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 2014

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 09 Jun</td>
<td>Queen’s Birthday Holiday</td>
</tr>
<tr>
<td>Tue 17 Jun</td>
<td>Report Writing Day (student free)</td>
</tr>
<tr>
<td>Fri 27 Jun</td>
<td>Term 2 concludes</td>
</tr>
<tr>
<td>Mon 21 Jul</td>
<td>Term 3 commences</td>
</tr>
<tr>
<td>Tue 12 Aug</td>
<td>Parent Teacher Interviews (Prep–12)</td>
</tr>
<tr>
<td>Thu 21 Aug</td>
<td>Parent Teacher Interviews (Prep–12)</td>
</tr>
<tr>
<td>Fri 22 Aug</td>
<td>Professional Learning Day (student free)</td>
</tr>
<tr>
<td>Fri 19 Sep</td>
<td>Term 3 concludes</td>
</tr>
<tr>
<td>Mon 06 Oct</td>
<td>Term 4 commences</td>
</tr>
<tr>
<td>Mon 03 Nov</td>
<td>Mid Term Break</td>
</tr>
<tr>
<td>Tue 04 Nov</td>
<td>Melbourne Cup Day Holiday</td>
</tr>
<tr>
<td>Fri 21 Nov</td>
<td>Report Writing Day (student free)</td>
</tr>
<tr>
<td>Tue 09 Dec</td>
<td>Presentation Night (Years 3 to 12)</td>
</tr>
<tr>
<td>Fri 12 Dec</td>
<td>Term 4 concludes</td>
</tr>
</tbody>
</table>

Term dates for 2014

<table>
<thead>
<tr>
<th>Term 2</th>
<th>22 April to 27 June</th>
</tr>
</thead>
<tbody>
<tr>
<td>Term 3</td>
<td>21 July to 19 September</td>
</tr>
<tr>
<td>Term 4</td>
<td>6 October to 12 December</td>
</tr>
</tbody>
</table>

Thought: “To improve the golden moment of opportunity and catch the good that is within our reach, is the great art of life.” William James

From the Principal

As teachers sometimes when we reflect on our purpose it is not necessarily an easy question to answer. Schools should be providing strong educational programs which not only cover the basics of the Three ‘R’s, but allow students to develop their thinking and creative talents and also have a moral and ethical basis for their decision making. In partnership with parents, schools must provide leadership in ethics, values and principles that will allow for a just and fair society. Schools have a very strong role to play in the teaching of good manners, kindness, consideration and acceptance. However, academic skills do not really matter without a framework of decency, principle and responsibility. The job of schools is to provide opportunities for young people to flourish by providing experiences that challenge them to be the very best they can be.

I thought in this newsletter I would also share some community achievements:

- Mr Ben Lawless was awarded the Hugh Childers Memorial Prize in The University of Melbourne Masters of Teaching Program.

- Amber Colin (Year 12) was one of 127 students in Victoria recognised in the Victorian Olympic Council Pierre de Coubertin Awards at a ceremony at the Melbourne Cricket Ground (MCG). The Pierre de Coubertin Awards are named after the founder of the modern Olympics, and the awards recognise these students for representing the values and spirit of the Olympics – sportsmanship, teamwork, fair play and initiative. To be eligible for an award, students were also required to be actively involved in the school’s physical education program, represent their school in sport and display a consistently positive attitude.

- Olivia Kurdas (Year 7) was presented with an Award by the CFA at a recent assembly for demonstrating outstanding leadership at the time of the Mickleham - Kilmore Fires by using the Fire Ready App which she had learnt about.

- Ellen Vincent (Year 10) was selected in the Equestrian Australia Elite Vaulting Squad as a High Performance Athlete. We wish her well as she participates in the HP Camps and in interstate competitions and championships.
The College also has two former students in the National Socceroos Squad - Ivan Franjic and Jason Davidson. We wish them well.

