College Mission . . .

Building on a foundation of Christian values, the mission of Aitken College is to enable students to become informed and compassionate members of the wider community by inspiring academic achievement and creativity, nurturing self worth, encouraging environmental responsibility and committing to service with and for others.

Important Diary Dates for 2013

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Tue 13 Aug</td>
<td>Parent Teacher Interviews (Prep–5)</td>
</tr>
<tr>
<td>Thu 22 Aug</td>
<td>Parent Teacher Interviews (Prep–12)</td>
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<tr>
<td>Fri 23 Aug</td>
<td>Professional Learning Day (student free)</td>
</tr>
<tr>
<td>Fri 20 Sep</td>
<td>Term 3 concludes</td>
</tr>
<tr>
<td>Mon 07 Oct</td>
<td>Term 4 commences</td>
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<tr>
<td>Mon 04 Nov</td>
<td>Mid Term Break</td>
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<tr>
<td>Tue 05 Nov</td>
<td>Melbourne Cup Day Holiday</td>
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<tr>
<td>Fri 22 Nov</td>
<td>Report Writing Day (student free)</td>
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<tr>
<td>Mon 09 Dec</td>
<td>Presentation Night (Years 3 to 12)</td>
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<tr>
<td>Wed 11 Dec</td>
<td>Term 4 concludes</td>
</tr>
</tbody>
</table>

Term dates for 2013

| Term 3  | 22 July to 20 September |
| Term 4  | 7 October to 11 December |

Please note: This year’s Presentation Night on Monday, 9 December will be held at the Melbourne Convention Centre, 2 Clarendon Street, Southbank, not Dallas Brooks Hall.

From the Principal

Thought: “Nothing is particularly hard if you divide it into small jobs.” Henry Ford

Foundation Scholarship: Students in Year 11 are eligible to apply for the College’s Foundation Scholarship. This scholarship is an initiative of the College Board to encourage outstanding students to continue their secondary education into their final year, with the hope that they will pursue further education and go on to be formative influences in their communities. Application forms are available at Reception.

Senior School: Year 11 students can also nominate for College Leadership positions for 2014. Students are encouraged to nominate. The process involves addressing Senior School students at assembly and then an interview with a panel.

Congratulations to the following students: Maddison Woollard, Lauren Cicalese, Celeste Healey, Teri Goodwin and Andrea Parfrey who have been selected as finalists in the ‘Save a Mate’ RACV transmission competition. Finalists will be presenting their submissions to a judging panel in the very near future.

I received a lovely letter from a member of the public this week on the conduct of three of our senior students; Christopher Sidebottom, Micah Edmonds and Ryan Stubbings, who were on an excursion in the City and went out of their way to assist her when she was in need. Their conduct was admirable.

This week the Uniting Church Social Justice activity for students was held at the College. We welcomed students from other Uniting Church schools: Penleigh and Essendon Grammar, MLC, Cornish College and Billanook. The students work shopped on the issue of poverty.

Sick Children: If your child is ill, may I request that you keep them home until they are better. Sending your children to school when they are unwell, results in spreading illness, not only to other children, but also to the teachers.

Please note the interesting article on Resilience attached to this newsletter. Please support the Tree Drive (refer to flyer attached to this newsletter).

From the Deputy Principal

Parent Portal: We have had many enquiries from parents about their portal log-in details which is needed to access Semester 1 student reports and to book parent-teacher interviews. These requests have been responded to as quickly as possible. Please try to keep your username and password in a safe place for easy retrieval when needed. Portal log-ins were mailed to families earlier this year.
Traffic and Car Parking: Thank you to all the parents who are displaying courtesy and safe driving habits during drop-off and pick-up times each day. It is good to see drivers at the car park exit and roundabout showing patience while merging.

I would like to give some words of advice to assist the traffic flow and also to ensure the safety of the children:

- The parent car park is for parking and drop-off; all cars must only stop in the marked bays and must exit the car park in the marked anti-clockwise direction (no short-cuts).
- If you wish to drop-off or pick-up without reverse-parking, please use the ring road loop; there is plenty of space along the ring road each afternoon.
- It is very disappointing and alarming to see some parents expecting and allowing children to cross internal roads and car park traffic to reach their car. All students have been told that they must use either the pedestrian crossing near the Gym or the marked crossing at the western car park entrance. Please do not risk children’s safety by cutting across the path of traffic.

