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>Day</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Mon</td>
<td>10 Jun</td>
<td>Queen’s Birthday Holiday</td>
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<tr>
<td>Tue</td>
<td>18 Jun</td>
<td>Report Writing Day (student free)</td>
</tr>
<tr>
<td>Fri</td>
<td>28 Jun</td>
<td>Term 2 concludes</td>
</tr>
<tr>
<td>Mon</td>
<td>22 Jul</td>
<td>Term 3 commences</td>
</tr>
<tr>
<td>Tue</td>
<td>13 Aug</td>
<td>Parent Teacher Interviews (Prep – 5)</td>
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<tr>
<td>Thu</td>
<td>22 Aug</td>
<td>Parent Teacher Interviews (Prep–12)</td>
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<tr>
<td>Fri</td>
<td>23 Aug</td>
<td>Professional Learning Day (student free)</td>
</tr>
<tr>
<td>Fri</td>
<td>20 Sep</td>
<td>Term 3 concludes</td>
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<tr>
<td>Mon</td>
<td>07 Oct</td>
<td>Term 4 commences</td>
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<tr>
<td>Mon</td>
<td>04 Nov</td>
<td>Mid Term Break</td>
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<tr>
<td>Tue</td>
<td>05 Nov</td>
<td>Melbourne Cup Day Holiday</td>
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<tr>
<td>Fri</td>
<td>22 Nov</td>
<td>Report Writing Day (student free)</td>
</tr>
<tr>
<td>Mon</td>
<td>09 Dec</td>
<td>Presentation Night (Years 3 to 12)</td>
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<tr>
<td>Wed</td>
<td>11 Dec</td>
<td>Term 4 concludes</td>
</tr>
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Term dates for 2013

<table>
<thead>
<tr>
<th>Term</th>
<th>Start Date</th>
<th>End Date</th>
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<tbody>
<tr>
<td>Term 2</td>
<td>15 April</td>
<td>to 28 June</td>
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<tr>
<td>Term 3</td>
<td>22 July</td>
<td>to 20 September</td>
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<tr>
<td>Term 4</td>
<td>7 October</td>
<td>to 11 December</td>
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From the Principal

Earlier this week, Reverend Professor Andrew Dutney, President of the Uniting Church of Australia General Assembly, had the opportunity to visit the school. He attended the Glenarthur Chapel, toured the school, visited a Year 3 classroom and heard our story. It was a great opportunity to share the vision for Aitken College - to develop and support a learning community of students, staff and their families in a faith partnership with the Uniting Church in Australia.

Galway Athletics and Debating competitions were held recently. It is great to see the spirit in which Interschool competition is held. Thank you to the staff who co-ordinate and organise these activities.

Funding of Schools: With the Federal Government bringing down its budget this week, education reforms and the Gonski report has been in the news. However, it is still not clear what the outcomes will be for schools. As not-for-profit organisations, non-government (independent) schools must set their fees to meet the rising costs of education. While salaries are the major single item, between 60 and 70% of school costs, independent schools must also meet the full costs of operating the school, including information and communication technology upgrades, escalating government regulatory and compliance costs, teacher training, curriculum development, debt servicing and the additional costs of providing for students with special needs. With negligible government capital funding provided to non-government schools, independent school parents are also required to largely meet the full cost of capital maintenance and building upgrades.

Educating students in government schools costs governments much more than funding students in independent schools, because parents make up the difference. Government school students in Victoria get nearly twice as much government funding as independent school students. Victorian government schools received combined average government funding of $13,449 per student in 2010-2011, while independent schools received an average of just $6,166 per student. Independent schools receive less government funding than government schools. Productivity Commission data in 2013 demonstrates that, in 2010-2011, the Australian and Victorian governments provided combined funding of $7.265 billion to Victorian government schools, but only $736 million to Victorian independent schools (and $1.631 billion to Victorian Catholic schools). If parents stop investing their own money in their children’s education and pull them out of independent schools because of lack of government support, taxpayers will face a massive increase in funding for education.

