

NEWSLETTER

16 June 2017

Volume 19 Issue 9



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 2017

Tue	20 Jun	Report Writing Day (student free)
Fri	30 Jun	Term 2 concludes
Mon	24 Jul	Term 3 commences
Tue	15 Aug	Parent Teacher Interviews (Prep-12)
Thu	24 Aug	Parent Teacher Interviews (Prep-12)
Fri	25 Aug	Professional Learning Day (student free)
Fri	22 Sep	Term 3 concludes
Fri	29 Sep	AFL Grand Final Public Holiday (office closed)
Mon	9 Oct	Term 4 commences
Mon	6 Nov	Mid Term Break
Tue	7 Nov	Melbourne Cup Day Holiday
Fri	24 Nov	Report Writing Day (student free)
Thu	7 Dec	Presentation Night (Years 3 to 12)
Wed	13 Dec	Term 4 concludes

Term Dates for 2017

Term 2	18 April	to	30 June
Term 3	24 July	to	22 September
Term 4	9 October	to	13 December

Thought: "Future - that period of time in which our affairs prosper, our friends are true and our happiness is assured." Ambrose Bierce

From the Principal

Students in Year 12 this week completed the GAT (General Achievement Test) set by the Victorian Curriculum and Assessment Authority. Year 10 and Year 11 students are completing their exam program for Semester 1. This is an opportune time to prepare for the skills and requirements of a sustained period of examining their knowledge and skills. Students should take away from the learnings gathered what needs to be their focus for further improvement and development. Students at other levels are completing final assessments before we kick into Semester 2.

Semester 2 for all students commences on Wednesday 21 June. This is the beginning for new course content and for some students' new electives. Term 2 holidays commence on Monday 3 July. Parents are reminded that organising early holidays for students at the end of term impacts on the start of units across all subject areas and must be avoided.

A number of school activities including: Sunday Worship, the Cumberland Dance Party, Music Soirees (one for Primary and one for Secondary) are being held in the next fortnight. The Aitken College versus Melbourne High football and soccer competitions will be held in the last week of term and some level of excitement is building for this annual event.

*Mrs Josie Crisara
Principal*

From the Deputy Principal

Emailing Teachers: The use of email has certainly made communication between teachers and parents easier. Please remember that teachers are not expected to respond to emails after business hours and over the weekend. In general, between Monday and Friday, teachers will endeavour to respond to emails from parents within 24 hours.

Holiday Program: Kelly Sports are hosting a holiday program for children aged 4 to 12 during the holidays from Monday 3 July to Friday 21 July. Flyers have been sent home to all Prep to Year 6 families. The program is being held at Aitken College but is open to any families in the local area. All enquires to Kelly Sports at 9384 2204 or www.kellysports.com.au.

Public School Buses: College staff have been working hard encouraging students who use the public school buses to ensure they use their Myki cards to pay for their travel. It remains a concern that many students do not maintain enough credit on their cards, so they often run out. Students without sufficient credit for travel may now not be permitted to board the bus and will need to phone parents for a pick-up from school.

*Mr Kim Forward
Deputy Principal*

Continuous Feedback and Semester 1 Reports

Semester 1 officially ends for students next Monday. On Tuesday, Report Writing Day, teachers will be finalising results and assessment for all students, in time for the publication of Semester 1 Reports on Friday 30 June. The Semester 1 Report will provide you with summary information about your child's achievement and attitudes to learning in each of their subjects, along with a Homeroom teacher's comment. The end of semester report will be in a new format this year for all students. It is considerably shorter than the style we have produced in previous years, and is designed to be read in conjunction with the continuous feedback provided to parents and students via My Aitken.

As students complete end of semester assignments, tests and exams in the coming days, you can expect to see many new pieces of assessment feedback being published on My Aitken. Please try to take some time to look over them so that you are well informed about what your children are learning and how they could be trying to improve in future tasks.

More details about the Assessment and Reporting program, including a sample End of Semester report, can be found at <https://myaitken.fireflycloud.net.au/reporting-and-assessment>. You may wish to read this information so you know what to expect when you receive the report in two weeks' time.

*(Ms) Kerri Batch
College Head of Learning*

Parents and Friends Association News

Thank you to everyone who volunteered to help at the Cumberland dance party tonight. We hope the Cumberland students have a fabulous time. Do not forget it starts at 7.00pm and finishes at 8.30pm.