Alumni Reunion - Class of 2008

The Five Year Reunion of the class of 2008 will be held on Friday, 13 September 2013 in the Chapel and Performing Arts Centre Foyer at Aitken College. Refreshments will be provided from 7.00pm to 9.00pm. RSVP: 6/9/13 to admin@aitkencollege.edu.au

Parents & Friends Association

Preloved Uniform Sale: Aitken College Parents and Friends are having their first event for this term. The Preloved School Uniform Sale last term was a huge success, so we are having another Sale on Thursday, 22 August in the foyer of the Chapel and Performing Arts Centre from 3.00pm to 5.00pm, while parent teacher interviews are taking place. If you are available to assist us on the day please email: admin@aitkencollege.edu.au. If you have any items to donate to the Preloved Sale please drop them into Reception by Monday, 19 August. Please ensure that items are clean and in good condition.

Parent and Friends Volunteers Register: If you are interested in being added to the Volunteers Register please email admin@aitkencollege.edu.au with your name, email address and phone number. This Register will help us to contact volunteers for assistance when we have a big event, for example, the Preloved Sale. If you are free for some of the time or for the duration of the event we would love for you to be able to help out.

That’s Mine Labels fundraiser is available all year. It is a great way to label your child’s uniforms, lunch boxes, books and more. Please click on our school name on the website www.thatsmine.com.au so we can receive a percentage of your sales.

Brookhill School Notices

Year 11 Presentation Ball: Preparations are well under way for the annual Year 11 Presentation Ball. Dance lessons are almost complete and students are to be congratulated on their attitude and application in lessons. All participating students have a final rehearsal at Moonee Valley on Thursday, 29 August; it is very important that all students participating in the Ball attend school on that day. Ball participants are reminded that they must be at Moonee Valley no later than 4.00pm on Saturday, 31 August (the day of the Ball). They may arrive earlier than this, but must be there by 4.00pm to allow time for photos and a final run-through of the presentation and dance routines. I would also like to ask parents and family attending the Ball to arrive punctually. As we are presenting three dance groups this year, it is important that all guests are seated by 7.00pm to allow the formal part of the evening to run to time.

Study Skills: Year 10 and Year 11 students are having their second Study Skills seminar with presenters from Elevate Education. I encourage parents to ask their children attending what was discussed at these sessions. Teaching others is one of the best ways to learn; if your children can explain the content of the seminars to you, that will help consolidate their own learning.

Year 10 Drivers’ Education Program: I am pleased to announce that the Year 10 Drivers’ Education Program, to be run by DECA, will be going ahead at the end of this term. All Year 10 students will have one day practical driving training and a half day theory session at the Safe Driver facility in Laverton. This will take place during the last two weeks of term. I would like to take this opportunity to remind families that this is an extremely worthwhile education program and is a compulsory part of the College curriculum.

Year 12: Only a couple of weeks until final revision starts! Time to look for that extra gear! Give it your best shot; don’t let yourself have regrets.

Mr Kim Forward
Deputy Principal

Mr David Murphy
Head of Brookhill

Authorised and Printed by: Mrs Josie Crisara, Principal, Aitken College, 1010 Mickleham Road, Greenvale 3059
Phone: 9333 1866 www.aitkencollege.edu.au Fax: 9333 4795
VCAL News

VCAL Information Evening: Last week the Year 11 VCAL class competently presented the VCAL Information Evening to Year 10 students and their parents. We were very grateful to past students Demet Misirlisoy, Jenay O’Kane, Adrian Petroulis and Natasha Ciarma who also attended the evening and shared their positive and fruitful experiences of VCAL. Applications for the VCAL program for 2014 closes on 8 August.

The VCAL students also organised and hosted an afternoon tea for the Pascoe Vale Gardens Retirement Village on Thursday, 1 August. The residents were invited to attend the Dress Rehearsal of the College musical ‘Honk!’ and enjoyed the lavish afternoon tea after the show. Feedback from the Retirement Village included that there was ‘nothing but praise for the way the residents were received. All the residents who attended were raving about the students, the performance and the way the residents were welcomed’.

Glenarthur School Notices

We add our congratulations to all students and staff who have again given their time and energy to create a most amazing musical. It is really a pleasure to delight in the talents of our community. Students have also been invited to see Mr Arthur if they wish to audition for the College play.

Congratulations to our Semester Two Student Council members, who have recently been elected by their fellow students. They will be presented with badges and certificates at the next assembly.

Thank you, parents, for your prompt return of the signed 2013 Year 9 Glenarthur City Experience permission and medical details forms. Students must keep their parents fully informed regarding their travel plans. Regular reminders are given to the students regarding safety and uniform and team-work.

2014 Electives: Passwords and information regarding selection of 2014 electives will soon be given to your children, who are required to discuss their choices with you and obtain your signature to authorise their selection. These electives are not pre-requisites for later study; students will not ‘miss out’ on subjects needed for career pathways.

School Bags (backpacks): A copy of a recent note in the student bulletin, for your information: School bags (backpacks) must not be taken to classes or carried around during the day. Bags should be in lockers. Please note that removal of backpacks from the Gym change rooms will continue – the only bags permitted in change rooms are Aitken sports bags.