Thought: “Generosity gives assistance rather than advice.”
Marquis de Vauvenargues

Mrs Josie Crisara
Principal
Parent & Friends Association

**Term 2 Raffle:** Fabulous prizes are on offer!

1st prize  iPad 4th Gen 16GB with WiFi and Soniq 32” TV valued at $800
2nd prize  iPad Mini 16GB with WiFi and $40 iTunes voucher valued at $400
3rd prize  Nespresso DeLonghi Pixie valued at $350
4th prize  Beats by Dr Dre Solo HD On-EAR Headphones and a $40 JB HiFi voucher valued at $300
5th prize  Sony CyberShot DSCTF1B Tough Camera 25mm wide angle lens, waterproof to 10m, shock proof 1.5m valued at $250
6th prize  Gold Class voucher valued at $200
7th prize  Coles Myer voucher valued at $100
8th prize  Coles Myer voucher valued at $100

Tickets are only $2.00 each and a book of 5 tickets will be coming home shortly. Please do your best to sell all tickets and return all stubs and money to Homeroom teachers or Reception as soon as possible. All monies and unsold tickets must be returned by 19 June 2013.

**Community Business Directory:** The Aitken Community Business Directory is up on the school website. Please have a look. This is a great way to support the families in the school. It is not too late to be included. Please email admin@aitkencollege.edu.au for more information.

**Parent and Friends Volunteers Register:** If you are interested in being on the list please email admin@aitkencollege.edu.au with your name, email address and phone number. You will be added to a Register and when we have a big event on, for example the Preloved Sale, you might receive an email from us requesting your assistance. If you are free for some of the time or all we would love for you to be able to help out. The Preloved School Uniform Sale that was on last Term was a huge success, so we are having another sale on 22 August. If you have anything to donate please drop them off to Reception. Please ensure all donations are clean and in good condition. Our exciting fundraiser, That’s Mine Labels www.thatsmine.com.au is available all year. The labels are great to label your child’s uniform pieces, lunch boxes, books and more. Please click on our school name on the website so we can receive a percentage of your sales.

**Class of 2003 Reunion**

The Ten Year Reunion of the Class of 2003 will be held on **Friday, 7 June 2013.** Refreshments provided from 7.00pm to 9.00pm in the Chapel and Performing Arts Centre Foyer, Aitken College. Please pass this information onto others from that year level and ask them to contact us with their current details so we can keep in touch. RSVP: admin@aitkencollege.edu.au

From the Deputy Principal

**Car Park:** Thank you to parents who have reported incidents of poor driving, or cars dropping off children at inappropriate or dangerous locations. Registration numbers of offenders are gratefully accepted. It is obviously important that we all co-operate by parking correctly, extending courtesy to other drivers and showing patience when traffic is heavy; the safety of children outweighs all other concerns. At 5.20pm on Thursday, 2 May a large four wheel drive was parked on the wrong side of the road by the red hydrant box adjacent to the parent car park. The car picked up a passenger (student) and then proceeded to do a u-turn, but actually drove up onto the footpath and over the new plantings and into the staff car park and made its exit in this manner. The tracks in the dirt and the crushed plants and exposed plastic irrigation piping are all evidence of this. Please be advised that the College has a number plate recognition camera and matters such as this will be reported to the Police. Before I do this, I welcome the driver concerned to contact me.

**Canteen On-line Ordering:** Please remember that Prep to Year 6 students can order lunches online. Instructions are available on the Aitken website (click on Enrolment and Canteen). You first need to create an account at: www.flexischools.com.au and then follow the ordering instructions.

**Woolworths Earn and Learn:** A box is located at Reception outside the first aid room for completed Woolworths sticker sheets. Over the past two years the Earn and Learn points have enabled us to purchase a range of classroom learning materials for lower primary and robotics construction sets for upper primary.

**VCAL News**

**RSPCA Visit:** As part of the VCAL Personal Development Skills Unit of work, the Year 11 VCAL students have been involved in a community project with the RSPCA to help raise awareness and improve the state of animal welfare. The students visited the RSPCA Shelter at Burwood East on Monday, 13 May and took part in various educational programs at the centre. The Year 11 and 12 VCAL students would like to sincerely thank the Aitken College community for their generous donations of animal food, blankets, towels, toys and bedding which the students were able to take with them on their visit.

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
their visit. The RSPCA was most grateful for all the donations. The VCAL students will have another collection of donations for the RSPCA later in the year.

