

11 NOVEMBER, 2022 • TERM 4 WEEK 6

CARRANBALLAC P-9 COLLEGE

Newsletter



TERM 4 CALENDAR HIGHLIGHTS

| | |
|----------------------------------|--|
| Fri 18 Nov | Parents & Friends Colour Fun Run |
| Mon 21 Nov | JW Year 4 Road Safety Incursion |
| Mon 21 Nov- Wed 23 Nov | BW & JW Year 6 Camp Sunnystones |
| Mon 28 Nov | BW Year 4 Road Safety Incursion |
| Wed 7 Dec | 2023 Foundation Information Night |
| Wed 14 Dec | Year 6 Graduation |
| Wed 14 & Thurs 15 Dec | BW & JW Year 7 & 8 Lifesaving Education |
| Thurs 15 Dec | Year 9 Graduation |
| Mon 19 Dec | Last Day of School <i>3pm dismissal</i> |
| Tues 20 Dec | Pupil Free Day <i>Students do not attend school on this day</i> |



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carranballac.p9@
education.vic.gov.au

Boardwalk Campus
Cnr Dunnings Rd &
Foxwood Dr, Point Cook

Jamieson Way Campus
Cnr Jamieson Way &
La Rochelle Blvd,
Point Cook

VISION:
One College,
Infinite Possibilities,
Working Together,
Embracing the Future

MISSION:
Our College fosters
excellence in life long
learners who are
resilient, connected and
respectful

PRINCIPALS' REPORT



MERRIDY PATTERSON, STEVEN MONTGOMERY
& JUSTINE RYAN

We are halfway through the term, and we trust families took the opportunity to take a well-earned rest over the Melbourne Cup weekend. As we near the end of the year, we continue to remind families that attendance every day is important. Staff are presently working through reports which requires some end of year assessment. Always notify the office should your child be away.

We have a number of students across the College who have achieved 100% attendance so far in 2022! We will be acknowledging these students in the next week.

We have noticed several students continuing to arrive late. We would encourage families to discuss punctuality at home, it's importance and the need to be here, ready on time. The first part of the day allows students to set themselves up for success. Later in this edition of our newsletter we have an article about how families can manage if there are anxiety issues around school.

Student Achievements

Recently our Year 8 table tennis team participated in the regional championships. They went on to win the competition which qualified them for the state championship. We would like to congratulate Mitchell, Riley, James, Brian, Jerry, and Lily for their remarkable achievement and wish them all the best for the big day later in the term.

We'd also like to congratulate another Year 8 student, Karina, who was nominated as one of the top twenty performers on the online maths program Mathspace. Considering the program has over 300000 users, this is a remarkable achievement.

Transitions

Over the next few weeks, we will be concentrating on our transition programs. We have three main areas of work. We have had a several visits from our kindergarten students to both campuses as we welcome our new Foundation students for next year. This is an important process to ensure that our new students are school ready. We thank the Foundation team for their ongoing work. Last week we hosted a Year 6 to 7 transition information evening where we welcomed new families who will be enrolling their children at the Year 7 level and finally our Year 9 team are working closely with Point Cook Senior and Homestead to ensure our Year 9s are prepared for their move to senior secondary school.

Information to the families involved will be sent out via Compass.



RESILIENCE



INTEGRITY



INCLUSIVENESS



RESPECT



RESPONSIBILITY

School Events

Our Year 5s have just attended a three-day camp to the goldfields where they learnt about an important time in Australia's history. This camp is linked to the curriculum the students have been taught in class. Well done to our Year 1 and 2s who finished their swimming program. Thanks to the families for having their children organised for this. This week our Foundation students continue their swimming program. We are only a week away from the Colour Fun Run event run by our parents and friends. The community has really supported this event, raising a sizeable amount of money for the college and we thank you for that. This event was rescheduled to due inclement weather last term.

Remembrance Day

Today we commemorated Remembrance Day. Thank you to our student leaders for leading the short service at 11am. We are proud of all students who stood silently at 11am to pay their respects to those military personnel who have fallen, served and are serving.

