



Principal's Message

Dear Parents and Carers,

The end of the year is fast approaching. We have already farewelled the Year 12 students and wished them well for their future journey. On Friday last week we farewelled the Year 11 students so they can enjoy a nice break before their Year 12 adventure commences. In regards to Year 10 students and when they finish school for the year, a notice will be going home to families of these students to inform them of the school dismissal process. Year 10 students may be dismissed from the end of the school day on Friday 6 December on request of a parent, provided the principal has received satisfactory evidence that the student has suitable employment. The notice will allow parents/carers to indicate their child's employment intentions. If you require a further notice, please contact the office.

Mobile Phone Policy

As you may know, the Minister for Education released a new Students Using Mobile Phones Policy for all Victorian government schools on 7 October 2019. This policy requires that from Term 1 2020, students who choose to bring mobile phones to school must have them switched off and securely stored during school hours, including recess and lunchtime. The Department have provided all schools with a template to use that reflects the requirements in the Minister's policy. The staff have had an opportunity to review the policy for feedback to ensure that it is implemented consistently, and the draft policy will be presented to the school council on Wednesday 4th December. The teachers will be talking to the students about this policy to ensure there is a consistent understanding. The policy will be sent home to parents after the school council meeting. It would be great if parents could also read through the policy with their child.

2019 Key dates and looking to 2020...

Just a reminder that the final day of school is December 20th 2019. On this day school will finish at 1.10 pm. To celebrate the year, staff have been working together to organise an Activities week for the students in the final week of the term. They have lots of exciting events planned. More information about the Activities week will be shared with the students in the coming days.

Key dates for 2020 will be shared in the next newsletter.

Have a nice week.

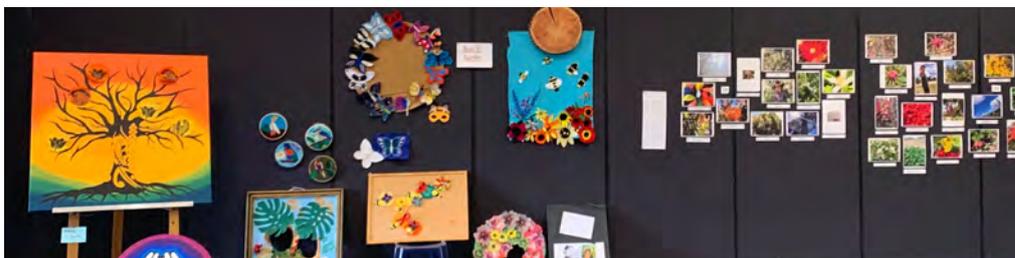
Alex Artavilla - Acting Principal - Laverton P-12 College

Important Dates

| | |
|-----------|--|
| 02 DEC | YR 10 Orientation 2-6 DEC |
| 04 DEC | YR 7-9 exams till 2-6 DEC |
| 04 DEC | Year 2-4 Incursion Creative Space 'We are The Champions a Tribute to Queen' Concert @ 5.00 pm PAC |
| 04 DEC | YR 5-6 Soccer Clinic |
| 05 DEC | |
| 06 DEC | Last Day Year 10 |
| 09 DEC | YR 6-7 Transition YR 7-9 Step Up |
| 10 DEC | YR 6-7 Orientation YR 7-9 Step Up to 13 DEC |

'LA PRIMAVERA' ART FAIR

'La Primavera' Art Fair was short but bright event featuring art works from our senior and junior students as well as grade 5 Media students. All art activities such as face painting, rock painting and photo shoots were supervised by our students. We were also selling shopping bags made by year 12 VCAL students. All money raised will be donated to "Beyond Blue" foundation.



NO HAT, NOT PLAY



For the protection of your child's skin, during Term 1 and Term 4, students playing outside must wear a hat. If students do not have a hat, they will play in the shade.

OSHCLUB LAVERTON

Hello! My name is Sarah and I am the new coordinator at OSHClub Laverton! I have had the pleasure of getting to know some awesome Laverton children and we have been having heaps of fun playing games, making arts and crafts, cooking and playing sports! At OSHClub, we encourage children to share their interests to help shape our program and encourage them to try and experience new things. Children also have input in our Before and After School care menus where we make our favourite healthy food and snacks. Even as we head into the busiest time of the year and approach the end of the school term, OSHClub is still accepting new children! If you have a child in Prep - 6 and are interested in enrolling them into Before and/or After School care, head to www.oshclub.com.au to enroll or message/call us at 04 2762 0302. We look forward to welcoming some new friendly faces!



Building brighter futures together

Important Dates continued...