Our thanks to the many staff who quietly go about arranging extra events to broaden your child’s knowledge:
- Mr Politini and the Year 9 English staff, for organising the theatrical performance of ‘Romeo and Juliet’;
- Dr Hudson and the Science staff for organising Science Week, and
- Mrs Stafford and Humanities staff for organising the World War 1 History Up-Close seminars.

World Vision: At Chapel last week, students heard and saw a most informative presentation on the work of World Vision. The College is deservedly proud of its support for many causes and we again commend this particular one to
you. A reminder to all students who are supporting the World Vision 40-hour famine: please keep your donation books secure and do your best to find sponsors. Thank you for your sterling efforts.

We look forward to meeting with you at the Prep-Year 12 parent-teacher interviews on Thursday, 22 August.

Mr Shelton Bond & Mrs Elpis Vlahopoulos
Head and Assistant Head of Glenarthur

Dunhelen School Notices

On Monday morning we inducted our Semester Two Class Captains. Congratulations to the following students:

<table>
<thead>
<tr>
<th>6D</th>
<th>Joshua Dittmer</th>
<th>Giann Siracusa</th>
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</thead>
<tbody>
<tr>
<td>6K</td>
<td>Ronan Miranda</td>
<td>Mikayla Barnes</td>
</tr>
<tr>
<td>7A</td>
<td>Jack Stevens</td>
<td>Madeline Reynolds</td>
</tr>
<tr>
<td>7K</td>
<td>Timothy Xuereb</td>
<td>Ruby Williams</td>
</tr>
<tr>
<td>7P</td>
<td>Lachlan Ward</td>
<td>Elissa Akers</td>
</tr>
<tr>
<td>7S</td>
<td>Nicholas Jankovic</td>
<td>Sarah O’Connor</td>
</tr>
<tr>
<td>7L</td>
<td>Paul Touma</td>
<td>Oshini Mudiyanelage</td>
</tr>
</tbody>
</table>

I look forward to working with these students and one of their first roles as class captain will be to assist in the organisation of this year’s second Dunhelen Social. Planning for this event will begin at this semester’s first Dunhelen Council meeting.

As you may be aware, Parent Teacher Interviews will take place on Thursday, 22 August, in the Senior School buildings. Parent Teacher Interviews present an opportunity for parents and teachers to discuss students’ progress, to consider improvements that may be made for the future, and to discuss any issues that may have come up since you last met. They are also a great way to get involved in your child’s education and to meet the people that your child spends a significant part of their week with.

A reminder that Friday, 23 August is an Aitken College Professional Learning Day, therefore students are not required at school.

Cumberland School Notices

This week the Semester Two Class Captains were inducted. The Assembly was ably led by School Captains, Sasha and Declan, after which they served morning tea to the Captains and their parents.

Congratulations to the following students on being elected captain of their class:

<table>
<thead>
<tr>
<th>3B</th>
<th>Sarah Hay and Mathew Bianchi</th>
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</thead>
<tbody>
<tr>
<td>3W</td>
<td>Kayla Abdi and Nicolas Nasser</td>
</tr>
<tr>
<td>4R</td>
<td>Jorja Scodellaro and Ali Dib</td>
</tr>
<tr>
<td>4S</td>
<td>Tahlia Plant and Lewis Machen</td>
</tr>
<tr>
<td>5H</td>
<td>Nicola Fazzolari and Michael Nasser</td>
</tr>
<tr>
<td>5MG</td>
<td>Chloe Sassine and Jaylan Lessio</td>
</tr>
</tbody>
</table>

Proud parents, Tony and Nina Nasser were present to congratulate both their sons being inducted as Class Captains

Often we tend to only think about the children (or adults) who are in the limelight. When we think of the Captains leading their class we need to remember all the work that is going on behind the scenes. The quiet achievers who often get a lot done not just school work, but adding to the College community. A case in point is Bailey Chetwynd-Brown (5MG) who assists the equestrian team. Bailey does not ride but mucks out the stables, grooms the horses and generally assists in getting them ready for competitions. Bailey readily gives service to his school community and is to be congratulated.

Pictured is Bailey leading Cosmo at the recent State Championships

Finally, a reminder of the House Literacy Trivia Competition to be held during Book Week. This event will be held in the Chapel and Performing Arts Centre on Thursday, 22 August commencing at 9.00am. Please come along to support your child’s House. There are usually prizes for parents too!

Fairview School Notices

Let the Children Play: Play is one of the greatest experiences children can be given. It is crucial to their overall development. It provides them with a natural learning environment, which promotes brain development. It supports and develops children’s language and communication skills. We underestimate the benefits of play and how the social skills
developed directly impact a child’s confidence and physical development; it influences how they interact with their world. During play, children take risks and have a go; they feel safe, secure and comfortable. As educators we encourage young children to play, not only at school but also at home. A school day is a very long day, full of fun and learning and home life will support this process. However, when children go home from school, play and talk should be encouraged. Play provides down time and allows children to explore their language, emotional, social and physical development. I encourage parents to also join in and play with their children, they are not young for long - in a blink they will be teenagers!