2026 School Term Dates and Commonwealth Games

There have been changes to Victorian school term dates for 2026. This will provide an opportunity for Victorian communities to participate more broadly in the 2026 Commonwealth Games.

The 2026 Commonwealth Games will take place across regional Victoria from Tuesday 17 March to Sunday 29 March 2026, with Geelong, Bendigo, Ballarat, Gippsland and Shepparton hosting a range of activities and events for 20 different sports and 9 para-sports.

The 2026 Victorian school term dates are:

Term 1: Tuesday 27 January to Friday 13 March 2026

Term 2: Monday 30 March to Friday 19 June 2026

Term 3: Monday 6 July to Friday 18 September 2026

Term 4: Monday 5 October to Friday 18 December 2026.

For the list of school term dates until the end of 2030, refer to [School term dates and holidays in Victoria](#).



LOOKING FOR VOLUNTEERS

Do you have some spare time during the school day?

Would you like to support the reading program in Foundation/Year One and Year Two classes?

Would you like to read with/to individual students?

Do you have a Working with Children check?

If you answer yes to all of these questions we would love to have your support.

Please leave your name, mobile number and the time/times you are available at the front office (we will need to photocopy your WWCC card too)

Then Deb Way, Assistant Principal Foundation to Year 2, will get back to you.

Looking forward to having you join us!

Thank you in anticipation

Foundation/Year One and Year Two teachers and Deb

WYNDHAM COUNCIL YEAR 7 VACCINATION PROGRAM

Wyndham Council has now completed the delivery of vaccinations to our Year 7 students. The arrival of the Covid-19 pandemic has impacted this service significantly over the last few years. This has resulted in many students missing their vaccines due to online schooling, Government isolation requirements and mandates around timing between Covid vaccines and other vaccines. Wyndham Council would like to remind all parents/guardians that if their child/children have missed any of their school vaccines they can attend one of the Council Immunisation sessions or see their G.P. Parents can access their children's vaccination history via their MyGov account. There is no cost involved in attending Wyndham Council sessions, and parents can make an appointment by going to the following link:

<https://www.wyndham.vic.gov.au/services/childrens-services/immunisation>.

The immunisation for year 7 students is the HPV & Boostrix vaccine which can be found under the "immunisations (Secondary School)" drop down list. Bookings can be made via the "Book an Immunisation Appointment" button.

You can also use the QR code to the Wyndham Council Web.



YEAR 5 CAMP

The Year 5's visited Bendigo on Wednesday where they explored the hidden underground tunnels of the Central Deborah Gold Mine.

The campers are currently at the Eureka Centre in Ballarat which is home to some of the most historic Eureka artefacts.

On Wednesday night students enjoyed the 'Aura' light and sound show at Sovereign Hill.



CARRANBALLAC P-9 COLLEGE INSTRUCTIONAL MODEL

One of our Annual Implementation Plan goals for this year was to design and implement a whole College instructional model. Research states that when schools use a common instructional model so that all teachers have a common approach to teaching and learning, students achieve more and teachers teach more effectively.

The College's Pedagogy Lead Team conducted extensive research and worked collaboratively with all staff to determine the content and design of our new model. We are pleased to share this model with our community here! The model is displayed in all classrooms and ensures a consistent approach across the college, providing a safe and predictable learning environment for all students in each lesson - across all subject areas and year levels.

CAROLS NIGHT CANCELLATION

Dear Families,

To celebrate the end of the year we originally had a Carols night scheduled for early December, this has now been cancelled.

Following the recent rains our ovals are currently waterlogged, with further rain forecast to continue. With both campuses close to wetlands, we have recently been inundated with an infestation of mosquitos as many of you will know who experienced our sports day on the Point Cook Oval. In addition to this, allergies caused great concern following Year 7 Wetland excursions as well as our sports day.

We are planning an alternative event which will involve the whole community at our final assemblies on Monday 19th December which will be held in the gyms at each campus. There will also be an opportunity to farewell our Year 9s and to celebrate our Year 6s as they complete their primary years.