Our next pre-loved uniform sale is on [Thursday 29 June at 2.30pm](#) in the Chapel and Performing Arts Centre foyer. If you would like to volunteer for this event, please email us at pandf@aitkencollege.edu.au.

Winter has hit, do not forget to head to the Accounts office to purchase your Aitken College umbrella, only \$10.00.

Any event ideas or ideas for purchases we could make for the school please email us.

*Mrs Allison Phelan
Secretary - Parents and Friends Association*

Brookhill School Notices

All Year 10 and Year 11 students are just finishing their mid-year exams. Formal exams at Years 10 and 11 are an important part of the Aitken College Senior School program. The majority of students who complete VCE will have their ATAR result determined largely by their performance in formal Year 12 VCAA exams. It is important that students use Year 10 and Year 11 exams to learn exam preparation skills. Some important points that students should be learning from the exam process are:

- How do I best prepare for formal exams? What forms of study and revision work best for me?
- How can I manage the stress of the exam room? What things should I be doing on the morning of exams to ensure I am in a mental state conducive to optimum performance?
- How should I use reading time effectively?
- Exam technique: do I always have to do question 1 first? How do I ensure I do not miss any easy marks?

These ideas, and other important exam preparation tips, are covered in the Elevate Education Study Skills seminar on exam preparation, delivered to all Year 12 VCE students on the annual Year 12 Student Learning Conference; a video explaining the educational outcomes of the Year 12 Student Learning Conference can be found in the Senior School section of the College website: <http://www.aitkencollege.edu.au/structure-of-the-college/senior-school/>

Absence from Exams: It is worth noting that, while arrangements can be made for exams missed at Year 10 and Year 11 levels, it is an entirely different matter when it comes to official Unit 3-4 VCAA exams. **Re-sits or make-up exams do not exist at Year 12.** If a student misses a Unit 3-4 VCAA exam because they stayed home sick, in most cases they will be awarded zero for the exam and have their ATAR score dragged down significantly. It is a harsh reality that illness is not catered for when it comes to VCAA exams. A student who wakes up on the day of an exam feeling sick must just turn up and do their best.

Year 12 Students: The Red Zone! The Red Zone is the 5 week period of time from the commencement of Unit 3 studies on Thursday 15 June to the start of Term 3 on Monday 24 July. **This is the period when Year 12 ATAR scores are made or lost.** After a long and busy Semester, it is tempting to relax and cruise through the two weeks until the mid-year holiday break. Students who do this **will** struggle to re-motivate themselves over the holiday break; these students will miss 5 vital weeks of work at a critical time. All Year 12 students must be aware of this danger zone, right in the middle of their final year at school. I implore all Year 12 students to hit the next two weeks as hard as they can and carry this momentum into next term. 5 weeks of productive work during this period can give students a huge competitive advantage; there will be time to relax when the work is done!

Piercings, Hairstyles and Dress Length: I remind parents about College expectations and standards regarding piercings, hairstyles, facial hair and dress length:

- I ask parents not to send students to school with piercings, other than a single stud or sleeper through the ear lobe. All other piercings, including clear plastic items, are against the College grooming policy. Students who claim they cannot remove fresh piercings will have to stay home until the piercing can be removed.
- Hairstyles that are exaggerated or designed to attract significant attention are not acceptable. In particular, I refer to hairstyles that are shaved at the sides and much longer on top. Students presenting with hairstyles of this nature will be asked to modify their hairstyles, or stay home until it grows out.
- Boys are expected to be clean shaven. Boys presenting with facial hair will be required to shave before being allowed into class.
- Girls' dresses must reach the kneecap. Girls with unacceptably short dresses will be asked to lower the hemline or purchase a more acceptable dress. Girls persistently presenting with unacceptably short dresses will be removed from class.

*Mr David Murphy
Head of Brookhill*

VCAL News

Throughout the year, the Year 11 and Year 12 VCAL students are actively engaged with the Duke of Edinburgh voluntary 'Service' commitment. The aim of the voluntary service is based on the belief that members of the community should care for each other and contribute to their community. The service is undertaken substantially in a student's own time and involves a regular commitment averaging at least one hour per week. Previous College participants with the Duke of Edinburgh program have reflected that it was the voluntary service that gave them the most satisfaction. Students show regular commitment and effort but also learn from the experience. Some of the voluntary service the Aitken College VCAL students have been participating in include helping with the Year 5/6 sport program and the interschool sport competition (photos below); supporting teachers and students in the classroom; coaching junior sporting groups; visiting community groups and helping them; as well as volunteering with the Kitchen Garden program, the Junior School PE and Performing Arts programs at the College.