**Mrs Josie Crisara**
Principal

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**Current Families – Future Enrolments**
Prep and Year 7, 2016

Please ensure that you have completed an enrolment application for any future siblings as places are limited. If you have any questions, please contact our Registrar, Mrs Jacinta Perilli on 9333 1866.

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**From the Deputy Principal**

**Traffic:** Thank you to parents for your co-operation in assisting the smooth flow of traffic through the school at the morning and afternoon peak times. A few reminders:

- Please do not allow children to walk across the parent car park as this is unsafe and sets a poor example for younger children. Students must not be getting in or out of cars until they are stationary in a parking bay.
- The ring road adjacent to the lower secondary and primary schools is a drop-off and pick-up zone only (signposted as such); drivers should not be leaving their cars. The western and gym car parks are “park and stay” areas.

**First Aid:** A few reminders about First Aid procedures for which your co-operation is appreciated:

- Please do not send children to school if they are unwell as it is likely that they will be sent to First Aid.
- The First Aid room has limited space so if children are not well enough to return to class, it is expected that parents will collect them from school as soon as possible. Please assist with this as best you can.
- Medication (including paracetamol) is only dispensed to students if a named supply has been provided in advance to the First Aid room.
- Please ensure that the College is kept informed of parent contact numbers and also emergency contacts. We must be able to contact you if your child is unwell.

**Lost Property:** Please check that all items of your child’s school clothing are clearly named and that they have not accidently brought home another child’s clothes. Children easily misplace their clothing or others may take things by mistake. When named items are sent to lost property they can be easily and quickly returned to their owner. We collect many uniform items that cannot be returned as they are unnamed. Students are not generally permitted to claim unnamed clothing as their own.

**Mr Kim Forward**
Deputy Principal

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**Parents and Friends Association News**

We are churning through the school year, already half way through Term 2!

A big thanks to our constantly hardworking Parents & Friends committee and thank you to all the parents who help and support us on a regular basis, we could not do it without you.

The Parents & Friends meetings give us a great opportunity to discuss feedback about our events and activities and help to plan for new events that in turn build our community. We have a meeting next week so if you would like to contribute anything please email admin@aitkencollege.edu.au by Monday, 2 June or send a message via our Facebook page.

We are always looking for new fundraising and event ideas so, if you would like to see any particular fundraising activity, have some ideas for events or just have general feedback please let us know via email or Facebook; we love hearing from you and value each and every contribution.

**Kids Reach Out Community (ROC):** It was fantastic to see so many students and families enjoying the many sausages sold at our sausage sizzle last Wednesday 21 May before going off to Kids ROC and to find their lolly pops. The sausage sizzles for Kids ROC have proved to be so popular we will be having another one for the next Kids ROC pyjama night on 18 June, so if you did not make it this time come along for a sausage next time.

**Community Business Directory:** Thank you to all businesses that have advertised in our Community Business Directory. I am sure you will find it a rewarding and worthwhile advertising venture. Please see the end of the newsletter for a complete business listing.

Keep an eye out for upcoming events on our Facebook page, (Aitken College Parents and Friends) and through the newsletter.
Important Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 June 2014</td>
<td>P&amp;F Meeting at 7.30pm</td>
</tr>
<tr>
<td>18 June 2014</td>
<td>Kids ROC Pyjama Night in CR1 6.15pm - 7.00pm</td>
</tr>
</tbody>
</table>

Mrs Siobhan Short
Aitken College Parents & Friends Association

Brookhill School Notices

Mid Year Exams: Mid year exams are almost upon us. Year 10 and Year 11 exams will take place from Tuesday, 10 June to Monday, 16 June and the GAT, for all students studying a Unit 3-4 subject, is on Wednesday, 11 June. It is very important that all students make mid-year exams their highest priority over this period of time. The exam timetable is quite tight and students will have more than one exam on a day on some occasions. This means that Year 10 and Year 11 students will have to prioritise study over the next few weeks. Organisational skills and forward planning will be important; study cannot be left to the night before an exam, particularly, if there are two exams on a particular day.