VCAL and VCE VET Structured Workplace Learning Placements

Each year, students from within Aitken College’s VCAL and VCE VET programs undertake a Structured Workplace Learning placement, where they spend time in a workplace linked to their chosen field of study, so that they can experience what work in that field is actually like and try to apply some of the skills they have learnt in the classroom. I am writing to ask if anyone within the Aitken community would be willing to assist our students by allowing one of them to spend a week gaining valuable work experience at your workplace. Below is an outline of the different areas of interest for our students and the dates involved for their different Structured Workplace Learning placements to help you in determining whether you are able to assist with this matter.

This year, our eleven VCAL students are looking for businesses or tradesmen that would be willing to allow a student to ‘shadow’ an employee for a week to gain valuable experience in one of the following fields:

- Electrician
- Engineering
- ICT
- Sign Writing
- Building and Construction
- Animal Care

The VCAL students are undertaking two placements this year, the first in the last week of Term 2, Monday, 24 June to Friday, 28 June, and the second in the last week of Term 3, Monday, 16 September to Friday, 20 September. If you think you can help in assisting one of our students with their placement or want additional information, please contact their VCAL Co-ordinator, Mrs Jenny Lilley or their Work Related Skills teacher, Miss Megan Dixon on the following email addresses: jilley@aitkencollege.edu.au mdixon@aitkencollege.edu.au

Year 11 VCE VET Business students are undertaking their placement this year in the final week of Term 2, Monday 24 June to Friday, 28 June, where they will be looking to gain experience in the Business field practising skills such as record-keeping, administration, using ICT, filing and communicating with clients. If you think you can help in assisting one of our students with their placement or would like additional information, please contact their VCE VET Business teacher Mr Nigel Hamilton on the following email address: nhallion@aitkencollege.edu.au

Year 11 VCE VET Sport and Recreation students are undertaking their placement this year for one day during the Term 2 holidays, Saturday, 29 June to Sunday, 21 July, where they will be looking to gain experience in the Sport and Leisure field, working in areas such as Sports Administration, Event management and promotions, leisure/aquatic centres and Fitness instructing. If you think you can help in assisting one of our students with their placement or would like additional information, please contact their VCE VET Sport and Recreation teacher, Mr Jason Mackrell on the following email address: jmackrell@aitkencollege.edu.au

Many thanks for your time and I hope that some of you are able and willing to assist our students in their search for a Structured Workplace Learning placement this year.

Mr Michael Patchell  
VET Co-ordinator

Glenarthur School Notices

Student Exchange: Mr Brian Curley of STS Student Exchange spoke at assembly; brochures can be obtained from the company’s website. Do ask your child to see me for further information.
Leadership Training and Commerce topics: During this month, students will attend two mini seminars - one on commercial topics and one on leadership responsibilities and opportunities. Thank you parents for your ready support of these extra-curricular events.

Compliments to the VCE Theatre Studies students on their presentation of ‘Getting Away From It All’ this week in the Chapel and Performing Arts Centre.

Towards the end of Term 2, parent-permission forms for the Year 9 Glenarthur City Experience (GCE) will be given to Year 9 students. A detailed booklet is given to the students in Term 3.

As the Semester Two reports draw closer, we encourage their best efforts from our charges to obtain a report which honestly reflects their abilities and potential.

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

Dunhelen School Notices

On Monday, 22 April at the Dunhelen assembly, Mrs Gilbert and Mrs Crisara awarded our Year 6 Peer Support leaders with their badges. I would like to congratulate the following students for committing to help our prep students settle into school life at Aitken College:

