

27 OCTOBER, 2023 • TERM 4 WEEK 4

CARRANBALLAC P-9 COLLEGE

Newsletter



TERM 4 CALENDAR HIGHLIGHTS

Monday 30 October - Wednesday 1 November	JW Year 5/6 Log Cabin Camp
Wednesday 1 November - Friday 3 November	BW Year 5/6 Log Cabin Camp
Monday 6 November	Casual Dress Day - Graduation Fundraiser <i>Gold coin donation</i>
Tuesday 7 November	Melbourne Cup Public Holiday <i>Students do not attend school this day</i>
Friday 10 November	COLOUR FUN RUN
Thursday 16 November	Year 7 Parent Information Night
Friday 24 November	Pupil Free Day <i>Students do not attend school on this day</i>
Tuesday 28 November	Foundation Transition Session 1
Tuesday 5 December	Foundation Transition Session 2
Tuesday 12 December	Statewide Transition Day
Tuesday 12 December	Foundation - Year 2 Picnic and End of Year Performance
Wednesday 13 December	BW & JW Year 6 Celebration
Thursday 14 December	BW & JW Year 9 Farewell



(03) 9395 3533
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

JUSTINE RYAN, JULIET TAYLOR
& JANELLE BARKER

Dear Families,



2024 Class information

We extend our thanks to families who have taken the time to share valuable information about their children for 2024 class placements. Your input is invaluable to us, and it helps us understand your child's unique needs and preferences. Please be aware that, due to the intricate nature of class placements, we can not guarantee specific placements or teachers, however, we will consider your input during the process.

We appreciate the thought and effort you have put into providing us with this information. We want to inform you that class information and requests are now closed.

2024 Year 9 Electives

We are very excited to be offering a wide range of electives to our 2024 Year 9 students. Incorporating student voice and teacher expertise we have curated a variety of electives which cover PE/Sport, Design Technology and The Arts. Our current Year 8 students will have the opportunity to experience subjects based on their areas of interest. Next year we will be offering;

- Picture This (Photography)
- Let's get clay-zy (Ceramics)
- Teenage Dreams and Nightmares (Media Arts)
- Beat Lab (Music Composition)
- Dig It (Landscaping)
- Furniture fabricators (Wood tech)
- Kitchen Culture (Food tech)
- Streetwear Design (Fabric Tech)

All Year 8 students will need to return their first and second preferences to the office or via email by Monday 30th October (please see Compass for further details).

World Teachers Day

This Friday 27th October we are celebrating World Teachers Day and we will be holding a special morning tea at both campuses to acknowledge the amazing work that all of our teachers at Carranballac do each day. It is a chance to recognise and celebrate the teachers who are making, or have made, an impact on our lives. World Teachers Day is a chance to say 'thank you' to a teacher who has made an impact on your life!

Over the past two weeks our teachers have been instrumental in organising opportunities for our students to enhance and broaden their education- including a Japanese incursion where the children were engaged in a Japanese style puppet show, intensive swimming program as well as Year 7's and 8's being involved in a rotation of sporting activities organised by Victoria University.

Olives Available

Are you a fan of olives? If so, you are in luck! We have an abundance of olives ripe for picking at Boardwalk, if you are interested in coming to pick some olives please call the Administration Team for further information.



Attendance and late arrivals

It is great to see so many more students arriving on time to begin their learning at 8.45am. If your child is going to be late or absent on a particular day please call the office to let them know. Students who have been arriving late unexplained have been making up their learning time in the library at recess. We are keen to maximise each student's learning at Carranballac College.

Foundation to Year 6 Swimming Program

Today marks the last day of the Foundation to Year 6 swimming program at AquaPulse. The students developed their swimming skills and should be commended on their exemplary behaviour, remembering to show the college values while in the community.



Thank you for your ongoing support and we look forward to continuing Term 4 with growth, learning and celebrations.



RESILIENCE



INTEGRITY



INCLUSIVENESS



RESPECT



RESPONSIBILITY

CARRANBALLAC P-9 COLLEGE

SWPBS & WELL-BEING STUDENT RECOGNITION

VALUES ACKNOWLEDGEMENTS & SHOUT OUTS

Students who receive this award have successfully displayed one or more of our five school values of Respect, Inclusiveness, Resilience, Integrity and Responsibility in class and out in the yard over the last fortnight.