This quote is from John Ruskin (1819-1900) a writer from the 19 century. He has a bank of wonderful and insightful quotes. This quote supports the view of encouraging children to play outdoors, even in winter!

"Sunshine is delicious, rain is refreshing, wind braces us up, and snow is exhilarating; there is no such thing as bad weather, only different kinds of good weather."  - John Ruskin (1819-1900)

Pre-service Teachers: The Preparatory School is extremely fortunate to have two pre-service teachers completing a Bachelor of Education. The pre-service teachers are from Latrobe University.

Pre-service teachers: Year level placement
Stephanie Shabo       Prep G
Dannica Songguan      One A

Ms Kerrie Neophyto
Head of Fairview

Careers News

Year 10 Students: Year 10 students are currently being interviewed about their choice of course, the VCE or VCAL, and subjects for 2014. Interviews will be completed before web choices close on Friday, 16 August. Students have mostly been punctual and well researched, which is very pleasing.

Year 12 Students: There are still some Year 12 students who have not collected their 2014 VTAC Guide from B21. Students should collect their copy as soon as possible. Pathways post secondary school interviews for Year 12 students will commence when the Year 10 subject selection interviews conclude.

Career News 11: The eleventh edition of Career News for 2013 has been posted on the College website. The following link will take you to the careers newsletter: http://www.aitkencollege.edu.au/educational-programs/careers/careers-newsletter/. Edition 11 contains information about a free career in sports medicine information session, new courses, the NMIT Fairfield Open Day, electrical apprenticeships, studying Film and Television at the VCA, Special Entry Schemes at ACU and the University of Melbourne, Women in Engineering and more. You are also welcome to contact Careers staff in B21 or via email: careers@aitkencollege.edu.au or by telephone 9333 1866.

Year 10 Careers Panel: On Friday, 26 July an enthusiastic and eloquent group of Aitken Alumni returned to the College to speak to the Year 10 students about their pathways since graduating from Aitken. The event was timed to coincide with the VCE/VCAL subject selection process and to further assist the Year 10 students with their career research by providing them with a series of thought provoking case studies. The Year 10 students were very attentive as they listened to the interesting stories about where our former students are now and the paths they had taken from their time in Year 10 to their current positions. The Year 10 students heard about what the alumni wish they knew then that they know now. They also provided the students with useful tips and strategies about making course and career decisions and planning for their future. Overwhelmingly, the message they were providing was to choose subjects they would enjoy and were interested in. Every student had a story to tell about the positive experience they had by following their passion or the negative outcomes they experienced when they had not studied a subject they loved. The speakers were from a range of backgrounds and each had an interesting and inspiring perspective to provide to the students. Our speakers were Michael Temopoulos and Raquel Rocco (Wildlife and Conservation Biology at La Trobe University), Brynley Cooper (Pharmacy/Commerce at Monash University), Matthew Basile (Australian Defence Force – Navy), Ashleigh Craven (Professional Communication at RMIT), Gemma Simpson (Stage Production at the VCA), Cate Sherlock (Human Services/Social Work at La Trobe University), Rohan Moat (Education at VU), Ellen Koutsoudimitropoulos (Health Sciences at La Trobe University) and Phil Karrasch (Accounting/Finance at Swinburne University). I am very pleased to report that the students listened politely and respectfully and were rewarded by gaining some excellent insights to assist them with their decision making about their future pathways. We are also very appreciative of the time our alumni gave up to return to the College to share their life experiences. Their generous and very personal contributions are highly valued. Thank you also to the teaching staff who assisted with supervision.

Mrs Clare Borg and Ms Rae Gibbs
Careers Advisers
Chaplains Corner

Come this Sunday, 11 August, 10.30am in Common Room 1 and be part of the first ever independent Aitken College Sunday Worship. (We have had combined services with the UCA in Greenvale before). Morning tea will be provided. We have the opportunity to create a new way to be church in our setting that is relevant today. We will begin with a ten minute time of reflection, followed by a time where all present will be given an opportunity to offer ideas on what a worship service in our setting might look, sound and feel like. Let’s find this new way to be church together.

I am looking forward to sharing this exciting new venture with you!

Rev Jeanne Beale
Chaplain

Environmental Programs

On Wednesday, 28 August at 12.00pm, tune in to 98.9 Northwest FM. Aitken College Environment Captain, Selma Misirlisoy, has organised an interview with the local radio station. They are interested in hearing about what makes Aitken College a 5-Star Sustainable school, as well as a mentor school for schools across Victoria. We are excited about the opportunity to get our story out there. Hopefully, we can educate the public and encourage more schools to get involved in the AuSSI VIC Resource Smart program.