*Mrs Jenny Lilley
VCAL Co-ordinator*

Dunhelen School Notices

Even though we are technically in Term 2, Semester 2 will commence for all students on Wednesday 21 June. Students will begin working on topics studied in the second half of the year.

Report Writing Day is on Tuesday 20 June and students are not required at school on that day.

Please note that the school will not approve absences due to holidays. It is very important that students miss as little time from school as possible. While they may try to keep up, a huge portion of their learning is through class instruction and class interaction. Going on holidays during term time can limit their understanding and achievements. It is also very important to send the message that time at school is valuable and should not be missed - just as in the workforce.

The Dunhelen House Art competition drew in a lot of entries. We are still in the process of judging and I hope to have the winners announced at next week's assembly and then in the next newsletter.

We have two weeks left of term and staff and students are tired. There is still a lot to do. Students are in the midst of assessments at the moment and might be feeling a little overwhelmed. I have attached elsewhere an article by Michael Grose on study habits. It is worthwhile reading and offers some ways to help your child manage his or her workload. Happy reading!

*Mrs Francis Scuderi
Head of Dunhelen*

Cumberland School Notices

iPads at Cumberland: This year, the students of Cumberland are lucky to have an iPad each for use in class. Students in Years 3-5 have an iPad provided by the school, while students in Year 6 bring their own to school in readiness for their move to high school. iPads open up the world to students and are highly visual, appealing to the way most students learn at this developmental stage.

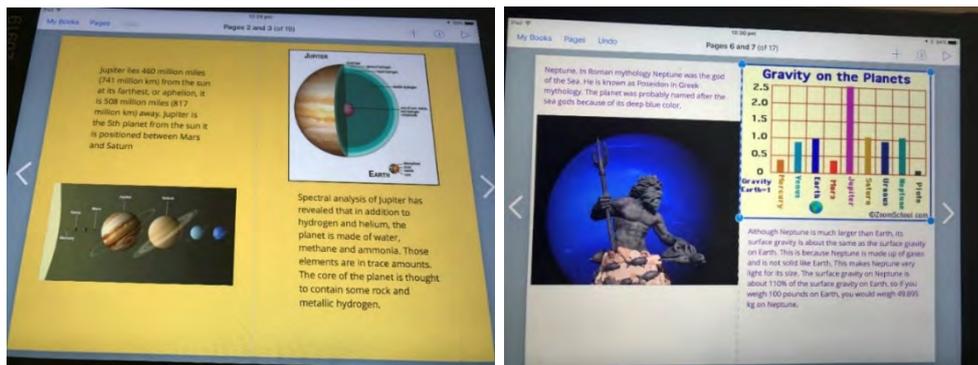
The students in Year 5 have been using the app 'Popplet' to brainstorm ideas and to gather information under various sub-headings for their Planet research. They have also been using the app 'Book Creator'. This is a wonderful app and the students are converting their planet research into sentences and producing a book with great visuals to support their text. These digital books are a far cry from the usual way students would have created a book using paper and pencils. When completed they look highly professional and give students a high sense of accomplishment.



Some of the Year 6 students have also been learning to use the app 'Book Creator' in Life Skills as part of the Buddy Program. They are writing a story for their buddies and producing a digital book for each. This app has a number of features - one is that you can have the app read the story. This is perfect for their buddies who are just learning to read. The books, when completed, will be read to the students and then sent home for them to continue to enjoy. Another feature is that you can record sounds and voices, adding another effect to the story. The students are really enjoying learning about and using this app.

Year 6 students have also been learning about the app 'iMovie' and have used it to produce a short film clip to showcase their learning about Growth Mindset. A number of these film clips will be shown at both the Fairview and Cumberland assemblies in Semester 2.

Another app the students in Year 6 are using is 'Smiling Minds'. "Smiling Minds aims to build happier, healthier and more compassionate people. Our mindfulness meditation programs are designed to assist people in dealing with the pressure, stress and challenges of daily life." In Life Skills the students are learning about the Resilience Project which explores the qualities of happiness: gratitude, empathy and mindfulness. This app supports the quality of mindfulness. As part of the work on learning about gratitude, students have been asked to write down 3 things that they are grateful for and 3 things that went well for them each day. It is hoped that they will become more aware of themselves and others, and appreciative of what they have, often the non-material aspects of life but those that make our lives richer - family, friends, health and basic needs.