Further information will be communicated in coming weeks.

LOST PROPERTY

We have quite a lot of unnamed uniform and non-uniform in the office. Please come and see the office staff to collect any of your children's clothing. A reminder to please put your child's name on all clothing.



WESTERN METROPOLITAN REGION CHAMPIONS

YEAR 8 MIXED TABLE TENNIS

Congratulations to the following Year 8 students who were crowned champions in the Western Metropolitan Region Mixed Table Tennis Competition - Jerry Y 8K, James P 8M, Mitchell P 8M, Riley P 8K and Lily L 8L. The table tennis team did an outstanding job during their individual & doubles games throughout the competition, with the team going undefeated in each group stage. I am incredibly proud of their efforts and determination to take out the win! This team will be heading to the State Championship at Albert Park on November 25th to continue their pursuit - Miss Jovanovski





ANXIETY ABOUT GOING TO SCHOOL

STUDENT ENGAGEMENT & WELLBEING TEAM

The Student Wellbeing and Engagement Team would like to continue our series on school attendance by looking at how anxiety can impact on a student coming to school. Anxiety is a feeling that we can expect all people will experience at some stage in their life when placed in a difficult situation. Anxiety becomes a problem when it is persistent and impacts on a person's ability to function to their highest level for a long period of time. Supporting your child to effectively cope with anxiety is a fantastic way to enhance their resilience.

How To Tell If Your Child Is Anxious

Some of the more common signs of anxiety include:

- Regularly needing assurance for a high number of worries
- Psychosomatic symptoms that present right before school, such as feeling nauseous, short of breath or a headache. These symptoms should dissolve when the 'threat' of attending school is taken away.
- Crying, fidgeting or becoming clingy when nervous
- Issues with sleep like difficulty falling asleep, difficulty sleeping alone, or nightmares
- Being fearful and avoiding a range of situations

Reasons for School-Related Anxiety

There are many different reasons as to why a student may be nervous about attending school, and they may vary for younger students compared to teenagers.

- Being scared to be away from their parents (i.e. separation anxiety)
- School-based problems - being bullied, lack of friends, fear of getting into trouble, learning difficulties, and/or not connecting with a teacher
- New situations - such as their first day of school or starting at a new school
- Worrying that their work will not be good enough, that they will not know the answer if called on in class, or that they will fall behind the class
- Fear of losing a parent - a student may think that something bad will happen to a parent because: they are ill, there are family problems occurring, or they have seen this happen to another child.

How Parents Can Help

The most important thing that a parent can do if their child is anxious is not dismiss their anxiety, or tell them to 'get over it'. The child may perceive this as the parent not caring or understanding the worries that they have and can prolong the duration of their anxiety. There are other ways that parents can help an anxious child:

- Listen to child in a non-judgemental way, and encourage them to share their fears and worries with you
- Discuss alternative ways of looking at the situation that is making them anxious, including possible outcomes and ways to handle it. This will help keep things in perspective.
- Show your child how you positively cope when anxious. Remaining calm in these situations can help them feel more confident themselves.
- Avoid taking over or 'fighting their battles'. This prevents them from learning how to cope themselves and develop resilience.
- If your child has a problem with walking through the school gate or getting on the bus, arrange one of their friends to do this with them.
- If your child delays getting ready for school so that they're late, reassure them that you will call the school to let them know you're late and encourage them to still attend.
- If socialising before school is a worry for your child, arrange for them to arrive just before the bell.
- Get involved in your child's schooling by supporting them with homework/study, modelling skills for independence.

