IMPORTANT DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Wednesday 18(^{th}) November</td>
<td>Prep – 6 Assembly 2.10 pm.</td>
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<tr>
<td>Thursday 19(^{th}) November</td>
<td>Year 12 Valedictory Dinner.</td>
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<tr>
<td>Monday 30(^{th}) November</td>
<td>Book Club due.</td>
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<tr>
<td>Friday 4(^{th}) December</td>
<td>Adventure Park for Prep – Year 11 students.</td>
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<tr>
<td>Tuesday 8(^{th}) December</td>
<td>Orientation Day.</td>
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<td>Wednesday 9(^{th}) December</td>
<td>Prep – 6 Concert 9.30 am.</td>
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<tr>
<td>Thursday 10(^{th}) December</td>
<td>Crashendo Concert 4.45 pm.</td>
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<td>Thursday 10(^{th}) December</td>
<td>Presentation Evening Year 7 – 12 Students held in the Gym 6.00 pm.</td>
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<tr>
<td>Friday 11(^{th}) December</td>
<td>Year 6 Graduation 11.30 am.</td>
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<tr>
<td>Thursday 17(^{th}) December</td>
<td>Last day of term 4 for students.</td>
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On now: Learning at Laverton...what’s the latest update?

Our data is showing students have been improving, growing and progressing. And one of the ways we have been able to achieve this is by cultivating student focus.

We’d like your help to encourage and support your children to focus:
Focus involving minimising distractions...noises, too much talk about other things, too many things happening around our students can be things that distract them from what they should be focused on. So the idea is we reduce or minimise the distractions to help us focus.

Things in our heads can take our focus away just as quickly as someone chatting to students in class. Thoughts and emotions can quickly distract students from their learning goal and these things easily become their focus. So instead of focusing on the learning goal, students’ emotions can make them think about the comment someone made about their hair, their family or the name someone called them. Sometimes these things almost become stuck in our students’ heads and they focus on them. They may make students feel like they have no control.

Letting go of negative emotions and negative thoughts when students should be focused on the learning goals takes self-awareness and self-control. It involves being mindful: being aware of their own thoughts and being aware of the distraction. We can all stop ourselves from letting our thoughts and emotions build up, from gaining a momentum, from taking our attention from what we should be focused on to say these thoughts and emotions don’t matter now. We always have choices and we need to choose what’s helpful, what’s better.

Sometimes distractions are healthy and can help us all relax and reduce stress and quickly change our mood: distractions can interrupt our mood and reduce worry and overthinking: like going for a short walk or resting or eating a piece of fruit, or reading a book, or taking three deep breathes, having a drink of water, exercising, riding a bike, laughing, listening to music, smiling, playing a game, making something, spending time with other people...these things can help us all relax and can be moments of distraction that allow us to re-focus. They won’t solve a problem for our students but they will give them a break, until they can see a teacher or another person and talk through the problem.

So the message is distractions are sometimes needed to help us not to focus on the unhelpful things. At other times, like at school we often need to reduce distractions so we can focus on our learning.

At school the focus should be on the learning goal and, with focus, students 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.

We have transitioned smoothly to a Prep - Year 6 and Year 7 - Year 12 organisation. Ms Jan Scott, Assistant Principal, will manage and look after the Prep to Year...
6 while Ms Mougos, Assistant Principal, will do the same for Year 7-Year 12 students and families. Any concerns you have should be raised first with your child’s teacher. Our curriculum is now more closely aligned with the developmental continuum of a Primary and Secondary school structure while still being aware of our unique and advantageous Prep to Year 12 structure. In 2016 for all year levels in Prep to Year 6, there will be two discrete classes at each year level with no composite classes with each class having one teacher most of the time. Year 7 to Year 12 will have three classes at each year level. This is due to a growth in enrolments for 2016 as more families choose to enrol their children in our growing, improving and progressing school.

We are also progressively creating more individual flexible classroom spaces with glass walls and panels which will mean fewer distractions and allow students to focus on their learning.

We recently asked for suggestions for re-naming some our buildings and a big thank you to all who made contributions. I am very pleased to announce, from 2016, the ‘Create learning Centre’ will replace the name ‘Prep to Year 4 Learning Community’: the ‘Discover Learning Centre’ will replace the ‘Year 9-12 Learning Community’ name and the Year 5-8 Learning Community will now be known as the ‘Explore Learning Centre’. Additionally the VCE Centre will be known as the’ Challenge Learning Centre’. We see this as an improved focus for all of us on the things students can do in class to improve their achievement and engagement.