BOARDWALK

STUDENT WEEK 3	STUDENT WEEK 4
Sam F/1B	Emilia F/1A
Kitty F/1B	Oliver F/1A
Loki 2B	Wahid 2A
Nate 3A	Micah 3B
Joseph 4A	
Jeffrey 5C	Arihant 5B
BB 6B	Lachlan 6C
Daniela 7A	
Chip 8A	Diezl 8A
Hayam 9B	Aleyna 9C

JAMIESON WAY

STUDENT WEEK 3	STUDENT WEEK 4
Musa F/1J	Lataya F/1K
Vaym 1J	
Elena 2J	Gabrilie 2K
George C 3L	Aisya 3/4J
Christian 56L	Frankie 3/4J
Jarryd 6K	Max C 6J
Aiden 7L	
Gowtham 8L	Jayda 8J
Poppy 9J	

YEAR 7 MELBOURNE ZOO EXCURSION



AYDIN 7A &
AALIYAH 7B



On Monday the 16th and Wednesday the 18th of October, the year 7's of both Boardwalk and Jamieson Way went on an excursion to Melbourne Zoo. On this excursion, students were able to visit some of their favourite animals and take a deeper dive into animal classification. Each exhibit left a positive impression on all students with the monkey exhibits leaving the best impression.

Students were lucky enough to have a learning experience with one of the zoo's staff. We were taught about animal adaptations through exploring the skull and bone structures of various different animals. Students left the zoo with huge smiles on their faces. Overall, a very exciting and educational excursion.

Students also enjoyed having spent the trip with friends. Apart from being a universally enjoyable experience, students learnt a great deal as well.

YEAR 5 GARDEN BEDS

Last term, pupils of 5B used our brilliant persuasive writing skills to persuade Ms Ryan to allow us to use the empty garden beds at the front of the school.

We then wrote a persuasive letter to Bunnings, Hoppers Crossing, to ask for plant donations. When the donations arrived, 5B have gotten shovels, seeds, fertilizers and a myriad of other tools.

In the plant based section they gave us lettuce, cucumbers, carrots, tomatoes and herbs.

Ari 5B



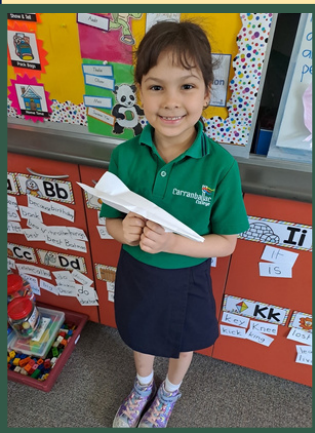


WMR ATHLETICS

Congratulations to Macy P in 5J who has made it through to the State Athletics Competition. Macy competed in hurdles and triple jump at the Western Metropolitan Region Athletics event. She achieved a result of 8.52 metres in the triple jump and a result of 14.3 seconds in hurdles to place 1st in both events. Well done Macy and we all look forward to seeing what you can achieve at the state event and beyond.



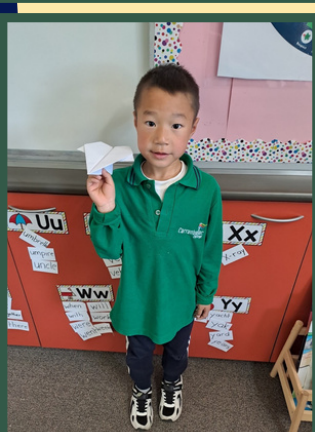
FOUNDATION/ YEAR 1 PROCEDURAL WRITING



Friday 20th of October 2023
 Goal: To make the Best
 How to make a paper Aeroplane
 Goal: to make the best paper aeroplane
 Materials: 4. Fold the wings
 - Paper: along the middle
 - hands: line 5. Give it a
 Method: throw! conclusion
 1. Fold the paper in half making
 2. Fold the top corners a paper
 into the middle line. aeroplane
 3. Fold the top sides to was Fun:
 the middle line. ✓



Friday 20th of October 2023
 Goal: To make the Best
 How to make a paper Aeroplane
 Goal: To make a paper aeroplane
 Materials: paper
 - hands
 Method:
 1. Fold the paper horizontally.
 2. Fold the top 2 corners.
 3. Fold the ^{horizontal} sides to the
 middle lines.
 4. Fold the paper again.
 5. Fold the wings down then
 give it a throw! ✓