<table>
<thead>
<tr>
<th>YEAR 6 PEER SUPPORT LEADERS 2013</th>
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<tbody>
<tr>
<td>Jacob Looi</td>
</tr>
<tr>
<td>Madeleine Terranova</td>
</tr>
<tr>
<td>Claudia Myntik-Bondin</td>
</tr>
<tr>
<td>Cateyln McPherson</td>
</tr>
<tr>
<td>Olivia Kurdas</td>
</tr>
<tr>
<td>Danielle Padbury</td>
</tr>
<tr>
<td>Sera Polimeni</td>
</tr>
<tr>
<td>Holly Brown</td>
</tr>
<tr>
<td>Mikayla Plant</td>
</tr>
<tr>
<td>Lachlan Johnson</td>
</tr>
<tr>
<td>Simone Touma</td>
</tr>
<tr>
<td>Kiralee Backhouse</td>
</tr>
<tr>
<td>Cameron Menzies</td>
</tr>
<tr>
<td>Giann Siracusa</td>
</tr>
<tr>
<td>Kira Miritis</td>
</tr>
<tr>
<td>Kaira Eunson</td>
</tr>
<tr>
<td>Abiramy Kuriakose</td>
</tr>
<tr>
<td>Matthew Pagnucco</td>
</tr>
<tr>
<td>Bilinda Kockaya</td>
</tr>
<tr>
<td>Anita Macri</td>
</tr>
<tr>
<td>Tahlia Scott</td>
</tr>
<tr>
<td>Emily Short</td>
</tr>
<tr>
<td>Chelsea Vella</td>
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<tr>
<td>Tanisha Hakim</td>
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</tbody>
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These leaders have already been hard at work, working with small groups of prep students. So far they have done a great job and I wish them the best of luck with this very important role for the remainder of the school year. Thank you to Mrs Nicole Gilbert for the great work she has done on this year’s Primary Peer Support Program.

Life often presents children with situations that are amazing. Unfortunately, however, they are also sometimes faced with situations that are troubling or upsetting. Wanting the best for your child is absolutely normal, but as parent educator Michael Grose suggests we can sometimes make mistakes. I have attached an article at the end of this newsletter by Michael Grose entitled ‘Resiliency Robbers’. The article offers some very valuable strategies on how to help our children. I think it is an extremely worthwhile article to read and I hope you do too. Enjoy.

Mrs Francis Scuderi & Mr Ben Prentice
Head and Assistant Head of Dunhelen

Cumberland School Notices

This week the Year 4 students have been enjoying themselves at camp, trying out activities they have never done before. One of the reasons for going to camp is to provide new experiences where they can develop leadership and co-operative skills. I will include a couple of photos in the next newsletter.

We are at the half way mark with lunch time Skittles. Clarke House is currently on top of the ladder having won both their matches.

Year 4 girls, Phoebe and Phoebe, both of Clarke House, eye off the Skittles trophy

Forthcoming events include the AFL gala day that involves some Year 5 boys and a visit to Hamer Hall to watch and listen to the Melbourne Symphony Orchestra. The MSO has a program especially for young children, a great way to introduce them to the orchestra and to concerts of that nature. The music they showcase is always bright and breezy with a bit of fun thrown in. A couple of days later there is a free MSO concert at the Town Hall. Check out the MSO website for more information.

Ms Barbara Wyatt
Head of Cumberland

Fairview School Notices

Melbourne Symphony Orchestra Excursion: On Friday, 31 May students in Years Prep, 1 and 2 will be attending an excursion to the ‘Classic Kids’ program with the Melbourne Symphony Orchestra at the Melbourne Town Hall. The day aims to educate students about the instruments used in an orchestra and to provide them with the opportunity to view a live performance titled ‘Magic and Monsters’. The students will leave the College at 10.15am and return by 1.45pm. The children are extremely excited and we are expecting a wonderful performance. Please direct any queries to Beth Thomson.
A Well-Balanced Diet! All children require a well-balanced diet. Parents are required to provide their children with a variety of food types to develop excellent eating habits. This stage in children’s development is crucial.

I am extremely concerned with the dietary habits of the children in the Preparatory School. We are encouraging children to have the following in their lunch boxes:

- two to three pieces of fruit or vegetables
- ‘brain food’
- a healthy and nutritious sandwich or equivalent
- healthy snacks are encouraged e.g. cheese slices
- one treat per week
- a bottle of water (not cordial)

I appreciate the difficulties a supermarket trip may be with young children, they become extremely excited when you walk down their favourite supermarket section. It is our responsibility to monitor what the children eat and ensure they are being provided with a balanced healthy diet. We must endeavour to instil healthy food habits in our children and this will directly influence their learning capacity.

The Preparatory School has made a commitment to a healthy diet. We will be monitoring the content of the children’s lunch boxes. We all deserve a treat and please remember that one per week is appropriate for the children. Therefore it is crucial that we think about what your child will bring to school and whether their diet appropriately matches the food pyramid.

Preparatory School children are not permitted to visit the canteen before school begins. We only encourage lunch purchases. Siblings are not permitted to make purchases for younger siblings in the Preparatory School. It is also imperative that all parents explain to their children that they are not permitted to share food with other children. This is due to anaphylaxis and allergies.