Bullying: Bullying is a word we hear often but are we using it correctly and are we quick to label? The following graphics are very useful when talking to students about incidents that happen to them or those that they are involved in.



5 June ACE Card Recipients: Congratulations all!

Year 3

Daniel Joseph	Clubs	Clarke
Victoria Phelan	Clubs	Brodie
Dimitri Tsavalias	Hearts	Mill
Isabel Penaluna	Spades	Brodie

Year 4

Ella Sen	Spades	Brodie
Alex Marmura	Diamonds	Millar
Grace Trifunoski	Hearts	Clarke
Kayla Arkoudis	Clubs	Brodie
Cruz Santos	Spades	Brodie

Year 5

Andy Fu	Hearts	Brodie
Harrison Chan	Clubs	Cameron
Kayla Dennis	Diamonds	Brodie
Rhiannon Hall	Spades	Millar
Camryn Bux	Clubs	Brodie
Tatjana Milojkovic	Diamonds	Cameron
Alan Fu	Spades	Brodie
Marlee Hobbs	Diamonds	Cameron

Year 6

Xavier Plant	Spades	Cameron
Sahana Shandil	Spades	Brodie
Breeannen Zimsen-Skidmore	Diamonds	Brodie
Alyssa Goulding	Diamonds	Millar
Naz Kurt	Hearts	Millar
Lachlan Plant	Clubs	Cameron
Ariel Klaric	Diamonds	Clarke
Alanah Eastwood	Spades	Millar

	Brodie	Cameron	Clarke	Millar
Last week	92	155	119	150
This week	103	160	122	156

*Ms Karen McArdle
Head of Cumberland*

Fairview School Notices

Act of Kindness: During this term, we have been focusing on 'Kindness' and how a simple act can change our attitude and that of others. Each child in Fairview received an Act of Kindness card, which they can complete at home and then share with myself. It can be completed as an individual act or a family event. I am looking forward to reading and sharing these with the children.

Name:	Year Level:
My act of kindness:	
Draw my act of kindness:	



Out of School Hours Care: Aitken College has selected Kelly Club to be the College's Out of School Hours Care (OSHC) provider from Term 3. <http://kellycluboshc.com.au/>. Kelly Club provide before care, after care and holiday programs throughout Australia and New Zealand. With over 100 programs, their aim is to provide not just "a childcare facility", but to run programs in a safe environment that entertain and inspire children. Kelly Club is closely aligned with Kelly Sports. Kelly Sports has been providing a range of curricular and extra-curricular sporting programs for children in Australia since 1994.

The Kelly Club OSHC programs are focused on sports, cooking, art and craft activities as well as structured 'free-time' around a busy day at school. These activities are incorporated into themed subjects each week that give children the opportunity to extend their learning outside of the school classroom. Kelly Club believe it is important that children have the opportunity to enjoy play and engage with friends, while being under the supervision of quality staff, during out of school care programs.

On Wednesday 21 June from 2.15pm to 3.00pm, Kelly Club will be providing an information session for parents. They will be located on the grassed area in front of the Administration building. If you have any queries please contact me.



*Ms Kerrie Neophytou
Head of Fairview*

Careers News

Year 10 Careers Program: All Year 10 students will participate in the Year 10 Careers Program on Thursday 22 June. They will complete a program called 'Career Voyage' which is designed to kick start their thinking about their futures beyond Aitken. The program asks students about their interests and skills and suggests jobs based on these responses. Students receive a list of potential occupations which may suit them and which they may enjoy.

Students will also be taught how to undertake career and course research and will be shown a series of resources which they can use at the current time and also in the long term. These resources will assist them in making the big decisions they will be tasked with next term - whether to undertake the VCE or the VCAL program and which subjects they might need, or like, to study. These skills which they will learn during the Careers Program can be used between now and retirement, to research occupations of interest in both the short and long term.

In addition, a VCE Information night for students and parents will be held on Wednesday 26 July, a VCAL Information night on Monday 31 July and the Year 10 Careers Speakers Panel will take place on Friday 28 July. Following on from these activities, all Year 10 students will have a one-on-one meeting with their Head of House and with a member of the Careers team before they are required to decide what direction they would like to pursue for the final two years of their secondary schooling. As you can see, there is plenty of information, support and assistance available to students during this time of reflection and decision making.