Friday 20th of October 2023
 Goal: To make the Best
 How to make a paper Aeroplane
 Goal: To make an aeroplane
 Ingredients/ Materials - paper hands
 steps/ Method 1. fold the paper in half
 2. Fold the top corners into the middle
 line.
 3. Fold the top sides to the middle line.
 4. Fold the wings along the middle line.
 5. Give it a throw ✓





FOOD TECH NEWS



It has been a very busy time in the Food Tech kitchen these past 2 weeks for year 7 and 8 students. We have been investigating a fusion of flavours with a popular dish called Halal Snack Pack. The exact origin of this snack pack is unknown however it originated in Australia as a culinary fusion of Middle Eastern and European cuisines (see recipe below). Students have been encouraged to make their own version of it at home.

We have also learnt the essential techniques that are necessary for perfectly cooked pasta, known as 'al dente', in Italian means 'to the tooth'. This describes the ideal texture of pasta when it is cooked just right. In our recent session, year 7 students produced spaghetti napolitana, while year 8 students extended their skills by making meatballs to add to their dish.

Year 9 students were able to distinguish the contrast between gnocchi and handmade pasta. Gnocchi is a pasta shape that uses potatoes as the main ingredient, whereas pasta is made with wheat flour as the primary ingredient.

It is important to bring your containers with you next week as we dive deeper into various culinary cuisines!



Gnocchi - year 9 student



Spaghetti meatballs - year 8 student



HALAL SNACK PACK

SERVES 2

Preparation Time: 15 minutes

Cooking Time: 40 minutes

INGREDIENTS

- 1 sheet greaseproof paper
- ½ cup grated cheese

For the meat:

- 300g chicken thigh thinly sliced
- ¼ cup olive oil
- 1 Tablespoon lemon juice
- 1 teaspoon minced garlic
- 2 teaspoons ground cumin
- 2 teaspoons smoky paprika
- 2 Tablespoons dried parsley
- Salt and pepper

For the fries:

- 4 potatoes
- 2 Tablespoons olive oil
- Salt and pepper
- 1 teaspoon olive oil

Suggested Sauces:

- Garlic aioli, sriracha, BBQ or tomato



METHOD

1. Preheat oven to 200C.
2. Slice potatoes into ½ inch thick sticks and place in a bowl.
3. Sprinkle with olive oil, salt and pepper.
4. Place on a lined baking tray and bake in oven for 20 mins or until brown.
5. Prepare chicken: In a bowl mix: olive oil, lemon juice, garlic, cumin, paprika, parsley, salt and pepper. Add chicken and mix. Ideally allow to marinate for ½ an hour.
6. Heat a frypan on a medium/ high heat and pan fry chicken until juices run clear. Set aside.
7. Arrange fries in a dish, layer with cheese then chicken. Top with your choice of sauces.

THANK YOU TO OUR PARENTS AND CARERS

Carranballac College would like to thank the parents and carers of our students for your efforts in supporting our new late arrivals process. We have already seen some great improvements in the number of students who are now arriving before 8:45am and ready to learn each morning. This will have a range of social and academic benefits for our students, and we appreciate any changes that you may have made at home to allow this to happen for your children.

Week 3 - Zero Late Arrivals

A special mention goes to 3A who did not have a single student arrive late and unexplained for the whole of Week 3. What a fantastic effort!

Term 4 Attendance Competition

The Primary and Secondary classes at each campus with the highest attendance across all of 2023 will be rewarded at the end of Term 4 with ice cream sundaes. Keep your eyes peeled on COMPASS and the newsletter in Week 6 to see which classes are leading at halfway.

Support for Attendance

If you feel that getting your child to school on time or altogether is a challenge, we are more than happy to support you to address this.. Please reach out to your child's classroom/homeroom teacher or call the office on (03)9395 3533 to discuss further.

How to be Cyber Safe

Do you think that bullying is okay? No. Cyber bullying?
Also no. But so many people get cyber bullied every
day. So how do we protect our self from cyber
bullying?

1. Don't share any details to anyone. This includes close friends because after you share your details with them you won't be so close anymore.