- 11 DEC Crashendo Excursion
YR 7-11 Presentation Night @ 6.00 pm
- 12 DEC Prep-6 Concert & Graduation 9-11 am
- 13 DEC Prep-5 Meet & Greet
YR 6-7 Transition
YR 6-9 Activities Week till 20 Dec
P-6 'Speech' Graduation Awards
- 16 DEC P-5 Activities Week till 20 Dec
- 17 DEC P-5 Activities Week till 20 Dec
- 20 DEC Last Day Term 4 students dismissed @ 1.10
- 30 JAN First Day Year 1-12 2020
- 25 FEB Photo Day

CAREERS UPDATE

Reminder: VTAC Key Dates



| December 2019 | |
|---------------|--|
| 1 - 14 | December VTAC Change of Preference (CoP) period already open |
| 12 | Release of VCE results and VTAC ATAR. Students can access results and ATAR online at www.resultsandatar.vic.edu.au from 7.00 am |
| 12 | VCE Results and ATAR in the mail |
| 14 | CoP closes at 4.00 pm |
| 18 | December Round Offer to all eligible students available at 2.00 pm |
| 19 - 20 | Change of Preference (CoP) is open for January Round Offers, closing at 4.00 pm |

WORK EXPERIENCE - Year 10 2020

The Year 10 Work Experience Program for 2020 takes place from Monday May 11 to Friday May 15. It is expected all current Year 9 students will participate in the work experience program next year. Students are encouraged to start thinking about and applying for a placement as soon as possible.



If you wish to explore occupation types or industry, please visit the college career website!
www.lavertonp12collegecareers.com



WE ARE THE CHAMPIONS A TRIBUTE TO QUEEN

The Summer Concert, We Are The Champions a Tribute To Queen, is fast approaching and you are invited to attend the free event. The Concert is on Wednesday 4 December at 5.00 - 6.00 pm. It will be held in the Performing Arts Centre PAC. CD's will be available for a gold coin donation.

The Summer Concert is held annually to display the growth of students who have participated in the free instrumental music program throughout Semester 2. We look forward to see you there, Josh, Ken and Tommy.



YEAR 6 DAY OF CELEBRATION



Dear Parents and Carers,
You are invited to attend Laverton P - 12 College for a 'Day of Celebration' for the Primary School. We will be having performances for each Year Level, celebrating student achievements and our Year 6 students for graduating Primary School.

When: Thursday 12 December 9.00 - 11.00 am
Where: Laverton P - 12 College PAC or Undercover Area

P.A.R.T.Y. Program to RMH

Ordinarily we don't believe in miracles but we were all at Laverton station by 7.15 am on the 24th October. We were going to get on the 7.30 train but it was packed so we had to wait for the next one, (if the teachers had listened to the students because sometimes they are right and we wouldn't of missed it).

After the longest, shortest trip ever we made it to the Royal Melbourne Hospital (RMH) 30 minutes early. As we walked in we had to find a folder with our name on it then we had to sit in the amazing spinning chairs, but had no room to spin on them. Once the other school had got there we started, and Kylie stood up and gave us a wonderful welcome and introduction to what we were doing for the day. Then we had a lovely lady who was an Emergency Specialist talking about what she does. After that Mark from Ambulance Victoria he talked about chain of survival, how different people can have different levels of alcohol and making sure you call 000 when needing help. He also told us that if you're underage drinking, the police won't come unless the ambulance staff are in any danger. He left us with an important message- "Don't be the one to kill your friend by not calling 000." Finally, to the part everyone has been waiting for its morning tea time. There we had donuts and sweets. We then got divided into groups and went to the ICU and got to see a patient. As one of the groups were in there they got to see him wake up and his personal nurse asked him if he was in pain and he clearly responded by nodding his head, the lady walking that group around asked him if it was okay that we were in there learning about what had happened and he nodded his head again. This gentlemen was about to go in for his 4th surgery he has had a surgery everyday he was in there. Then we went to the ward where we looked at people who have had bad accidents and we talked to one of the guys who was just out the front fixing his car like always and his 3-year-old son was inside and a car sped past. He asked them to slow down, they turned around and on the way back past they hit him. For our last rotation we went into the Emergency Department (ED) where we got to look at the ambulance and they showed us where you get washed from pepper spray.

Lunchtime now, they provided so much food like sushi, pies and heaps more. After that we got divided up into our groups again and went to different stations, we went to Physio where we had 3 different types of injuries where we tried and saw the difficulty people have with it. One of the other stations was speech pathology where we had a look at how everything works inside the mouth to the neck and we even got to try some of the liquid drinks that some patients have to have. The last station was where we did scenarios about the Consequences, Choice and Action on whatever the scenario was. Then we finally finished and went home after a long hard day of work.

Makayla Goodwin Year 10



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.