I strongly encourage all parents to talk to their children about their preparation for the upcoming exams. At this stressful time, students need loving support and gentle encouragement from their families; parents should focus on helping children to achieve their own personal best performance.

Year 11 Presentation Ball: Dance lessons have started in preparation for the annual Year 11 Presentation Ball, to be held on Saturday, 30 August. Students are making excellent progress under the guidance of dance teacher, Mr Sebastian Riscica. Students have all approached dance lessons with maturity and enthusiasm and dance practice has become a real highlight of the school week. Invitations for families to attend the Ball will be mailed out in the coming weeks. This year, families will purchase tickets through Try Booking online booking; detailed instructions of booking procedure will also be mailed to families.

Year 10 Geography Sleeping Rough Event: On Friday, 16 May, hardy students from three Year 10 Geography classes slept outside on the school grounds. They raised money for the Melbourne City Mission, who brought out a guest speaker to talk about what it is like to be homeless. They raised awareness and were featured in the Hume Leader newspaper and the Herald Sun website. They also gathered valuable qualitative data about what it feels like to be homeless for a night. Special thanks to all the students involved. Also special thanks to the teachers who gave up their Friday night, Miss Megan Lutton, Ms Cristy Herron and Mr Mike Patchell.

Mr David Murphy
Head of Brookhill

Glenarthur School Notices

Last Friday, 23 May a very successful fundraiser was held to raise funds for the Children’s Cancer Centre Foundation. This initiative came from two Year 9 students, Olivia McDonald and Kira Paunovic, who spent many hours planning for the day’s events, which included a BBQ, the sale of popcorn, a raffle and opportunities for students and staff to guess the number of lollies in a jar. As was conveyed to the students in our Assembly on Monday of this week, such initiatives support the ethos and values of the College, by helping others in need and also provide an invaluable practical learning opportunity, in terms of the organisation and delivery of what has been planned. A huge thank you is extended to all students and parents who supported Olivia and Kira through volunteering their time, purchasing items or donating goods or services. In excess of $1,000 was raised; a truly wonderful result!

Student leadership has again been featured of late, with all Year 9 students participating in a yLead Student Leadership seminar at the College on 20 May, while a number of our student leaders are set to participate in the same organisation’s Altitude Day, in the City next Tuesday, 3 June. The latter will allow our leaders to mix and learn with student leaders from others schools across Melbourne.

In addition to being presented with opportunities to learn leadership skills it is important that all students recognise the value of self-care and happiness. This was the focus of a short presentation during this week’s Assembly. The presentation based on information from the Happiness Institute outlined 12-steps that students can follow to look after their own wellbeing and to be happy.

They are as follows: If it feels wrong, do not do it; say exactly what you mean; do not be a people pleaser; trust your instincts; never speak badly or negatively about yourself; never give up on your dreams; do not be afraid to say no; do not be afraid to say yes; be kind to yourself; let go of what you cannot control; stay away from drama and negativity and; Love for family, friends, pets …

Mr Tim Agnew & Mrs Elpis Vlahopoulos
Head and Assistant Head of Glenarthur
Dunhelen School Notices

We are nearing the busy part of the term. Please speak and work with your child in helping them to prioritise their time. Students should also be speaking to their teachers if unsure about the work.

A reminder that the College does hold Maths Assist and English Assist sessions at scheduled lunchtimes. This allows students to catch up on work or further clarify their understanding. Please encourage your child to attend if they feel they would benefit.

At last week’s assembly we were privileged to have members of the CFA attend the Dunhelen Assembly. As well as speaking to the students they formally recognised one of our students, Olivia Kurdas, for her initiative and quick thinking during the February bush fires that affected our community. Olivia was presented with a certificate and she should be very proud of herself. On behalf of Dunhelen, I congratulate Olivia on being a responsible citizen.