Career News: Career News 9 is now available and contains information about the VU Bachelor of Education, a Young Creatives workshop at VU and Coding Bootcamps in the City during the school holidays, the Bachelor of Biosecurity at Box Hill Institute, a career as an Art Therapist or a Music Therapist, a snapshot of Monash University, studying Medical Imaging, Study Abroad and Exchange Programs at Victorian Universities, Career Ready Advantage at La Trobe University, quick facts about the University of Melbourne, a career as a Civil or Electrical Engineer and much more.

The Careers Newsletter is available via MyAitken. It can be accessed by clicking on 'Resources' then 'School Life' then 'Aitken News' then 'Careers Newsletter - Welcome' then 'Careers Newsletters – 2017 editions'. The newsletter can be downloaded from this point.

Do not forget that Ms Gibbs and Mrs Borg are available to help students with any questions they might have about careers, courses and pathways. Please come and see us in Room B21 at the Careers Centre or telephone us on 9333 1866 or email your concerns or queries to careers@aitkencollege.edu.au.

*Mrs Clare Borg and Ms Rae Gibbs
Careers Advisers*

Chaplain's Corner

On Saturday 3 June, here at the College we remembered and celebrated the life of Mr Shelton Bond. Shelton will be remembered by many for his long service to Aitken College and before that to Overnewton Anglican Community College in Keilor. He had many friends and many past students who acknowledge his great influence in their lives. I taught with Shelton for almost 30 years and the loss of such a close friend is not easy. His quick passing after such a short illness, is confronting. Many of us have already walked that hard road of grief and loss and Shelton's death reminds us all of our mortality, and often at a time which seems unfair. In my discussions with Shelton as he grew weaker, he wanted others to know that he rested in God's love, and his faith in Jesus was what would take him home into God's eternal care. These are not easy issues to think upon, but the Christian faith has much to say which is comforting and indeed uplifting when we face the issue of impending death. Should anyone wish to talk about such matters I am very happy to sit with you. Please feel free to contact me at the College on 9333 9213 or on my email cward@aitkencollege.edu.au. Shelton will be greatly missed, but his legacy will live on.

*Mr Chris Ward
Director of Chaplaincy*

Extension Program News

The Da Vinci Decathlon: On Friday 26 May, a team of Year 10 students represented Aitken College at the Senior School division held at Methodist Ladies' College to participate in the annual da Vinci Decathlon Year 9 /10 Interschool Gala Day. These students competed across ten disciplines: Art and Poetry, Cartography, Code-breaking, Creative Producers, Engineering, English, General Knowledge, Ideation, Mathematics and Science, with this year's theme being "Power". Tasks were designed to challenge and stimulate them, with an emphasis on higher order thinking skills, problem solving, and creativity.

All students spent time in Term 1 and Term 2 engaged in mini workshops within each of the disciplines and we are very grateful to the following teachers for their expertise and support in working with our Year 10 da Vinci students: Mr Hamilton, Mr Politini, Mr Oreo, Mr Shaw, Mr Bernes, Mr McGregor, Mr Ward, Mr Lawless and Mrs Di Martino.



The event was incredibly challenging and our students both thrived and enjoyed the fast pace and high level of the complex tasks. We are very proud of the way our students represented our school and congratulate them on performing well, namely in General Knowledge, Cartography and Engineering.

The team members: Daniel Marmion, Isaac Rogers, Isabella Crawford, Matthew Watson, Hamish Hicks, Deniz Cetinkaya, Kush Gupta and Ethan Klaric.

*Mrs Mary Ann Di Martino
Head of Extension Programs*

Humanities News

The Aitken Model Competition has ended for another year and there were some outstanding entries! Winners will be announced next week in sub-school assemblies.

A selection of Legal Studies students went to La Trobe University last week to learn how to research and argue cases, in preparation for their entry in the La Trobe Mooting (debating) Competition later in the year. Thank you to Mrs Mollica for taking the students on this engaging and enlightening outing!



Year 10 History and Geography students will have now swapped teachers, as they get a different teacher half way through the year. Semester 2 for these subjects begin in the last week before the winter holidays. Have a snow-filled break!