Richard Jones

NEW FLAG POLES IN THE GYMNASIUM

YEAR 8 HOSPITALITY

KINDER TRANSITION

We will be inviting kinder students for 2016 to visit our school for transition on the mornings of:
19th & 26th November and 3rd & 10th December from 11.45 am – 1.15 pm.

INTER SCHOOL SPORT

A few weeks ago Morenda Maka of grade 6 competed in Primary Schools State Athletics Championships. Morenda won the 11 year old girls shot put and will now compete in the National championships which are being held in Canberra from 4-8 December. Congratulations Morenda and good luck in Canberra.

Maia Weti year 10 also competed in the Secondary Schools State Athletics Championships in the 15 Year old girls discus. Maia came 6th in the event. Congratulations Maia.

7 – 12 News:

YEAR 11 ZUMBA

Last Friday 6th November, the Year 11 PE class participated in a Zumba class at the Laverton Fitness Centre. It was part of one of the learning outcomes for Unit 2. Mirella was our instructor and from the very start the class was energetic, fun and exciting. We even received a phone call from a member of the public who was in class with us congratulating the Year 11 students on their behaviour and participation. Thank you to the Year 11 PE class on a fantastic session!

Ms Whitefield

Prep – 6 News:
REMEMBERANCE DAY REFLECTIONS

11th November, also known as Remembrance Day is where we remember the soldiers that died protecting our country and the ones that are still alive. We remember them because without them we would not live in a free country. They fought for us knowing their lives were at risk and that is why we remember them.

Nikolas Krekos, Grade 6

World War One started in 1914 between a number of countries, particularly Australia and Germany. The war started over a matter of politics. The war lasted so long it was known as The Great War, the war to end all wars.

There were many people who sacrificed their lives and few that survived. Some teenagers joined the army at 14, they lied and said they were 18 so they could join their friends and family and battle to the death! The soldiers protected themselves by building large trenches that defended them from the enemy. They also had to eat and fight from below the ground.

Eloise Wilson, Grade 5

It is important to remember our soldiers involved in wars and as peacekeepers because they fought for us and died for us. If they didn’t fight for us we wouldn’t be here right now. My grandfather fought in the war and wrote books and sold them. His book is all about his wars and what he did.

Holly Kaden, Grade 6

It is important to remember our soldiers involved in wars and as peacekeepers because they keep us safe and protected from wars.

Hussein El-Halouli

It is important to remember our soldiers involved in the wars and as peacekeepers because they fought for our country and saved our land. Also if they didn’t fight for us we would be dead.

By Jessica Howells 5/6A

It is important to remember our soldiers involved in wars and as peacekeepers because if they didn’t fight for us we wouldn’t be here. If the soldiers did nothing then Japan will have the country of Australia.

By Nae Lay Say 5/6A

I believe we should support Remembrance Day to celebrate the men and women who fought for their country.

Firstly, it is important to remember our soldiers involved in wars and as peacekeepers because they cared about our families and they gave up their lives for us.

Secondly, I believe in the soldiers that fought for us and they supported us, so now you should support them.

Cheyanne Dureiu, Grade 5

Remembrance Day is important to remember the war, the soldiers and the peacekeepers. They keep us safe from the war. If it weren’t for them we wouldn’t be here so we must remember them.

Bree Franklin, Grade 6

It is important to remember our soldiers involved in wars and as peacekeepers because they kept the world safe, and they gave up their lives to save the world.

Nadia Coveney, Grade 6

It is important to remember our soldiers involved in wars and as peacekeepers because they kept the world safe, and they gave up their lives to save the world.

Nadia Coveney, Grade 6

It is important to remember our soldiers involved in the wars and as peacekeepers because they gave their lives so everyone could live in peace. The peacekeepers go to country to keep people safe and they go overseas. They go to Africa and the islands.

Deon Schembri, Grade 5

It’s very important to remember the soldiers that died in the war because if they died in the war we wouldn’t be here. If the soldiers did nothing then Japan would have this country (Australia). I wouldn’t be writing this if the soldiers did nothing.

WE WILL REMEMBER THEM!

Will Aitken, Grade 6

BOOKCLUB

The last bookclub for the year is due in by 30th November. Order forms are available from the Prep-6 office or the library. Thank you to everybody who has supported book club this year.