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

Cumberland School Notices

Over the past few weeks I have had many students, and a few parents come and speak with me about issues from the playground and challenges within friendship groups. I spoke in the Assembly this week about ‘treating people how YOU wanted to be treated’ and from the reaction of the students I know that this was relevant and understood by many. We need to continue building resilience in students in helping to prepare them for the future. Building resilience involves behaviours, thoughts and actions that can be learnt over time. Following are tips to help us on this journey.

1. **Make connections:** Teach your child how to make friends, including the skill of empathy, or feeling another's pain. Encourage your child to be a friend in order to get friends. Connecting with people provides social support and strengthens resilience.

2. **Help your child by having him or her help others:** Children who may feel helpless can be empowered by helping others. Helping people in the community or an older relative is an excellent example of this.

3. **Maintain a daily routine:** Sticking to a routine can be comforting to children, especially younger children who crave structure in their lives. Encourage your child to develop his or her own routines.

4. **Take a break:** While it is important to stick to routines, endlessly worrying can be counter-productive. Teach your child how to focus on something besides what's worrying him or her.

5. **Teach your child self-care:** Make yourself a good example, and teach your child the importance of making time to eat properly, exercise and rest. Make sure your child has time to have fun, and make sure that your child hasn't scheduled every moment of his or her life with no "down time" to relax! We all need downtime!

6. **Move toward your goals:** Teach your child to set reasonable goals and then to move toward them one step at a time. Moving toward that goal - even if it's a tiny step - and receiving praise for doing so will focus your child on what he or she has accomplished rather than on what hasn't been accomplished, and can help build the resilience to move forward when faced by future challenges.

7. **Nurture a positive self-view:** Help your child remember ways that he or she has successfully handled hardships in the past and then help him or her to understand that these past challenges help them build the strength to handle future challenges.

8. **Keep things in perspective and maintain a hopeful outlook:** Even when your child is facing very painful events, help him or her to look at the situation in a broader context and keep a long-term perspective. Although your child may be too young to consider a long-term look on his own, help him or her see that there is a future beyond the current situation and that the future can be good.

9. **Look for opportunities for self-discovery:** Tough times are often the times when children learn the most about themselves. Help your child take a look at how whatever he or she is facing can teach them "what they are made of."

10. **Accept that change is part of living:** Change often can be scary for children, teens (and adults). Help your child see that change is part of life and new goals can replace goals that have become unattainable.

This was adapted from an article published by the American Psychological Association titled ‘Resilience Guide for Parents and Teachers.’

Congratulations to the following students for receiving awards for their age group at the recent Junior House Athletics Carnival.

<table>
<thead>
<tr>
<th>Year 3</th>
<th>Year 4</th>
<th>Year 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chloe Short (Brodie)</td>
<td>Monica Cutri (Brodie)</td>
<td>Teia Klaric (Clarke)</td>
</tr>
<tr>
<td>Lachlan Plant (Cameron)</td>
<td>Thomas Crowley (Millar)</td>
<td>Jamain El-Shahawy (Brodie)</td>
</tr>
</tbody>
</table>

Mr Ashley Penny
Head of Cumberland
Fairview School Notices

National Simultaneous Storytime: This is an important annual campaign that aims to encourage more young Australians to read and enjoy books. Now in its 14th successful year it is a colourful, vibrant, fun event that aims to promote the value of reading and literacy using an Australian children's book that explores age appropriate themes, and addresses key learning areas of the National Curriculum for Prep to Year 6.

This year the National Simultaneous Storytime occurred on Wednesday, 21 May at 10.45am to 11.00am and the storybook shared was ‘Too Many Elephants in This House’ written by Ursula Dubosarsky and illustrated by Andrew Joyner. Mrs Kerr and Ms Meszaros read the storybook to all of the Fairview children. The children were excited to be involved in this National program.

It is a simple reminder that a storybook can bring so much to a child, apart from the literacy benefits it also encourages quality time and cherished memories.