I would like to congratulate Ebin Mathew for recently earning his Environment Badge. Not only does he help facilitate Green Team meetings but he is regularly involved in various environmental projects across the school. He helped select indigenous plants for the Aitken garden plot at the Hume City Council Community Garden, he has expressed interest in the upcoming Environment Conference at Melbourne Girls College, he chose Agriculture as one of his elective studies, and he has been asked to co-host the Victoria Resource Smart awards ceremony at the Melbourne Exhibition Centre in November. Thank you for your contributions. Keep it up!

There are a plethora of opportunities for your child to earn an Environment Badge by getting involved with the Green Team or Friends of the Farm is a great place to start.

Ms Cristy Herron
Head of Environmental Programs

Equestrian News

Melbourne Equestrian Vaulting: Much has been happening in the world of vaulting. The team is going from strength to strength as they demonstrated when they took part in a display at Werribee in the July holidays, with raving reviews. They are headed for the National Championships in September and we wish them all the best. New members and anybody interested please contact Stephanie Vincent-Fox on 0418 981 969 or www.sugargumform.com for further information. Classes run on Wednesday afternoons and Saturday mornings.

Remember to join our “Equestrian Edmodo” to keep up with team news www.edmodo.com group code: 9w9a5j

Interschool Horse Trials, Jumping and Dressage: Again we congratulate Ruby Marantelli for not only taking part in four shows in a month, but also excelling at each and every one of them. Fantastic job, Ruby!

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<th>RIDER</th>
<th>COMPETITION</th>
<th>EVENT</th>
<th>RESULT</th>
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<tbody>
<tr>
<td>Ruby Marantelli</td>
<td>Benalla Pony Club</td>
<td>G4 Dressage</td>
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<td></td>
<td>Combined Training</td>
<td>G4 Overall combined Training</td>
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<tr>
<td>Kyneton Pony Club</td>
<td>G4 Dressage</td>
<td>G4 Overall Combined Training</td>
<td>3rd 3rd</td>
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<tr>
<td>Combined Training</td>
<td></td>
<td></td>
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<tr>
<td>Bacchus Marsh Pony Club</td>
<td>G4 Dressage</td>
<td>G4 Overall Horse Trials</td>
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<td>Horse Trials</td>
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Ruby and her Pony Club teammates represented Central Zone in the Interzone Team Horse Trials and came 3rd out of 33 teams across Victoria which is an absolutely marvellous achievement.
Pony Club Victoria: Oaklands Hunter Show is taking place on Sunday, 11 August. Good luck girls. Combined Training takes place in Kilmore on Sunday, 25 August and Oaklands games is also coming up, to name but a few. There are many shows at various pony clubs in Victoria during the term; please check their website to see which ones you might be interested in. www.ponyclubvic.org.au

Interschool Events: There are many shows during the year. Remember the new interschool year started in Term 4 of 2012, so check the website for the new timetable. www.vic.equestrian.org.au

Team Members: Jessica Blaschka, Kate Blaschka, Tayla Childs, Stephanie Ritchie, Rachelle Ritchie, Erin Stannard, Lara Stannard, Ruby Marantelli, Alessia Foroni, Cassandra Masters (Strapper) and Courtney Lilley (Strapper). Ellen Vincent, Caitlin Vincent, Annie Fox, Alana Hrehoresen, Cheyanne Fuller, Olivia Marples, Olivia McDonald, Bailey and Mackenzie Chetwynd-Brown.

Mrs Caron Flynn
Liaison Teacher – Aitken College Equestrian Team

Languages Faculty News

During the last holidays 12 Aitken students and three teachers were involved in a 10 day Study Tour of Indonesia. We travelled firstly to the city of Jogjakarta in Central Java where we stayed for three nights and then onto Ubud Bali where we spent the remainder of the time. The trip included a becak ride through the ancient city of Kota Gede where the students had lessons in Javanese dancing, batik making and gamelan playing. They also impressed quite a few of the local market stall holders with their bargaining skills which they learnt in Year 9 Indonesian class.

A highlight of our time in Jogjakarta was climbing the ancient Buddhist temple, Borobudur, in time to watch the sunrise over the nearby Mount Merapi. The students also learnt the art of eating spicy Padang food with their bare hands; some were even brave enough to sample a local delicacy, *otak* (curried goat’s brains). Mmmm, *enak*!

In Ubud Bali we toured the famous craft markets and learnt to cook Balinese style. One night was spent watching a Kecak Fire Dance; yes, they dance on the fire! The next day students had lessons in Balinese dancing (without the fire) and Bali’s most famous craft, woodcarving, and were able to complete and bring home some of the results of their labours. Our last day in Ubud was spent riding bicycles through the villages and rice paddies of central Bali; during the ride the students stopped to help in a rice harvest, visited a coffee plantation and enjoyed the calm atmosphere of rural Balinese life.