Ms Kerrie Neophytou
Head of Fairview

Careers News

Careers: All Year 12 VCE students will attend the Tertiary Information Service Excursion to La Trobe University on Thursday, 23 May. Permission slips have been distributed and are now overdue! Please return to room B21 as soon as possible.

Career News 7: The seventh 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 7 contains information about moooting at VU, an information session at the University of Melbourne about their JD program, an information evening at Deakin for Year 10 students and their parents, a new Science course at RMIT, ‘Focus on Melbourne’ sessions, tertiary transition skills at Swinburne, Accounting Cadetships, careers in Robotics and Mechatronics and more. You are also welcome to contact Careers staff in B21 or via email: careers@aitkencollege.edu.au or by telephone 9333 1866.

Mrs Clare Borg and Ms Rae Gibbs
Careers Advisers

Chaplain’s Corner

This Monday in Chapel, I showed this clip about rescued chickens: http://www.youtube.com/user/edgarsmission?v=QYP2LGOev3w

It talks about being loved for who you are, not valued for what you can produce. I related it to how sometimes we can feel a bit like that ourselves. If you do relate to this sentiment then I offer you the following prayer for your own private reflection. If you would like the support of the Chaplaincy Team at any time, please contact us.

Lord God,
You invite us to remain in your love; to spend time in your presence, to carry you in our hearts – and when we do, you have promised, that our joy will be complete.
All we need to do Lord, is to keep your commands; to love you and to love others, this is the recipe for complete joy.
It sounds so simple God – it must be too simple, because we just don’t seem to get it. We spend our lives trying to achieve happiness in so many ways; this world tries to sell us happiness and the cost is high, so high that we never seem to quite get there.
You shared the secret to “complete happiness” with us 2,000 years ago, and we still don’t get it!
Don’t give up on us God, speak your truth to our hearts, help us to see the answer in your word.
In Jesus name we pray. Amen

Rev Jeanne Beale
Chaplain

Environmental Programs

The Term 2 Working Bee was a great success! The weather was beautiful and allowed us to fill all of the new primary school garden beds with fresh soil as well as plant some veggies and a butterfly garden. Thanks to all that attended.
The **Green Team** will be sending twelve representative students to Westmeadows from 11.00am – 2.00pm on 27 May for the Reconciliation Hume City Council community garden planting day BBQ. We will break the soil on our Aitken College garden plot which will mark the beginning of an ongoing garden maintenance and community involvement project run by the Aitken College Green Team. Parents are also invited to attend and enjoy the community activities. The garden is located at 2 Redan Court, Westmeadows. See you there!

On 22 April, Selma Misirlisoy, Alicia Clark, Gemma Baird and Daniel Songcuan attended the Sustainability Fair held at Epping Views Primary School. They not only participated in a number of workshops, but they also conducted a recycling presentation to other schools as part of Aitken’s involvement as a 5 Star Sustainability Mentor School. Their participation in the Fair earned them their Aitken College Environment badges. Congratulations!

**Ms Cristy Herron**  
Head of Environmental Programs

### Equestrian News

**Melbourne Equestrian Vaulting:** We had an excellent turnout of students to watch a video of the three Vincent-Fox sisters, Ellen, Caitlin and Annie demonstrating Equestrian Vaulting. The team now has four new members and we welcome, Alana Hrehoresen, Cheyanne Fuller, Olivia Marples and Olivia McDonald. We wish them lots of fun and happy gymnastics in their new sport. There is always a place for new members and if anybody is 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.

Ellen Vincent took part in the International Vaulting Competition and came a fantastic 2nd in the Junior Class. This is an excellent achievement and just to show how talented Ellen is; here is a link to an article written about her in ‘Equestrian Life’ just before the competition.


*Ellen at ‘The International Vaulting Competition’*

Remember to join our “Equestrian Edmodo” to keep up with the comings and goings of both teams.

**Interschool Horse Trials, Jumping And Dressage:** Anybody who participates in equestrian competitions of any sort may join our team; we meet once a month and the date is announced in the daily student bulletin.