Chaplain’s Corner

Sunday Worship: The next Sunday Worship will be held on the second Sunday in August, (due to the long weekend in June and the school holidays). A big thanks to those who attended the Mothers Day Service, it was a lovely way of celebrating Mothers Day.

Careers News

Careers: We have commenced Careers classes with the Year 10 students who are completing a software program (Career Voyage) which provides students with a list of job suggestions based on the answers they give to a variety of questions about their interests and skills. Students will also learn how to conduct effective career research which will assist them with making choices about undertaking VCE or VCAL, choosing subjects and plotting their pathways post Aitken.

Career News 7: Is now available and contains information about new courses at La Trobe University in 2015, a new La Trobe Early Admissions Program (Aspire), studying sport at VU, the Bachelor of Education (P-12) at VU, a new degree in communications at Deakin, studying Oral Health, studying Health Promotion, becoming an apprentice, Defence Force information sessions and much more. The following link will take you to the Careers newsletter: http://www.aitkencollege.edu.au/educational-programs/careers/careers-newsletter/.

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.
Year 12 TIS Excursion To La Trobe University: Earlier this month all Year 12 VCE students attended the Tertiary Information Service event at La Trobe University. On a beautiful sunny Tuesday in May the Year 12 VCE students travelled to La Trobe University for the Tertiary Information Service presentation. This was a second opportunity for the students to explore a tertiary campus and to learn more about the courses available at La Trobe and the other universities and TAFEs in Victoria. This excursion provided students with preliminary information about the VTAC process and timeline, special entry schemes, Open Days, fees and scholarships. Students had the opportunity to speak with representatives from the tertiary institutions at an Expo where they could also collect printed information and brochures. At the conclusion of the official presentation and expo the students were able to explore the Bundoora campus and to learn more about La Trobe University. To assist the students to make the most of their time they were given a “Race Around La Trobe” questionnaire which asked a series of questions about various buildings and points of interest to focus their exploration of the campus. There were prizes awarded to the students who finished “the race” fastest and with accurate answers. Students had to plan their exploration of the campus, allow time for lunch and see as much as possible in the time allocated.

It is our hope that all of our Year 12 students now have the skills and confidence to make the most of the Open Days they will be attending in Term 3. All Year 12 students will be given an Open Day calendar and this is one of the tools they may use to assist with their planning for course selection for 2015 and beyond. The day was useful, informative and educational and the students have provided Careers staff with very positive feedback about the benefits of the excursion. The students behaved very well and we were delighted they were such excellent ambassadors for the College. We would also like to thank the Aitken staff who assisted us before and during the excursion in the planning and implementation of a successful experience.

Environmental Programs News

Working Bee: Our first Working Bee for 2014 was a great success! Several families and dozens of students pitched in to plant almost 200 trees, shrubs and grasses on the swale near the Science garden. Thank you so much to everyone who contributed. We cannot wait to see how the area develops in the years ahead.

Earth Summit: Last week, I accompanied six students to Melbourne High School to the Annual Earth Summit. Students participated in a series of workshops and enjoyed several keynote speeches on Climate Change and youth action. After the summit, students were enthusiastic about bringing what they learnt back to Aitken to inspire their classmates. Students are enthusiastic about making a difference.


Ms Cristy Herron
Head of Environmental Programs

Performing Arts News

Middle School Play: Congratulations to the Year 8 and Year 9 students and the Year 10 Theatrecraft students who have worked under the direction of Mr Mike Arthur, preparing the Middle School Play, Skate. Thank you also to the many others who have been involved. The final performance was held this week and more than 200 people appreciated the work that they put in. We highly value the experience this performance offers our students as it is often their first opportunity of working as a part of a team on this type of project.

MSO Education Program: This week, our primary students have been treated to an amazing performance by the Melbourne Symphony Orchestra as part of the MSO Education program. Thanks to Ms Beth Thomson and the Fairview and Cumberland teachers for providing the students with this wonderful experience of seeing and hearing a full orchestra in action. A highly memorable excursion!