The teachers on the trip would like to congratulate the students who participated for the mature way in which they conducted themselves throughout the trip. We were very pleased that they made every effort to immerse themselves in the culture of Indonesia and also practise berbahasa Indonesia (speak in Indonesian).

Mr Simon Adams
Head of Languages Faculty

Performing Arts News

Congratulations to all who have been a part of this year’s College Musical, *Honk! A Musical Comedy.* The final two performances will take place tomorrow (Saturday) at 2.00pm and 7.30pm. Tickets are still available at: www.trybooking.com. Children (aged 2-11) are $17.70, Concession (Fulltime Students/Pensioners) are $22.00 and Adults are $27.50 (all plus 30c per ticket booking fee). Why not take advantage of the Family Ticket price of $83.80 providing you with four tickets of any type and working out to just over $21.00 per ticket.

Many of our secondary students have been involved in auditions for this year’s College Drama Production, Arthur Miller’s, *The Crucible.* Directed by Head of Faculty Drama/Media, Mr Mike Arthur, a cast of around twenty students will be required. The show will open on Thursday, 17 October for three performances.

Third term is also busy with preparations for Cumberland School Concert which will be held at 7.30pm on Wednesday, 11 September and at 11.30am on Friday, 13 September. Students will work with their class teachers and Ms Beth Thomson on their items. Tickets are $5.00 each and will go on sale through trybooking.com on Friday, 23 August at 9.00am. Students performing do not require a ticket.
The Chapel and Performing Arts Centre will also play host to a Science Week Performance, Book Week Activities and Guest Speakers, visiting performance workshops on Commedia dell’Arte and from Zen Zen Zo Physical Theatre, Bell Shakespeare Company, Overnewton College Music Concert, Galway Theatre Sports Day as well as our own VCE Theatre Studies and Music Performance nights.

Every Night Makes a Difference

A home cooked meal, a warm bed and your care could be the greatest gift you could offer. There are many care options available to support children and young people, including emergency care, respite care, short term and long term care.

What sort of care would suit your family?

Foster Care Information Session – Broadmeadows
Thursday, 12 September 2013, 7.00pm – 8.30pm

To register and receive an information pack phone Kay Gyngell 9301 5200 or email kay.gyngell@anglicarevic.org.au

OSHC TIMES

School Name: OSHC Phone: 0401 050 498 Co-ordinator: Olanda Fabiano

OSHC NEWS

Welcome back to OSHC for Term 3! We have been partaking in various different crafts and activities thus far, keeping to the indoors as much as possible due to the cooler weather. The children have been enjoying working on our latest colouring book competition, which is focused on the theme of bullying. Last term we successfully completed various activities with the focus on environment and recycling. The children tend to show a keen interest in the world around them and are very socially aware, so this term we decided to focus on some of the issues they may confront in day to day social situations. Our OSHC national standards guidelines encourage each service to address, (through activities run at the service) the various issues children are encountering in their world and social network, and we endeavour to do this in fun and interesting ways for the kids.

PARENTS - Registration forms

If you have received a registration form from OSHC, please remember to fill out, sign and return to OSHC asap. We must have the registrations in order for your child to attend. Thankyou for your co-operation.

REMININDERS

How to get started: Before using our programs you must register online for an account. Registering is quick and easy. Visit our website to begin www.campaustralia.com.au

Once registered you can make bookings and cancellations, view your statements and manage your details anytime of the day online. Keep in mind we are able to take bookings at short notice to help busy families.

Save on Care You can save 50% or more on Before and After School Care fees with the non-means tested Child Care Rebate. Almost all families are eligible. To find out more call our Customer Service Team on 1300 105 343 Monday to Friday.

New Bookings

Please notify OSHC 0401 050 498 if you have a cancellation or casual booking as onsite staff need be notified in order to make sure your child arrives safely to OSHC.

WHAT’S ON THIS WEEK

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<thead>
<tr>
<th>AFTER SCHOOL CARE</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>African Safari - Jungle animal Designs</td>
<td>Cooking - pancakes Out door play</td>
<td>Outside play Game boards</td>
<td>Outside games Kaleidoscope</td>
<td>Free play games Outdoor time Computers Beading</td>
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<td>Computer time Homework time Games/drawing</td>
<td>Movies Colouring books</td>
<td>Blocks Jenga</td>
<td>Making Drawing/ Homework Computers</td>
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Resilience
Teaching fortitude in family life

Parenting itself is a veritable school of fortitude: the 200 things you do every day before 9am when there are small children in the house, the sleep deprivation a nursing mum endures, midnight vigil for a sick child, the second job to make the school fees... every family has its own success stories. One mum was describing how she raised six children of her own, and a seventh adopted, all while mail sorting on night shift for sixteen years! Impressive. John Paul II’s memories of his own father, ‘He never had to be tough on me because he was so tough on himself’, remind us how parental heroism can be in reach of mums and dads, and of the immeasurable good that results from parental example.

