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College Newsletter
Thursday 1st November, 2018
Issue No: 10

Important Dates To Remember

Monday 5 th November	Student Free Day
Tuesday 6 th November	Melbourne Cup Public Holiday
7 th – 16 th November	Years 1 – 6 Swimming Program
Friday 30 th November	Mini Fete 12.30 – 3.10pm
Friday 7 th December	Whole School Adventure Park Excursion
Thursday 20 th December	Last Day Term 4

A Very Warm Welcome To Term 4

It was fabulous during the week to see classrooms open with the energetic staff welcoming all children and families. This cheery welcome is so important and really does set the tone for a great day of learning. To see children sitting and reading from 8.45 in the morning is a great reflection on the importance learning has in the school culture. Reading is so closely linked to academic achievement and this love of reading was clearly evident during the week.

School communities are such amazing places and the Laverton P-12 College values of *Learning, Belonging and Succeeding* are very evident in every interaction, in every setting and at all times throughout the College. The students continue to learn and deepen their understanding of the College values; whether in the classroom, in the yard or out the front of the school. Explicit teaching of these important values and what behaviours are acceptable is crucial. As with learning anything in life; reminders, explanations, opportunities to practice, rewards and great role models both at school and at home are so important to ensure that children learn how to enact these important values.

I would like to congratulate our Year 12 students and staff on a wonderful Year 12, which culminated on Friday in what I would describe as an amazing celebration - sincere thanks for outstanding organisation to; Josephine Montalti, Acting Assistant Principal, Year 11 and 12 Mentor, Sofia Mougos, Assistant Principal and Leonie Adlard, Discover Office, with the wonderful support of the entire College staff. As we know it takes a village to raise a child. The whole school community joined together to wish our most senior students the very best for coming weeks during the exam period and as importantly during this the next step in their young adult life. Whether further study, paid employment, travel or voluntary work is next - with the support of Family, the College and each

other our graduating class of 2018 do indeed have a bright future ahead.

It is my great pleasure to join the Laverton P-12 College Community. School quality is never an accident, it is always the result of high intentions, sincere effort, intelligent direction and skilful execution. I look very forward to working with the community to make sure, together, we deliver the very best education for our children. To those community members I have already met thank you so much for your kind welcome. I do look forward over coming weeks to meeting each and every one of you as we work together to achieve the very best for every child at the College.

Enjoy the week.
 Kind Regards
 Jenny Crowle
 Acting Principal



How to help your child with their reading?

Strategy: Making Inferences and Supporting with Evidence

Have you ever read a book and assumed what the author was saying or feeling without having it actually written down? You make these assumptions using your background knowledge, clues from the story and pictures. Authors don't always tell the reader everything they want them to know about the story.

In order to better understand, children must learn to be detectives and look for clues in the text to understand the meaning of the story. Learning to infer and support with evidence is a strategy used by good readers to better understand what the author is saying.

How can you help your child with this strategy at home?

1. Read to your child and model your thinking as you read. Modeling is one of the most effective teaching strategies.

2. Have your child read a picture book without words. Using the pictures to tell stories helps with the inferring process.

3. When reading with your child, ask some of the following questions:

- Can you explain why the character acted this way?
- How do you think the author might feel about the character?
- Think about the setting...what details can you add?
- Give explanations for these events.
- What clues can you find in the pictures?

Remind your child that a book detective goes slowly, looks for clues and uses those clues to support his/her thinking.

Thank you for your continued support at home!



DISCOVER, EXPLORE, CREATE NEWS

Year 12 assembly



P.A.R.T.Y. program at Royal Melbourne Hospital

On Thursday 18th October, 2018 a group of Year 10 students and 4 staff attended the P.A.R.T.Y. Program (Prevent Adolescent and Risk-Related Trauma in Youth) at the Royal Melbourne Hospital.

The day began with a presentation by Kate- the P.A.R.T.Y. Coordinator who spoke to us about impact of trauma, risks and consequences. Information covered included the risks and consequences of drink-driving, driving under the influence of drugs, texting whilst driving and passenger distractions and the impact it can have on people's lives.

We then heard from an Emergency Department Consultant who spoke to us about what happens to patients who attend the Emergency Department before another presentation by an Ambulance Victoria Paramedic who spoke to us about the 'Chain of Survival' and the importance of calling '000' in an emergency.



After morning tea, we split into smaller groups and rotated through the different hospital departments including the Emergency Department, Intensive Care Department and the Trauma Ward. This was an amazing experience to walk through and see how the hospital operates and we were able to meet patients and their families and hear about their stories.

After lunch we again moved into our smaller groups and rotated through the Occupational Therapy, Speech Therapy and Physiotherapy presentations giving us an insight into the difficulties faced by trauma patients. This is where the students had the opportunity to participate in activities to get a real life feel of the impact trauma and injury has. The day finished with a presentation by an injury survivor who spoke about the impact that his accident and subsequent injury had on his life and how it has changed so much.

Overall, it was a very interesting and informative experience, learning about the consequences of taking risks and making the wrong choices in life. We all came away with the strong message from the P.A.R.T.Y Program of 'Live Once, Think Twice.'

I would like to thank Mr Sisson, Alice and Catriona who attended on the day and the Year 10 students for their interaction, discussions and participation in the activities. I'm sure this day will remain in their hearts and minds for a long time to come.

For more information about this fantastic program please see the P.A.R.T.Y. program website:

<https://www.thermh.org.au/patients-visitors/services-clinics/trauma-care/party-program>

Michelle Hynson
School Health Promotion Nurse
Thursday and Friday



Year 1 aquarium excursion



Altona rotary service award

Ms Josephine Montalti received a vocational service award from Altona Rotary last Monday evening at Koorringal Golf Club. She was among four recipients from local schools recognised for their outstanding efforts in the teaching sector.