**Pony Club Victoria:** There are many shows at various pony clubs in Victoria during April, May and June; please look on 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 and Olivia McDonald.*

**Mrs Caron Flynn**  
Liaison Teacher – Aitken College Equestrian Team

### Physical Education News

**2013 Galway Athletics Carnival:** On Tuesday, 7 May, 95 Year 7-12 students from Aitken College attended the Annual Galway Athletics Carnival at Meadowglen Athletics Track. What started as a rainy, gloomy day turned into a beautiful sunny day which encouraged our students to get out there and give it their all. Overall, Aitken College finished in 3rd place making it our highest finishes ever where all students did really well.

The following students were exceptional and were awarded with medals for being champions in their age group:

- Marcello Varrasso 15 Year Male Champion and 15 Year Track Champion
- Timothy Griffin 16 Year Male Champion and 16 Year Track Champion
- Jessica Andersen 17 Year Female Champion and 17 Year Field Champion

Special mention goes to the following two students who were very close contenders for age group champion, and were awarded the title of:

- Ross Licciardi 16 Year Field Champion
- Jacob Carter 20 Year Field Champion

*17 Year Girls Relay Team: Jessica, Sarah, Amber and Kristy*
A fantastic day, with great results! Thank you to all students who came and participated on the day and special thank you to Miss Brown, Miss Hatty, Mr Mackrell, Mr Zanic and Mr Conn for coming and helping out on the day.

Miss Natalie Kufner
Galway Carnivals Co-ordinator

**3x3 Basketball Challenge:** On Tuesday, 30 April we took two teams of students to the new 3x3 Basketball Challenge in Knox. The day saw numerous schools attend with many elite athletes.

The Senior Boys team finished Runners Up for the day, only losing in the Grand Final against Marcellin College by four points. The team consisted of Nicholas Byron, Mark Kovacevic, Kevin Crowle and Marcus Barresi. These boys have played numerous basketball tournaments in their time at Aitken College and said that this was their favourite one yet.

The Intermediate Girls team just missed out on finals by two points and are already looking forward to redeeming themselves next year. The team consisted of Hannah Mrakov, Zenia Werbiuk, Alisha Morgan and Chloe Angove.

The teams all played to their full potential and we couldn’t have asked for more. We are so proud of their achievements and the way they have come together as a team. Congratulations on an amazing achievement.

Miss Natalie Kufner and Mrs Christine Pocervina
(Boys Coach) (Girls Coach)

**Public Speaking Competition**

The Rotary Club of Essendon together with Aitken College Interact Club recently hosted a public speaking competition. On 6 May five students competed, speaking on the topic, *Should Junk Food be Sold at the Canteen.* Congratulations to the winner, Elissa Ozenc (Year 11) who was presented with a cheque for $100. The judges were Sarah Jane Donoghue (Interact President), Mr Anthony Politini and Dr Anthony Taranto.

Pictured are Olivia, Rachelle, Elissa, Chameesha and Kimberley who competed in the public speaking competition.

**Aitken College Chartered Bus Service**

**Expressions of Interest for 2013**

There are vacancies on the following Aitken College chartered services for 2013:

- **Oak Park:** from Oak Park, via Glenroy, Westmeadows, Attwood
- **Strathmore / Essendon:** from Strathmore via Essendon, Airport West and Gladstone Park
- **Roxburgh Park:** Meadow Heights via Roxburgh Park (now including South Craigieburn)
- **Greenvale:** Greenvale
- **Sunbury:** Sunbury via Bulla

Please phone Diana Cohn on 9333 9124 if you would like further information.
Greenvale Winter Holiday Program

Sports orientated holiday program designed for children to emphasise fun, enjoyment and maximum participation.

WHERE
Greenvale Primary School
Bradford Avenue, Greenvale 3059

WHO
Ages 4-12

WHEN
Monday 1st July to Friday 12th July
8.00am-5.00pm Daily

SPORTS CRAZY HERE WE GO
Lots of fun modified games to keep your children entertained. These sessions are designed to help kids develop basic skills such as, kicking, throwing, catching and remarkable skills in an exciting environment.

• Sports include, Handball, Basketball, Netball, Cricket, Hockey, Soccer, AFL, Gymnastics, Dance and more.
• Special Events: Olympic activities, AFL Grand Final, Daily challenges and Prizes the kids will love.