*Mr Ben Lawless
Head of Humanities*

Performing Arts News

Some exciting news - we are pleased to announce that Aitken College has again made the finals for the RACV Safe Mates competition. Well done to Year 11 Media students, Daniel De Alwis, Anastacia Zarzavatsakis and Darcy Bijelic and to their teacher, Mr Linden Koodravsev, for his guidance and support. Students had to design a road safety social media campaign after investigating a road safety issue related to young road users. As finalists, they now have an opportunity to attend a workshop (next week) with media and road safety experts to fine-tune their ideas and have their campaign published on RACV social media channels. The winner is still to be announced - so stay tuned!

Next Wednesday 21 June, the Junior Music Soiree will be held at 3.30pm in the Chapel and Performing Arts Centre. The Senior Music Soiree is the following Wednesday, 28 June at 7.30pm. Entry is free for both concerts and I encourage you to come to enjoy the music and support the students. Performances include solo items as well as pieces from our various ensembles and choirs. Please see attached posters.

Congratulations to all students who auditioned for 'Beautiful Words', this year's College Play. The cast list has been announced, and official rehearsals will commence next term. For further information, please contact Mr Michael Cooper.

'Footloose The Musical' is shaping up to be a fabulous performance. There are so many well known, fun, dance numbers - including 'Hear it For The Boy', 'I Need A Hero' and of course 'Footloose'. Tickets go on sale Monday 26 June for the five performances which commence on Friday 4 August, including two matinee performances on 10 August at 4.00pm and 12 August at 2.00pm. Ticket prices are \$27.50 adults, \$22.00 for fulltime students and pensioners (plus booking fees). There is also a special family ticket price available with a family of four for \$88.80 (plus booking fees). Go to <https://trybooking.com/PYPL> to book your tickets.

Once again, we are in the process of compiling the program for the musical and invite any families who would like to advertise a business in the program to get in touch. Prices are Logo/Business Card Display (\$55 inc. gst), Quarter-Page (\$137.50) or Half-Page (\$220.00). Those taking out a quarter page will be offered two free tickets to opening night while those taking a half-page will receive four free tickets to opening night. Please express an interest by emailing bthomson@aitkencollege.edu.au by the final week of term (26 June). Final artwork will be required by Friday 7 July.

Ms Beth Thomson
Acting Director of Performing Arts

Physical Education News

Athletics Carnival: On a beautiful Friday on 2 June, 90 students participated in the Athletics Carnival for School Sports Victoria at Meadowglen International Athletics Stadium. It was an enjoyable day for students from the Woodlands Division. Aitken College finished in second place on 3,112 points very closely behind Gladstone Park Secondary College on 3,285 points with Roxburgh Park Secondary College, Sirius College and Hume Central finishing 3rd, 4th and 5th respectively. All students competed their best with a lot of outstanding results. Special mention goes to the following students who were named as champions for their age level:

Taya Oliver	16 year Female Champion
Jessica Dalgleish	18 year Female Champion
Daniel Mudrinic	18 year Male Champion



On Thursday 14 September, 43 students will progress to the Northern Metropolitan Region Finals in either individual or relay events which will be held at Meadowglen International Athletics Stadium. A big thank you to Mr Taylor, Ms Crole, Mrs Wachter, Mr Prentice and Ms Nichols for your help on the day.

Mrs Natalie McNamara
Interschool Sports Co-ordinator

Sunday Church at Aitken College 10.30am 18 June in the Chapel and Performing Arts Centre Foyer

Are you looking for something different and relaxing? Why not join us on Sunday morning 18 June for a family service. Sunday worship at Aitken College has been running for some time and the focus is on families, children and inclusive activities.

The next service will focus on *God's Kingdom*. Perhaps you have some questions about this. Perhaps you just want to share with others in a Christian service which makes you feel comfortable and included. The Service starts at 10.30am and we always have a cuppa afterwards.

We meet in the Chapel and Performing Arts Centre foyer. Bring a friend or a neighbour, we welcome anyone who would like to be a part of such a service.

Any questions please contact me at the College on 9333 9213.

Mr Chris Ward
Director of Chaplaincy



Aitken College | June

At OSHC we learn to be socially responsible and show respect for the environment. The children participated in craft activities, making emu's and koala's that involved using recycled newspapers. This provides the beginning of a positive long-term attitude that the children develop as they learn the importance of reusing and recycling. The children were very interested and engaged in the use of newspapers and were impressed by the effect it created to the animal's fur and feathers.



Reminder to all OSHC Families

If you have any bookings with Camp Australia after 30 June, please cancel them as Aitken College will have a new OSHC provider beginning in Term 3.