There are three other dates that I would like to bring to your attention before the end of the term. We have three completely free concert experiences on offer which showcase the amazing work of our music program.

Year 7/8 Band Concert: This will be held on Friday, 20 June commencing at 3.30pm. Within their music classes, students have the opportunity to learn one of five instruments; trumpet, clarinet, trombone, saxophone or flute. This end of semester concert provides them with a public performance to show what they have learnt. It will consist of whole class pieces as well as small group and solo performances.
**Year 3 Strings:** On Monday, 23 June, again from 3.30pm, students in the Year 3 Strings program will perform some of the repertoire they have developed across the semester. Both concerts will be in the Chapel and Performing Arts Centre and go for little more than an hour.

**Winter Music Soiree:** This showcases the work of students in the more senior music classes or those studying private music lessons. Indeed, any student taking music lessons is invited to email asearle@aitkencollege.edu.au and ask to perform in this show. Commencing at 7.30pm on Wednesday, 25 June this concert consistently unearth hidden talents.

**College Musical:** We are getting very excited about this year’s College Musical which premieres in less two months time. Fifty years ago this year, British rock band, *The Who* first formed. In 1969, they released one of the first concept albums, entitled *Tommy*. Deprived of sight, hearing and speech by the shock of what he has witnessed as a child, young Tommy Walker seems lost to life - until he reveals an uncanny talent for the game of pinball. When his faculties are suddenly restored, Tommy is hailed as a living miracle - but will the fans who turn to him for enlightenment want to hear what he has to say?

In 1993, the Rock Opera opened on Broadway and ran for over 900 performances and won six Tony Awards. Featuring an amazing musical score, energetic dancing and a vivid storyline, Aitken’s production will be the first in Melbourne for a very long time and one not to be missed. Audience members should be aware however, that Tommy features adult themes and parental guidance is recommended.

Tickets go on sale next weekend for the five performances which commences on Friday, 1 August. Organise a group and save with a family/group of four tickets working out to just $22.50 per ticket. Alternatively, single adult tickets are $27.50 and student/concessions are $22.00 (plus a 30c per ticket booking fee). Go to http://www.trybooking.com/EKUV to secure the best seats.

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**Physical Education News**

**School Sports Victoria Senior Winter - Second Sports Day:** Wednesday 14 May, was the last senior sport day for the year. Selected students from Years 11-12 represented Aitken College in Basketball, Table Tennis and Hockey in the Woodlands Division day. Results are:

### Boys Basketball

<table>
<thead>
<tr>
<th>Game</th>
<th>School</th>
<th>Score (points)</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Craigieburn Secondary College</td>
<td>13-17</td>
<td>Lost</td>
</tr>
<tr>
<td>2</td>
<td>Gladstone Park Secondary College</td>
<td>12-24</td>
<td>Lost</td>
</tr>
<tr>
<td>3</td>
<td>Roxburgh Park Secondary College</td>
<td>19-15</td>
<td>Won</td>
</tr>
<tr>
<td>4</td>
<td>Mount Ridley College</td>
<td>26-14</td>
<td>Won</td>
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</tbody>
</table>

### Girls Basketball

<table>
<thead>
<tr>
<th>Game</th>
<th>School</th>
<th>Score (points)</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Roxburgh Park Secondary College</td>
<td>11-23</td>
<td>Lost</td>
</tr>
<tr>
<td>2</td>
<td>Craigieburn Secondary College</td>
<td>17-18</td>
<td>Lost</td>
</tr>
<tr>
<td>3</td>
<td>Mount Ridley College</td>
<td>24-33</td>
<td>Lost</td>
</tr>
</tbody>
</table>

### Girls Table Tennis

<table>
<thead>
<tr>
<th>Game</th>
<th>School</th>
<th>Score (Rubbers)</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Gladstone Park Secondary College</td>
<td>1-5</td>
<td>Lost</td>
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</table>