Yet our own lack of fortitude can also frustrate the natural process. We can schedule our weekly golf game so it impedes family relationships; we can allow the list of repairs around the house to become a standing joke; we can justify habitual crankiness with children even though we all know in our heart, as one parent reflected, ‘The more you are grumpy, the more he forgets, but the more I praise him, the more he remembers.’ Consider this true story: ‘I was treating a lady, and she broke into tears after telling me it was her fortieth birthday coming up. “I have been married for 15 years but I cannot talk to my husband. He watches television each night. I need to talk but his attitude is ‘What is there to talk about?’”’ There is a real danger that we put comfortable limits on how we put ourselves out. Author Jim Stenson insists that the best thing we can do for children is to give them the example of striving always to improve ourselves.

Sometimes also, parents develop a default setting, behaving as they saw their own parents behave, for better and also for worse. One mother was reflecting how her husband’s anger with their baby on occasions seemed an eerie reflection of her father-in-law’s personality. Your children are likely to grow into adulthood uncannily like, perhaps uncomfortably like, you.
In a sense children do raise themselves; they model themselves constantly on those to whom they have the greatest exposure. Parents therefore need to manage the influence of friends and peer groups. We must manage the voices talking to our children when those voices are unhealthy. Young people will imitate anyone (and sometimes even anything) they spend time with, even virtually or in their imaginations. The bottom line is that we become like those we associate with.

A selection of successful strategies

\[\text{Be positive. Give failures a positive spin. See mistakes are learning opportunities. Martin Seligman argues,} \]
\[\text{‘Children need to fail. They need to feel sad, anxious, and angry…. Strong emotions, such as anxiety, depression, and} \]
\[\text{anger exist for a purpose: they galvanise you into action to change yourself or your world, and by doing so to terminate} \]
\[\text{the negative emotion… When we impulsively protect our children from failure, we deprive them of learning the skills} \]
\[\text{(of persistence).’} \]

\[\text{Don’t find someone to blame. Blame doesn’t solve problems. It is a clumsy effort to force someone else to admit} \]
\[\text{guilt, but in the process it blinds us to our own failings and complicates corrections.} \]

\[\text{Seek to understand. It may have been a mystic who first said, ‘Put love and you will find love’, but it was a mystic} \]
\[\text{who understood human beings. Put love means to listen without judging; apologise for the times you didn’t listen,} \]
\[\text{jumped to conclusions, or raked up past mistakes.} \]

\[\text{Avoid correction by nagging, sarcasm, lectures, or the cold shoulder. Hear the child out, reevaluate your} \]
\[\text{conclusions and if you still need to correct, give clear reasons, make the correction calmly and help the child to mend} \]
\[\text{the consequences of actions.} \]

\[\text{Be encouraging. A parent who gives lots of encouragement gives an important background message of trust in the} \]
\[\text{young person’s good intentions, and confidence that present difficulties will pass.} \]
\[\text{Don’t allow a small matter to escalate.} \]

\[\text{Remember that your child loves you even when he or she says the most hurtful things. Don’t take the harshness} \]
\[\text{personally. Your reassuring love is important, all the more important when there is a show of rejecting it. Try to} \]
\[\text{understand what is taking away your child’s peace.} \]

\[\text{Never, never, put your son or daughter into a corner with words like: ‘If you get a bad report then find somewhere} \]
\[\text{else to live.’ Things said in the heat of a moment can too easily be regretted in the years that follow. Show self-control.} \]

\[\text{The calmer the better! Parents who show self-control keep the line of communication open and model the} \]
\[\text{behaviour they want their child to adopt. But if you do lose your temper, find it before bedtime. Apologise for your} \]
\[\text{part in the fracas. And then listen.} \]

\[\text{Remember: hard lessons can be the best lessons.} \]

\[\text{‘No’ is a loving word.} \]

\[\text{Source: Institute of Advanced Family Studies, Internatinonal University of Catalonia,} \]
\[\text{e-MEF program, http://www.uic.es/en/marriage-education-family} \]
We invite families and/or groups of parents to sponsor a tree. The trees will be planted in various locations around the College, in particular along the northern and western boundaries.

**COST $50.00**
(for each Mature Tree)

For each tree purchased you will receive a Certificate of Appreciation. Your $50.00 contribution covers the tree purchase, planting and on-going maintenance.