2. Don't blame yourself. They are probably going through something too, but know that bullying isn't right and should never happen or be do.

3. If you do get cyber bullied Don't respond. Sometimes bully's want to see a reaction in you so they themselves can feel empowered.

4. Save the evidence. The good thing of cyber bullying is that it can be saved weather its screenshots or save files make sure to save the evidence as proof.

If you do get cyber bullied, please tell a trusted adult or call kids helpline at 1800 55 1800

GRADUATION FUNDRAISER

Monday 6
November

casual
DRESS
day

gold coin



donation



Thursday

16
NOV

Year 7 INFO NIGHT

Carranballac would like to welcome you to our College. We are having an information night to help you familiarise yourself with our friendly staff, our diverse curriculum and ask any questions you might have for the new school year!

School tours available!

Light
refreshments
available



Gold coin
donation



Time

4.30 TO
5.30PM

Where

BOARDWALK
CAMPUS

SCHOOL FUNRUN

On **Friday 10th November** we are holding our Crazy Colour Day as a major fundraising event! We're holding it to raise much needed money for further outdoor equipment and air-conditioner maintenance.

Are you Fundraising?

Currently we're still a long way from our goal, so we need everyone to pull together to help. The easiest way to help your child raise money is through online fundraising, where students raise an average of \$120. Go to schoolfunrun.com.au, create a student profile page and share your online fundraising link via SMS, Email and Social Media.

If you are currently fundraising, THANK YOU! We hope you will continue to share your link and fundraising for the school.

Competition Time!

The classes that had the most profiles created by Monday 16th October get to run first on the day. Congratulations to 2B and 2J who will get extra opportunity to get covered in colour!

Every student who has raised \$100 or more by Monday 30th October will go into a random draw to win one of 10 canteen vouchers to the value of \$10.

The class from each campus to raise the most money overall will get a class party with icypoles.

About the Day

We're looking for all students to participate, regardless of whether they have fundraised or not. We're organising a great day for our community, so we'd love everyone to come down to support the kids. Primary students will run from 2pm – 2.25pm. Secondary students will run from 2.30pm to 2.50pm.

We are also looking for parents to assist from 1pm to setup the course and spray the kids with colour. If you have a current Working with Children's check and are able to help out please email secretary.pf@carranballac.vic.edu.au and advise which campus you can help at.

If the weather isn't suitable we will send a Compass notification the night before advising of a new date.

Frequently Asked Questions

What should my child wear to the event?

Students should wear casual clothes on the day that you don't mind getting covered in colour powder. We encourage them to wear white or light sun-safe clothing to get the most colourful experience. It's best to also run in old running shoes.

If the event is postponed, students are expected to come in uniform on the 10th.

What should my child bring to the event?

A few things you should pack are:

- A Water Bottle
- Hat
- Sunscreen
- Sunglasses (if preferred)

If your child is attending after school care or going somewhere other than home straight after school, please pack a change of clothes and shoes for them.

What if my child has a medical condition? (e.g. Asthma etc.)

As this is a running event, please ensure the school is aware of any relevant medical conditions and that the office has been provided with any necessary medications.

The next few pages contain the product safety information for the colour powder.

Prizes

On top of raising more money for the school, students who raise just \$10 will be able to choose a prize! They can order from the 1st November until the 8th November.

Thanks for your support and happy fundraising!

Mindfulness

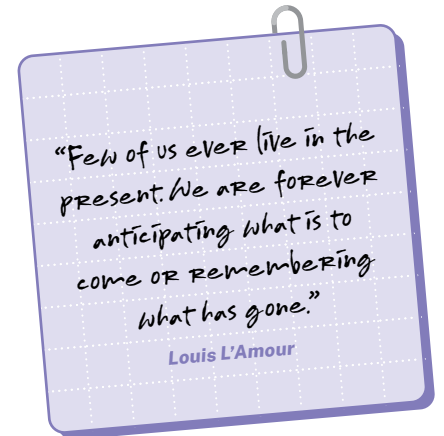
is about **purposely paying attention to the present moment** in ways that are helpful for you. **Looking after our mind** can have great positive benefits, both physically and mentally, such as a **reduction in anxiety and stress**. You can practise mindfulness in a formal way by completing meditations/breathing exercises, or in a more informal way by being mindful engaged in your day's activities.