We have been able to obtain a great amount of free books for the classroom libraries so that all students can enjoy borrowing and reading.

LOST PROPERTY

The Prep-6 office has a large amount of lost property. Please call by to check if your child has lost anything before or after school.
ART SHOW

A huge thank you to all parents, teachers and students who took the to visit our 2015 Laverton P-12 College Art Show.

It made all our efforts so very worthwhile and was a real pleasure to see and hear students walking through, having conversations about art.

Our senior students showed so much admiration for the artwork produced by juniors and vice versa.

Looking forward to see you again next year.

Li Wei (Daniel) Chen, WON year 10 -12 category (first prize $150) as well as the People Choice award for year 10 -12.

ART SHOW

The Scream, Edvard Munch

As part of the Laverton College Art Day Celebrations Grade 5/6A completed some poems to describe the famous artwork, The Scream by Edvard Munch. They were working on using nouns, verbs and adjectives to write descriptive sentences and phrases to describe what is happening in the painting.

The sunset rising above the streaming water. Brown rickety bridge watching all the people. Screaming and shouting is heard by the orange and red sun. A woman nearby says, “Something must be done!” No body stirred, everyone’s stands frozen in silence. Everything was quiet before, till a man broke the silence, His head spinning in frustration! Everything is going wrong!

Eloise Wilson, Grade 5

As the sun begins to set
The danger grows and grows,
And you will start to regret
That you went where no one goes.  
He begins to scream and shout,  
But all are very loud  
So they can hear him scream,  
And I wonder what’s going to happen now.  
Erin Mayall, Grade 6

Health & Wellbeing:

What is a Mindset?  
When you’re confronted with a challenging task, do you A) give it your best shot, or B) have a nap? Your answer to this question is probably determined by the kind of mindset you have. Get the info on fixed and growth mindsets, how to make the most out of your mindset and what to do if it’s troubling you.

What’s a mindset?  
You know how many people like to define themselves as being either a “glass half-full” or “glass half-empty” kind of person? What they’re talking about is their mindset. Simply put, a mindset is a set of ideas and attitudes that shape the way someone thinks about themselves and the world. Someone’s mindset will determine the way they behave, their outlook on life and their attitude towards everything that’s going on around them.

For example, getting back to the glass analogy, if you’re a glass half-full kind of person, you tend to have a positive mindset which means you approach everything that you do in an optimistic way. If you’re a glass half-empty kind of person, you might approach or think about many of the things you do in a more negative or cynical way.

The kind of mindset you have can really shift the way you approach your everyday life. And the good news is, your mindset is not set in stone; there are things that you can do shift your mindset so that you’re getting the most out of it.

The different kinds of mindsets:  
There are two different kinds of mindsets: growth mindsets and fixed mindsets.

Someone with a growth mindset is likely to:  
be keen as a bean to learn from the people around them understand that in order to get what they want, they’ve got to put the hard yards in recognise that failure is an opportunity to learn be aware of their weaknesses, and focused on improving them welcome challenges be open to new things and new ways of learning.

The flip side of that is a fixed mindset. Someone with a fixed mindset is likely to:  
avoid challenges where they think they might stuff up not deal very well with setbacks try to hide their mistakes be convinced that their abilities are limited to one area. For example, believing that they’re a ‘creative’ type or an ‘athletic’ type etc, practice negative self-talk by saying things like “I can’t do it.”

How to get a growth mindset?  
So, it’s clear that growth mindsets are really important for learning new things, embracing new challenges and dealing with setbacks. Check out some handy tips for turning a fixed mindset into a growth mindset:

I can’t do it…yet.  
The way we talk to ourselves in our mind (our self-talk) has a really big impact on what we actually achieve. If you tell yourself that you can do it, chances are that you will; even if it doesn't happen straight away.

Challenge accepted. Next time someone throws an unfamiliar or tricky task your way, don’t throw it back at them – embrace it. Even if you stuff up along the way, you can be sure that next time you’ll do better.

Do some hard yakka. You’re unlikely to reach your goals if you’re not putting in the effort to match. Put the hard work in and you’ll be able to enjoy the rewards.

Ain’t no such thing as perfect – there is always room for improvement. Always put as much effort as you can into the learning process. Practice your skills and make an effort to learn new ones. Last time we checked, the guitar isn't going to learn itself.