INFO
NOTE: Depending on the number of days

COST
FROM $30 PER DAY

ENROL
THREE WAYS TO ENROLL
Online: www.kellysports.com.au/zone/northwest
Call the franchisee
Return the form

KELLY SPORTS NOW DOES BIRTHDAY PARTIES!
For more info, go to www.kellysports.com.au/zone/northwest
ENROLMENT FORM

KELLY SPORTS
LIFE LONG LOVE OF SPORTS

STUDENT DETAILS
First Name ___________________________ Last Name ___________________________
School ________________________________________________________________
Grade ___________________________ Age ___________________________
Address ________________________________________________________________
Country ___________________________ State ___________________________ Suburb ___________________________ Post Code ___________________________
Notes ___________________________

PARENT/GUARDIAN DETAILS
First Name ___________________________ Last Name ___________________________
Work Phone ___________________________ Home Phone ___________________________
Mobile Phone ___________________________
Email ___________________________ Send KS Material ☐

TICK DAYS ATTENDING
☐ Mon ☐ Tues ☐ Wed ☐ Thurs ☐ Fri

Wk 1
Days
TOTAL DAYS:
Price Per day: $50
2 $45 3 $40 4 $35 5+ $30

TOTAL PRICE: $ ___________________________

Wk 2

CREDIT CARD DETAILS
Card Type Visa / Mastercard
Credit Card No. ___________________________
Expiry Date ___________________________

Name on Card ___________________________
Signature and Date ___________________________

KELLY SPORTS AFTER SCHOOL / LUNCH TIME CLINICS

Your children will have a blast whether they are grooving to the beats in one of our dance classes, working on their balance in gymnastics, hitting a six in cricket or giving it all a go in one of our action packed and exciting multisport programmes.

For more info, go to www.kellysports.com.au/zone/northwest
Resiliency Robbers

All parents have the best of intentions when raising kids. Wanting what is best for kids can cause parents to make decisions that are not always in their (children’s) long-term best interests.

If you buy the line that the promotion of resilience is in the best interests of kids then check out the following common parenting mistakes that reduce children’s resilience.

Robber # 1: Fight all their battles for them

Nothing wrong with going into bat when kids struggle or meet with difficulty inside or outside school but make sure this is the last resort, not the first option.

Resilience notion # 1: Give kids the opportunity to develop their own resourcefulness.

Robber # 2: Make their problem, your problem

Sometimes parents can take too much responsibility for issues that are really up to children to work out or decide. Here’s a clue if you are wondering what I am talking about: a jumper is something a mother puts on her son when she is cold!

Resilience notion # 2: Make their problem, their problem.

Robber # 3: Give kids too much voice

In this era of giving children a voice it is easy to go overboard and allow them too much of a say in what happens to them. Kids often take the easy option to avoid hard or unpleasant situations.

Resilience notion # 3: Make decisions for kids and expect them to adjust and cope.

Robber # 4: Put unrealistic or relentless pressure on kids to perform

Expectations about success and achievement are important. Too low and kids will meet them. Too high and kids can give up. Too much and kids can experience anxiety.

Resilience notion # 4: Keep expectations in line with children’s abilities and don’t put excessive pressure on them.

Robber # 5: Let kids give in too easily

Resilient learners link success with effort. They don’t give up because they don’t like a teacher or when confronted with multi-step or more complex activities. Similarly they don’t bail out of a sporting term half way through the season because the team is not winning or they are not enjoying it.

Resilience notion # 5: Encourage kids to complete what they have started even if the results aren’t perfect.

Robber # 6: Neglect to develop independence

Don’t wait until they are teenagers to develop the skills of independent living. Start early and promote a broad skill set so that they can look after themselves if you are not around.

Resilience notion # 6: Don’t routinely do for kids what they can do for themselves.

Robber # 7: Rescue kids from challenging or stretch situations

There are many times kids are put in situations that are outside their comfort zones for a time. For instance, giving a talk, singing at the school concert or going on school camp may be challenges for some kids. They are all situations that kids usually cope with so show your confidence in them and skill them up rather than opt for avoidance.

Resilience notion # 7: Overcoming challenges enables kids to grow and improve.

Sometimes the manageable hardships that children experience such as a friend moving away, not being invited to a party or completing a difficult school project are fabulous learning opportunities. They help kids to stretch and grow. Dealing with them effectively also teaches kids that they are capable of coping when they meet some of life’s curve balls.

And that is a huge lesson to learn at any age.

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