parental involvement in our school and look forward to your support.

If you are interested in volunteering, please supply your details below and the best day (or days) you are able to attend.

Please return by Friday 11th March.

Thank you in anticipation,

Mary Pruscino
P-6 Leading Teacher

Expression of Interest

P-6 Learning Community Classroom Reading Program

Please fill in and return to school by Friday 11th March

Parent/Carer Name: ______________________________ Phone No: ______________________________
Child’s name: ______________________________ Child’s Grade: ______________________________
Day (s) available: ________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________