Celebrate the big successes, and the small ones:  
Be open to new ways of doing things. You can never be sure of how something is going to pan out if you’ve never tried it before. Before you make the assumption that something will never work, ask yourself “Why won’t it work?”

Don’t let setbacks get you down. When you come across setbacks, think about things that have helped in that situation before, and things that haven’t. Take feedback on board, and make changes accordingly. Setbacks don’t mean you’ve failed; just that you need to try a different approach.

Troubled by your mindset?  
If you’re having issues getting your mindset to a place you’re happy with, have a chat to someone you trust about it, like a friend or teacher. Otherwise, have a chat with a counsellor; they’ll work with you to help you understand what’s going on and figure out how to improve things.

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

Michelle Hynson  
Secondary School Health Promotion Nurse  
Thursday and Friday.
My name is Eh Gay and I play violin in the Crashendo! Beethovens. On Thursday 22nd October we went to Penleigh & Essendon Grammar School. We played a piece called Stringosaurus. It was pretty good. We are going to have a concert on Thursday 10th December at 4.45pm. We would like the families to come to our concert to support us. If anyone else would like to come they can. The Beethovens in the concert are going to play Captain Jack’s Hornpipe, Jazz Suite and Barrier Reef. You should know that the Crashendo! students have worked really hard and they would love you to come and see them perform. The Crashendo! students would like to thank Erica, Willem, Steph A, Steph L, Josh and Katriona for teaching us. You guys have taught us many things so thank you.

Crashendo! concert
Thursday 10th December
4.45pm
Performing Arts Centre, Laverton P-12 College.

PRESENTED BY
Sharon Witt, a dynamic educator, author and speaker.
Sharon has authored 12 books for young people including the best selling Teen Talk Series and Girlwise series. She is also the author of Surviving High School.
This Parenting Forum is free for all parents, guardians and workers who live, work or study in Hobsons Bay.

Wednesday 2 December 2015
6.45pm to 8.30pm
with a 7pm start
Altona Civic Centre
115 Civic Parade, Altona

RSVP
Friday 27 November 2015
Hobsons Bay Youth Services
(03) 9932 4000

INVITATION:
MULTICULTURAL POLICY 2016-20 COMMUNITY CONSULTATION

Everyone in Hobson’s Bay has the right to access services and facilities, and feel accepted and respected. This is your chance to tell Council what is working well, what needs to be improved and how best to respond.
This session will be tailored for the local Indian community. Food and refreshments will be provided and all participants receive a $20 Coles voucher for their time.

When: Thursday 5 November 2015
Time: 6.00pm to 7.30pm
Contact: Please contact Brook Quinn on 9932-1392 or at multicultural@hobsonsbay.vic.gov.au to reserve your place.

BECOME A FOSTER CARER!

All sorts of people make great Foster Carers.
They are tradesmen, nurses, sales reps, shop assistants, teachers etc.
They are couples, singles, from different cultural backgrounds, with or without their own children. They are people who have the desire to give a child a safe and welcoming place to stay.
Our next information session is on Saturday 28th November 2015 @ 10.30am to 11.30am in the Yarraville area. Come along to find out more & have your questions answered. Ask us to come and speak at your school. To book or to receive an information package please contact Liesl Trenfield on 93967400 or liesl.trenfield@anglicarevic.org.au. It is easy to become an Anglicare Foster Carer, call us NOW to talk about how you will make all the difference!
YEAR 12 GRADUATION CEREMONY