Further Support

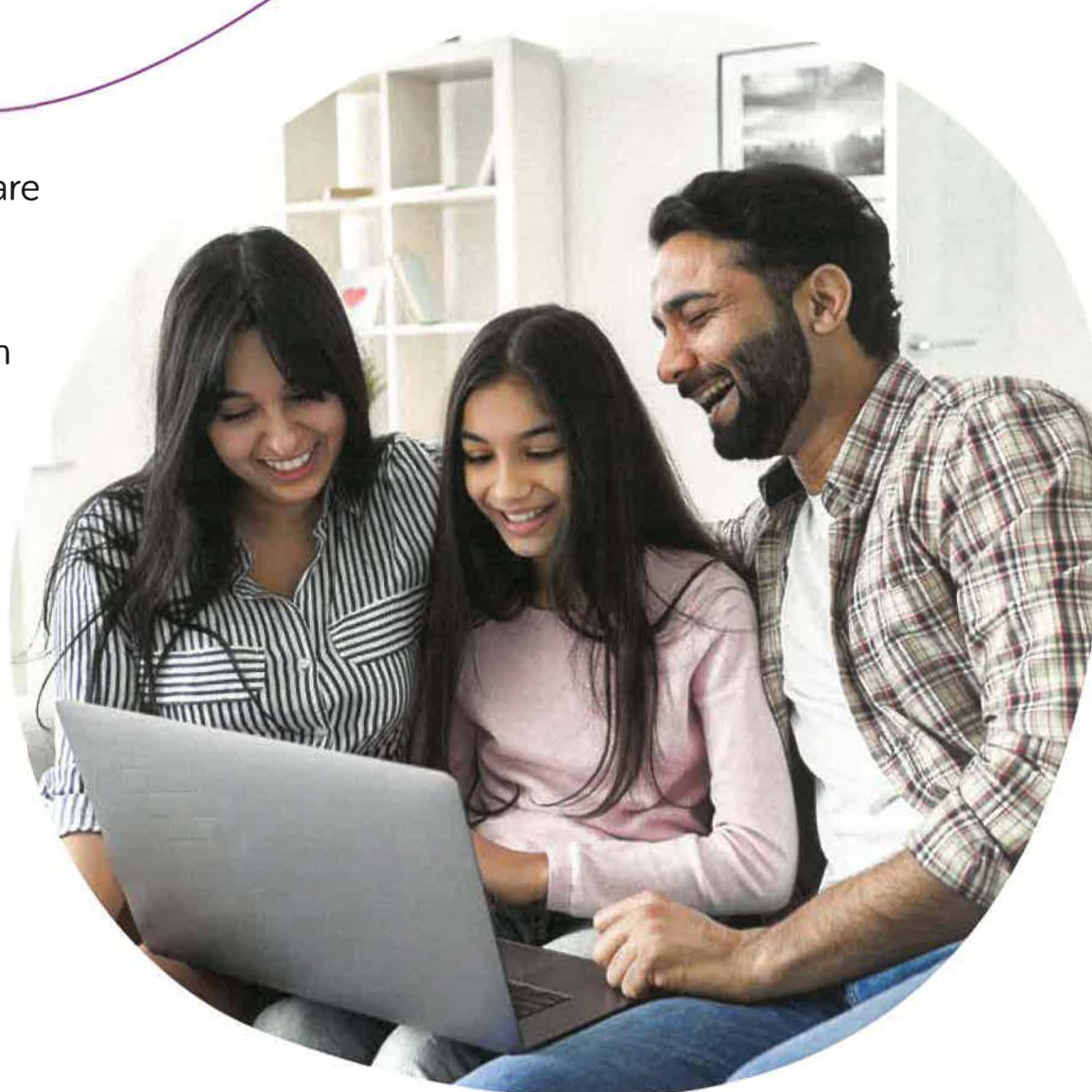
Sometimes, strategies and approaches like those above, do not work and anxious children may require support from a mental health professional. Carranballac College is committed to supporting our students whose attendance may be impacted by anxiety through utilising internal and external support avenues. Please discuss your concerns with your child's classroom teacher or contact the office if you feel that your child could benefit from further support for their anxiety.

Five tips for parents

1. Be curious

Ask your child about what game they are playing? Get them to show you what they are doing. Ask then why it is fun?