HOW TO GET STARTED

Before using our programs register online for an account. This enables you to make bookings, view your statements and manage your details anytime of the day. Registering is quick and easy. Visit www.campastralia.com.au/newparents



Once registered

You can make bookings and cancellations, view your statements and manage your details anytime of the day.



Save on Care

Save 50% or more on Before and After School Care with the Child Care Rebate. Almost all families are eligible. To find out more call our Customer Service Team on **1300 105 343**



Holiday Clubs

Don't forget about the Camp Australia Holiday Clubs these school holidays. Use the Holiday Club

Finder on the website to find the nearest program:
www.campastralia.com.au/holidayclubs



Healthy Snacks

Afternoon tea is served daily. Menus are tailored to children's tastes, developmental and nutritional needs. Afternoon tea includes a selection of yummy sandwiches and fruit. Children may also engage in fun cooking activities.

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Parenting *ideas*

INSIGHTS



Building parent-school partnerships

WORDS Michael Grose

Creating good study and work habits in secondary school

Here are seven healthy and strong study habits that will serve your young person well throughout their school years and their lives.

Natural smarts is not the only factor that will impact on your young person's success at school this year. A positive attitude, a sense of resilience and a willingness to persist and work through difficulties will help. Perhaps more importantly, it's your young person's work and study habits that will have the most potent impact on the marks they receive at the end of the year. It's worth keeping in mind that the study habits they develop in school also impact on their success in life beyond school.

Here are seven ways to develop healthy, strong study skills that will serve your young person well this year and throughout their lives.

1 Establish a thorough homework process

Doing the homework is one thing, but there are many steps in the process before handing an assignment in. Encourage your young person to:

- Write down an assignment when it's given orally
- Ask the teacher clarifying questions if he doesn't understand anything
- Use a planner or some other organiser to plan his or time
- Place his homework in a designated place as soon as its finished.

2 Establish a Study Zone at home

Choose a consistent study or homework space that's conducive to working. Encourage your young person to stick to this space. Some young people need absolute quiet when doing homework, while others work better with soft music. Contrary to the opinions of many teens, studies consistently show that loud music and/or TV are highly distracting to students. Don't let your young person develop the habit of working in bed as this will make it difficult to go to sleep. Keep work and sleep spaces separate.

3 Establish a regular study time

The establishment of a consistent and specific time to do home work has been linked to academic success. Help your young person work out the best time for him or her to crack the books – before or after dinner, or both. Encourage your young person to take regular breaks to keep their brain alert. Every hour – or whenever she feels frustrated or angry – she should get up and walk around, get a snack and let her brain recover.

4 Establish a way to stay organised

Getting organised reduces stress levels and improves the chance of success. Consider a colour-coding system to keep assignments organised by selecting a single colour for each class (like science or history). Use that colour for that subject's folder, highlighters,

sticky notes, etc. The colours will not only keep your teen organised but will also enhance his or her recall of the subject.

5 Establish good time management skills

The best way to help your young person organise their time is to use a large wall calendar so they can jot down study, leisure, family and other activities. The visual nature of the wall calendar will enable you as a parent to help them stay on track as well.

6 Eliminate time robbers

Many teens work inefficiently wasting time on mobile devices and other activities. Help your teen recognise time robbers and eliminate them so they can finish homework quickly and have more time to do other things.

7 Conduct a regular extracurricular audit

Take a hard look at your young person's overall time commitments. Help them reprioritise their commitments if much of their time and energy is taken up with a part-time job, extracurricular activities, and their social lives. While it's important that young people have interests outside school, it's equally important that these commitments don't overwhelm or impact negatively on their study.



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.



parentingideas.com.au



aitken
COLLEGE
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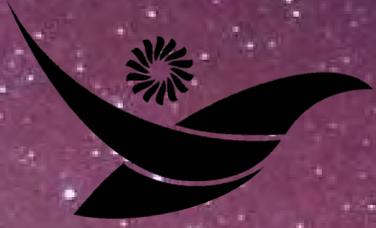
JUNIOR

Winter Music Soirée

AN AFTERNOON OF MARVELLOUS
MUSIC

Wednesday 21st of June
3:30 PM
Aitken College
CPA
Free Entry





aitken
COLLEGE
In Mind and Spirit

Winter Music Soirée

An evening of marvellous music

WEDNESDAY 28 JUNE, 7.30PM

AITKEN COLLEGE

CPA

FREE ENTRY