Josephine works across our college and particularly with students in the senior years. She encourages, is patient, is willing to give the students another opportunity to show their learning, is explicit in her teaching and seeks both improvement in rate of learning and level of achievement. Josephine is a positive influence in the lives of so many students and has their respect and trust through her actions, her words, through how she speaks to students and how she treats them.

Josephine is also an outstanding leader and Acting Assistant Principal at our school. She is dedicated to our plans and works tirelessly to see the strategies and actions we implement be successful. Josephine works with all staff to influence them positively towards our goals each year. She seeks improvement for every student and staff member along with higher expectations for effort and performance. Josephine knows a team is stronger and more effective than an individual and she, in many ways, brings precision and purpose to our work each day.



Interschool sport

In the last week of term 3 Morenda Maka competed at the Secondary Schools State Track and Field Championships where she attained a second place in Shot put.

Congratulations Morenda on this great achievement.

On November 8th, The Year 7 Boys Volleyball will be competing at the Western Metropolitan Region Finals at Leisuretime Geelong. The team will be coached by Mr Barrera and they have spent many lunch times training for the competition. We wish them every success on the day.

HEALTH & WELLBEING



Finding motivation

Motivation is what drives us to make the things we want happen— but staying motivated isn't always easy. Get some tips on how to find (and to keep!) motivation, and suggestions for what to do if you just can't get into gear.

Why motivation is important

To make things you want to do or achieve happen, you need motivation. Motivation is what drives you towards a goal, gets you up in the morning, and keeps you working through a task, determined to succeed when things get tough.

Everything that could possibly motivate you can fit into one of two categories:

- › Positive motivations, which focus on the positive things that will happen when you take action. e.g. 'Finishing this assignment means I'm one step closer to being qualified.'
- › Negative motivations, which focus on the negative backlash that will occur if you don't take action. e.g. 'If I don't finish this assignment in the next few hours I will fail.'

Both negative and positive motivation can be effective in different circumstances. However, people are much more successful when they're doing something because they actually want to, rather than if they're acting to avoid an outcome they don't want. That means positive motivation usually has a bigger and better impact.

Negative motivation can sometimes be quite dangerous. That's because it only works if you know the exact steps you are going to take to reach your goal. If you don't have a positive plan of action, using negative motivation to approach a task can make you

feel really helpless, and actually reduce your motivation.

Knowing how to find effective motivation strategies is really important to getting stuff done.

Tips for finding/keeping motivated

Set goals.

When you set a goal you make a decision to act upon what you want. This gives you a direction to focus on – one that's measurable and has an end point; all factors which can help a person stay motivated.

Choose goals that interest you.

You're much more likely to stay motivated if you are working towards something that you genuinely want to do or achieve.

Find things that interest you within goals that don't. Sometimes other people set us goals or tasks that we don't find interesting / want. So, try and find something within that task that does motivate you. E.g. 'I hate maths, but it's going to help me become a builder, which I want more than anything.'

Make your goal public.

If you state you are doing something to someone else, or write it down, you've essentially promised to keep your word.

Plot your progress.

When you are working towards something, it can be really motivating if you can see evidence that you are making progress. Draw / create a visual representation of how you are coming closer to achieving something.

Break up your goal.

Start with easier tasks and work your way up to bigger challenges. Breaking up a task in your mind into achievable chunks helps build confidence.

Use rewards. Promise yourself some sort of reward each time you complete a step/task.

Don't do it alone.

Join a class, find a teacher or someone with whom you can share the experience. Other people's encouragement to keep going can be a big boost to your motivation, particularly when you're doing it tough.

Learn how to use positive self-talk.

If you're really finding it hard to stay motivated
If you've tried all these things, and just can't get motivated, then it might help to talk it through with someone that you trust. It can be really hard to achieve things on our own, and having a good support network when you're working through a big challenge is really important.

You could also try talking to a counsellor. They are great at helping people work out which motivating strategies will work best for them.

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

Michelle Hynson

Secondary School Health Promotion Nurse

Thursday and Friday.

AGE	TRAINING	GAMES	FEES	INCLUDES
BLASTER 5-7YRS	THURSDAYS 6-7 PM		\$99	PLAYER PACK (BAT, BALL, HAT, SHIRT)
U11*	TUESDAY 4.30-6 PM	FRIDAY NIGHTS 5-8 PM	\$120	SHIRT/CAP
U13*	TUESDAY 4.30-6 PM	FRIDAY NIGHTS 5-8 PM	\$120	SHIRT/CAP

SEASON IS UPON US SO DON'T DELAY!

Register now online @ www.lavertoncricketclub.com.au

More information contact MARK LOGAN: 0402 479 277
E-mail: info@lavertoncricketclub.com.au



Learning. Belonging. Succeeding.

PREP 2019 ENROLMENT

**DON'T FORGET TO HAND IN YOUR ENROLMENT FORMS
TO LAVERTON COLLEGE P-12 ASAP**

TRANSITION DATES 20TH NOV, 27TH NOV & 4TH DEC

Enrolments are now being accepted for children starting Prep in **2019**.

Please contact the school on **9369 1833** for an enrolment pack.

*When you are thinking about school for your child or children, **Laverton College P-12** has much to offer. You are welcome to make a time to visit our school, get a feel for what we do and walk through our learning spaces and facilities. At **Laverton College P-12**, we focus on student growth, development and achievement. At all levels of the College, students focus on identifying their personal strengths, setting goals and aiming to achieve their personal best.*