### Boys Table Tennis

<table>
<thead>
<tr>
<th>Game</th>
<th>School</th>
<th>Score (rubbers)</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Mount Ridley College</td>
<td>0-5</td>
<td>Lost</td>
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</table>

### Boys Hockey

<table>
<thead>
<tr>
<th>Game</th>
<th>School</th>
<th>Score (goals)</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Gladstone Park Secondary College</td>
<td>5-3</td>
<td>Won</td>
</tr>
</tbody>
</table>

Congratulations to the Boys Hockey team who will now progress to the Northern Metropolitan Region Finals on Thursday, 24 July along with the Senior Girls Hockey team who went straight through. I hope to see the same enthusiasm and willingness to participate in school sports again next year from the senior students. Students and parents can keep up to date with the latest information, sports dates and rules, via the School Sports Victoria website www.ssv.vic.edu.au.

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*Mr Michael Cooper*

*Director of Performing Arts*

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*Mrs Natalie McNamara*

*Interschool Sports Co-ordinator*
OSHC NEWS

This past week at OSHC we took the children on an interesting fresh food culinary adventure - we decided to make butter. It was definitely a learning experience for both children and staff. Everyone thoroughly enjoyed the simple and yet profound experience (see below). This week we will cook, dabble in crafts and learn more about aboriginal culture.

HOLIDAY CLUBS
The winter holiday programs are open for bookings so to register visit: www.campaustralia.com.au.

WHAT’S ON THIS WEEK

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outdoor play</td>
<td>Dot painting</td>
<td>Clay art</td>
<td>Movie/Popcorn</td>
<td>Scoobies</td>
</tr>
<tr>
<td>Blocks</td>
<td>Outdoor play</td>
<td>Cooking: TBC</td>
<td>Computer time</td>
<td>Reading</td>
</tr>
<tr>
<td>Leggo</td>
<td>Puzzles</td>
<td>Charades</td>
<td>Led light crafts</td>
<td>Homework</td>
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<tr>
<td>Computers</td>
<td>Board games</td>
<td>Outdoor play</td>
<td>Beading</td>
<td>Colouring</td>
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<tr>
<td>Aboriginal themed</td>
<td>Blocks</td>
<td>Blocks</td>
<td>Blocks</td>
<td>competition</td>
</tr>
<tr>
<td>colouring competition</td>
<td>Homework</td>
<td>Game boards</td>
<td>Game boards</td>
<td>Drawing</td>
</tr>
<tr>
<td>Homework</td>
<td>Beading</td>
<td>Lego</td>
<td>Kitchenette</td>
<td>Blocks, Puzzles</td>
</tr>
</tbody>
</table>

*Please note that some activities will be subject to change and that some activities may occur more than the once mentioned. Children guide the choices.

Natalie & Olivia churning away to create our butter.

REMINDERS

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.

Bookings
Please make all bookings and cancellations via the Camp Australia parent console. Please notify OSHC if you cancel your booking on the day so we do not call you to chase up. Thank you.
Warning signs of cyberbullying

Cyber-bullying is real
Many experts confirm that the psychological effects on our children can be as devastating, and may be even more so than traditional bullying. Research proves that when kids are left unsupervised and without behavior expectations traditional bullying thrives. We may not be doing as good a job as we think. Though studies vary as to the extent of cyber-bullying and if it is increasing, we know that is clearly concerning to any victim. The one common theme in most studies is that parents are too often unaware that their child is a victim or underestimate how often their child is cyberbullied.

REALITY CHECK: One survey found that while 93% of parents feel they have a good idea of what their kids are doing on the Internet; 41% of our kids say they don’t share with us what they do or where they go online.
REALITY CHECK: Another student found that while 30% of youths admit to having been cyberbullied, only slightly higher than 10% of their parents reported that they knew. The study also suggested that parents of younger teens — those who believe their child is smarter than others online, or who are not able to monitor their teen’s internet use — are more likely to be unaware that their child has been cyberbullied.