STUDENT TIMETABLE YEAR 11 SEMESTER TWO EXAMS 2015

<table>
<thead>
<tr>
<th>Time</th>
<th>Periods</th>
<th>Subject</th>
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<tbody>
<tr>
<td>9am-11am</td>
<td>R E C E S S</td>
<td>11.30am-1.30pm</td>
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<tr>
<td>Periods 1 and 2</td>
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<td>Periods 3 and 4</td>
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<tr>
<td>Exams in V1 and V2</td>
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<td>Exams in V1 and V2</td>
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<td></td>
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<td>2.10pm-3.10pm</td>
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<td>Period 5</td>
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<thead>
<tr>
<th>Date</th>
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<th>Subjects</th>
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<tr>
<td>Wed 25th Nov</td>
<td>BLOCK F</td>
<td>Chemistry</td>
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<td>Business Management</td>
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<td>English (Whitefield)</td>
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<td>Thurs 26th Nov</td>
<td>BLOCK A</td>
<td>Physical Education</td>
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<td>Maths Meth Exam 2</td>
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<td>Legal Studies</td>
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<td>Fri 27th Nov</td>
<td>BLOCK C</td>
<td>Biology</td>
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<td>General Maths (Singh)</td>
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<td>Studio Arts</td>
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<td>BLOCK D</td>
<td>Physics</td>
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<td>Media</td>
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<td>Gen Maths (Bains)</td>
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<td>BLOCK E</td>
<td>Health &amp; Human Development</td>
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<td>Accounting</td>
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<td></td>
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<td>English (Whitefield)</td>
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<td>All Year 11 students will be in the VCE Centre for supervised revision.</td>
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<td>Maths Methods Exam 1 HAD in V8</td>
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<td>All Year 11 students will be in the VCE Centre for a talk run by State Library of Victoria.</td>
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<td>All year 11s in VCE Centre to Complete VASS forms Go through policy books</td>
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Laverton College 2015

Summer Concert

**ROCK and/or ROLL**

Tuesday 1 December
6:00pm in the Amphitheatre
BYO dinner and picnic rug
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:

1. Buying and using a head lice lotion or shampoo, following the instructions on the product.
2. 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.
YOU'RE INVITED TO ATTEND
A WORKSHOP: TALKING WITH YOUR CHILD ABOUT ALCOHOL AND DRUGS

At some point we have all sat down with our parents for 'the talk'. It's not always easy, but learning about sex is an important conversation that every parent and child should have. But what about 'the other talk'—a conversation about alcohol and other drugs?

The Australian Drug Foundation is holding a free workshop to help parents have the other talk. Parents are still an important and trusted source of information for young people and play a crucial role in children's future decision making.

The Other Talk workshop discusses real-life situations, covers some of those uncomfortable questions and provides you with basic alcohol and drug information so that you can have 'the other talk' confidently and effectively.

Who should attend?
- Parents and guardians of children aged 0-12 years.
- Teachers and professionals who work with young people.

Why should I attend?
- Learn how and what age to talk with your child about alcohol and drugs.
- Learn how to manage realistic situations involving your child.
- Get the facts and learn the myths.

HOW DO I REGISTER? altonanorthtol.eventbrite.com.au

Workshop details
Date: Tuesday 1 December 2015
Registration: 5.30pm
Workshop: 6.30-8.30pm
Location: Altona North Community Library
Carillons and McArthur's Roads
Altona North 3025
Refreshments will be provided.
For more information, Telephone: 03 998 6160
Email: info@adf.org.au

The Australian Drug Foundation

Sponsored by

ExxonMobil

Maribyrnong Bay City Council

Rotary Club of Williamstown

CHRISTMAS FAIR

SUNDAY 29TH NOVEMBER
11AM-3PM AT SEAWORKS,
82 NELSON PLACE
WILLIAMSTOWN.

FREE RIDES
FREE FACE PAINTING
FREE ENTERTAINMENT
FREE ENTRY FOR CHILDREN
FREE ENTRY FOR ADULTS
FREE PARKING

For stall inquiries call John on 0412 230 710

A ROTARY CLUB OF WILLIAMSTOWN INITIATIVE TO FUND COMMUNITY HEALTH PROJECTS.
Cyber Safety Presentation for Parents and Carers

ThinkUKnow is an internet safety initiative which aims to raise awareness of the issues which young people face online and whilst using mobile phones. It is a partnership between the Australian Federal Police (AFP) and Microsoft Australia, and is now proudly supported by ninemsn and Datacom.

Our Laverton P-12 College will be hosting a ThinkUKnow presentation on 24th November at 1:30pm – 3:00pm in the Performing Arts Centre and all parents and carers are encouraged to attend. This presentation will cover topics such as how young people are using technology to have fun, online grooming, cyber-bullying, inappropriate content and e-security.

This is a fantastic opportunity for you to learn more about how young people have fun online, how you can help them to stay in control on the net, and how to report a problem.

For more information, you can visit the ThinkUKnow Australia website at www.thinkuknow.org.au or contact Laverton P-12 College (03) 9369 1833.

We look forward to seeing you all at the presentation.

Please return the slip below by Friday 20th November to indicate your attendance.

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Cyber Safety Presentation for Parents and Carers

24th November in the Performing Arts Centre

Name: ________________________________

Number of People Attending: ____________________