Showing an interest in your child's tech life and having them teach you about it, is a great way for you to build an understanding and empathise with your child's interest - it may change the way you see their technology use, alleviate some concerns and change how you make decisions around it.



Five tips for parents







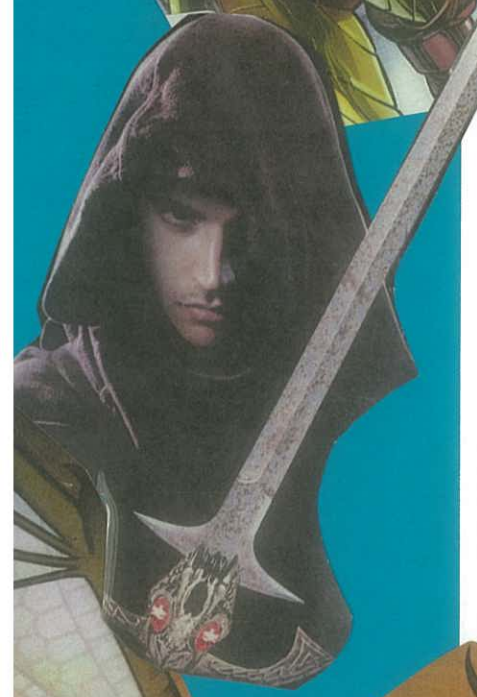








2. Build a sharing culture

Even with young children - show them photos on your phone, or your favourite websites. Influence them by sharing videos you find that they might not see and then foster that as they become older and encourage sharing things they find on social media (not by following them) by sending a message or just showing it on their phone screen.

Normalise that there are things they want to show and share, some things they won't - and so that should be - parents shouldn't know everything their child does or says with friends.

You want to build a relationship of sharing, so when something does go wrong for them, and they need help - they come to you.





My Favourite Character...

From a book Competition

Entries must include:

- # name of your favourite character
- # description of the character & reason for choice
- # name of the book
- # The author
- # Your name and class

Share your reading recommendation's with your peers. All entries will be displayed in the library.
You can include pictures and drawings. Entries can be hand drawn or done on a computer. Maximum size A4.

There is no restriction on the number of entries.

Main prizes will be awarded on the basis of effort and thoughtfulness.

Other prizes will be drawn at assembly.

Place entries in the entry box, in the library.

Competition closes on Friday 18th November

Prizes:

- 3 x Bookclub vouchers of \$20 (Early, Middle & Sec)
- Other prizes - all entries go into the prize draw
- Lots of prizes!



Welcome to Scholastic Book Club 8 for 2022!

Did you know 91% of kids are more likely to finish books they choose themselves?

This term our school will be participating in Scholastic Book Club. Orders will once again be delivered directly to our school. The Book Club catalogues provide quality, age appropriate selections from which children can select their own books.

All books offered are carefully reviewed and levelled by a team of experts to appeal to a wide range of abilities and interests. All purchases made through Book Club generate rewards for our school, so we can continue to provide quality educational material to your children however there is never any obligation to order.

Children improve their reading skills by **READING** so providing quality books they will **WANT** to read is a priority. Your child's Bookclub order will be delivered to their classroom. There are no delivery fees if the order is placed by the date specified below.

We hope you enjoy developing your children's home library whilst supporting our school.

Orders for **Bookclub 8** must be made online

Friday 2nd December, 2022

Click on the link below to view the digital catalogue:

https://scholastic.com.au/media/6579/bc821_web.pdf

Please pay by -

CREDIT CARD - To order and pay for your Scholastic Book Club order by credit card by visiting the link below for the LOOP site, where parents can place their orders.

<https://mybookclubs.scholastic.com.au/Parent/Login.aspx>

Parents can order directly to the school, without paying a shipping fee as long as orders are placed by 2/12/22. Books will be delivered to your child's classroom without any delivery fees.

Carranballac Librarians recommend getting in early and placing your order by 2/12/22 to avoid the rush period. We have found that delivery times have improved this year with all orders arriving before the end of term.

NO CASH PLEASE