Open up that dialogue with your teen and listen! Know the signs so you can watch for them. And please recognize that your child may not come to you and share his ordeal. Most teens do not! Keep your antennae up. Monitor. Keep the relationships open. And stay educated so you can parent your digital kid.

Warning Signs of Cyber Bullying

- Tune into your children closer. Look for these possible signs of cyber bullying, but do know there may be others. Please read these warnings carefully.
- Talk to other parents, teachers, babysitters, counselors, and child workers about the signs as well.
- Print out the warnings and give them to coaches, scout leaders, Boys and Girls club leaders, doctors, school officials and to teens and tweens.
- Send a list to the newspaper to print.
- Ask your child’s school to post a list on their website. Get active! Get your community involved.
Here are 11 signs to watch for that may be warnings that your teen is being cyberbullied (and if not, then any of these signs are red flags to look into).

1. Hesitant to be online or unexpectedly stops or avoids using the computer
2. Nervous when an Instant Message, text or Email appears (Watch your child’s response)
3. Visibly upset, angry, or depressed after using the computer or cell phone
4. Hides or clears the computer screen or cell when you enter or doesn’t want to talk about online activity
5. Starts using the computer when you’re not in the room (a change in pattern)
6. Keeps going back and forth to check screen in shorter spurts
7. Withdrawing from friends, wants to avoid school or peer activities or uneasy about going outside in general, pulls away from family members
8. A sudden sullen, evasive, withdrawn, marked change in personality or behavior
9. Trouble sleeping, loss of appetite, excessively moody or crying, seems depressed
10. Suspicious phone calls, e-mails and packages arrive at your home
11. Possible drop in academic performance or a falling behind in schoolwork

The key is to look for a pattern in your child. You should not overlook is a sudden change that is not your child’s “normal” behavior that lasts at least everyday for two weeks. But even then, use your instinct! If you are concerned, don’t wait. Get help! If these signs are not due to cyberbullying they clearly warrant looking into. Something is amiss with your child! Find out what’s going on. Dig deeper. Conference with your child’s teacher, coach, counselor, pediatrician, or seek the help of a trained mental health professional. But don’t think that this behavior is “a phase.” The two saddest words I hear from parents are “If only!” Get help! Do not expect your child will come and tell you about the harassment! Research says that chances are that your child will not tell which is why you need to tune in closer and get educated. Studies show that as our kids get older the likelihood they will come to us and “tell” declines even more.

A top reason kids say they aren’t telling adults: “The adult didn’t listen or believe the report when I did tell!” Sigh! If you suspect your child’s friend or peer is cyber-bullied, report it! For more information see: ‘What to Do If Your Child is Cyberbullied’.

I carry a photo of a young Canadian boy — a precious sixth grader — who ended his life because of bullying. His father gave me his son’s photo and asked me to promise to keep educating parents about the dangers of bullying. I promised that dad I would keep going and I’ve carried that photo for ten years. It breaks me apart every time I look at that photo.

Listen! Tune in! Believe! Please!

**Source**


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*Parenting Tips* is provided as a service to the Association of Heads of Independent Schools of Australia

To receive *Parenting Tips* email: parentingtips@pared.edu.au
The Community Business Directory for 2014 is rapidly growing. You still have time to purchase a space and promote your business! Please complete the attached form and return with your payment to the Accounts Office as soon as possible.

This fundraiser will be used by the Parents & Friends Association to improve the College environment, facilities and equipment, for the benefit of all our students. Aitken families (and friends) may purchase a space for $50.00 to promote their business in the 2014 Community Business Directory. This is a very inexpensive way to advertise your business for a twelve month period.

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Thank you to all the above service providers for sending in your advertisements. Let’s make 2014 the best ever Business Directory!

Yours sincerely
Siobhan Short
President
Aitken College Parents & Friends Association