Trees will be chosen by the College from a selection of drought tolerant, native varieties. A prescribed species list will be available on the College website in the Parents & Friends Association section at [http://www.aitkencollege.edu.au/?id=300](http://www.aitkencollege.edu.au/?id=300)

For more information and/or queries please email: admin@aitkencollege.edu.au

Please support this initiative by completing the section below and return to Reception with your payment.

**AITKEN COLLEGE PARENTS & FRIENDS ASSOCIATION**
**TREE DRIVE – 2013**

$50.00 (for each Mature Tree)

**NAME:** __________________________________________

**ADDRESS:** __________________________________________ Postcode ________

☐ CHEQUE  $ _________ payable to Aitken College Parents & Friends Association

☐ CASH  $___________

☐ CREDIT CARD: ☐ MasterCard ☐ Visa ☐ Amex

Card Number: __________________________________________ Expiry Date: ________ $ ________

Name on Card: __________________________________________ Signature: _____________________________
Parents and Teachers are invited to an evening with Dr. Ian Lillico

Understanding
Adolescent Boys!

Monday August 19th, 2013
Parade College
1436 Plenty Rd Bundoora Vic

Wednesday September 4th, 2013
Salesian College
10 Bosco St, Chadstone Vic

Everyone welcome!

Testimonials
We thoroughly enjoyed your presentation! We came away with some new strategies, feeling really positive and that we’re not doing too badly. Thanks for such a great night and lots of new ideas!

Angela O’Connor (Parent)

Well what can I say... other than what a brilliant presentation last night! I went home buzzing.... and couldn’t sleep with excitement of what I had learnt.

Melinda Rodwell (Parent)

We found Ian’s seminar funny and sad...it gave us ideas and areas to reflect on. As parents of two teenage boys we are often frustrated and despaired, but Ian gave us hope and reminded us of the joys of having sons.

Sarah Garnett and Shane McLachlan (Parents)

Ian’s presentation was the best I have attended in 22 years. His advice was practical, very interesting and easy to connect with everyday experiences with boys. Every teacher and parent of boys should have the opportunity to listen to Ian. I know I will be a better mother and teacher for having this opportunity. Thank you!

Karen Campbell (Teacher and Parent)

Absolutely a message our society dearly needs to hear and act upon!

Russell & Anne Reinbott (Parents)

About Dr Ian Lillico
Dr Ian Lillico (father of 3 sons) is a former principal of a secondary school (recently retired) and international consultant in gender, boys’ education and middle schooling. He has done action research in gender throughout Australia and New Zealand from 1992 and in the Northern Hemisphere during his Churchill Fellowship in 2000. Ian has a PhD (Education) and is a National Fellow of The Australian Council of Educational Leaders (ACEL). He now provides professional development for teachers, parents, students and a host of other organizations throughout Australia and internationally.

This presentation covers boys at home and at school. It gives parents and teachers strategies to help boys in their growth into adults and compares childhood and adolescence. The role of parents and the teacher, nature and other factors impacting on boys’ success are explained. This evening also concentrates on ways to get boys to talk about their feelings and explores ways that teachers and parents can keep communication channels open with their boys. It looks at the rites of passage for boys, bullying and relationships with girls. Ian outlines the changes in society over the last few decades and the impact this has had on our boys.

$10 per person (at the door)
NO EFTPOS
Incl. Tea/Coffee

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Include your NAME, Date attending and No. Tickets required.
Collect and pay for tickets on the night.

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Critical Agendas
As Australia’s most high profile adolescent psychologist, Dr. Michael Carr-Gregg draws on the latest psychological research to deliver the key skills, knowledge and strategies needed by parents and teachers caring for teenage girls in 2013. He will focus on the latest research on how to create happy and resilient girls and will host a Q&A session at the end.

Dr Michael Carr-Gregg works as a nationally registered child and adolescent psychologist. He is passionate about delivering evidence based psychology workshops and seminars that make a difference to the health and wellbeing of young people. His training and approach incorporates cognitive behavioural therapy (CBT), Acceptance and Commitment Therapy (ACT), mindfulness skills and interventions drawn from positive psychology research. He is a founding member of the National Centre Against Bullying and Chairs their Cybersafety Committee. In October 2010 - he was appointed the official advisor to the Queensland government on cybersafety. He is a Director of the The Young and Well Cooperative Research Centre, an Australian Government Initiative administered by the Department of Innovation, Industry, Science and Research. Michael Carr-Gregg has extensive experience in the media and is currently a regular on the top rating ‘Sunrise’ program on Channel 7 and on Melbourne radio 3AW and is a frequent contributor to the Australian Print media.

Dr. Michael Carr-Gregg

presents

How to Raise Happy and Resilient GIRLS!

Monday August 26th, 2013
7pm to 9pm
Lowther Hall
17 Leslie Rd, Essendon

This is a Public Event.
Everyone welcome!

$20 per person
(at the door)
NO EFTPOS
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