Habits are automated behaviours that we have learned from experience.

Developing daily wellbeing habits will positively impact your mental health and create a sense of wellbeing. They will further develop your resilience skills to help you cope with life's ups and downs.

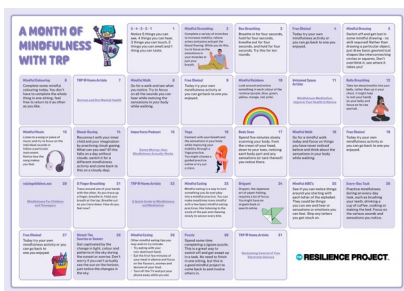
Creating new habits can be challenging, you need to train your brain. Think about your current daily habits. Do you have a morning routine? What about a pre bedtime routine? **Where could mindfulness fit in?**



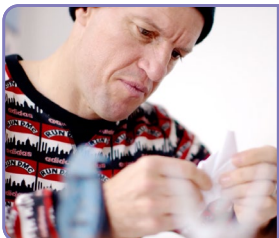
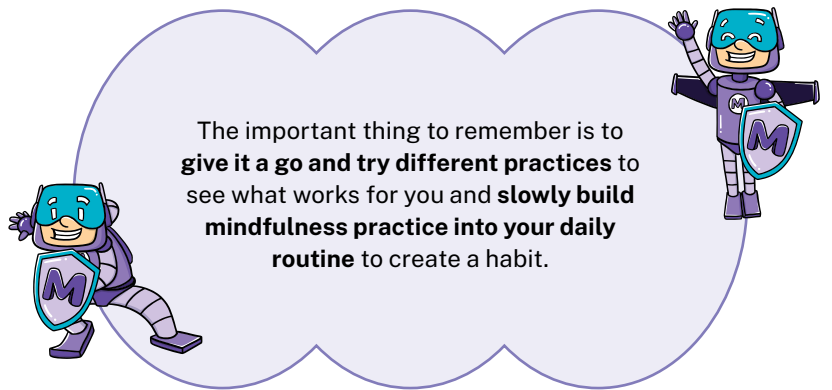
Month Of Mindfulness



Click on the image below or scan the QR code to gain access to a **month of mindfulness practices and information.**



Not all of the activities suggested are considered **formal or traditional** mindfulness, but they **encourage an attitude of mindfulness** which will help you to improve your ability to be present or focused, this aids in the practice of more formal pursuits.



Listen to Martin from The Resilience Project talk about the **importance of Mindfulness**. Something to think about...

- Do you or your family practise mindfulness?
- If so, what do you do?
- If not, how could you incorporate mindfulness into your life?

Proudly supported by



The Resilience Project is proud to partner with Coles to support students, teachers and parents to become happier, healthier and more resilient. We are grateful for the commitment and shared vision of Coles to support the mental health of all Australians.

BIG SUMMER READ



JOIN. BORROW. READ. WIN!

December 1 - January 31

<https://www.wyndham.vic.gov.au/kids-big-summer-read>



Public Libraries
Victoria





1224 Lytton Rd, Hemmant, Queensland, 4174
Ph: 07 3348 8089

www.stagefx.com.au

Safety Data Sheet

Section 1 - Identification: Product identifier and chemical identity

Product: Coloured Powder (Holi Powder)

Other Name: Corn Starch Powder

General Use: For use in celebrations, colour runs, photo shoots and festivals

Company Name & Address:

Stage FX
1224 Lytton Road
Hemmant, QLD 4174

Phone Number: +617 3348 8089

Section 2 – Hazard(s) identification

Not Classified as Hazardous according to the Globally Harmonised System of Classification and Labelling of Chemicals (GHS) and Safe Work Australia Criteria.

Not Classified as Dangerous Goods according to Aust Code Transport of Dangerous Goods

1. Acute Effect – Found non-hazardous while getting in contact with skin, eyes and inhalation. May cause irritation.
2. Effect on Skin – Prolonged exposure may result in slight irritation.
3. Effect on Eyes – Prolonged exposure may result in slight irritation.
4. Ingestion & Inhalation – Slight irritation if swallowed &/or inhaled in small quantities. Corn starch is considered a stable diet in some countries.

Section 3 – Composition

1. Corn Starch
CAS No: 9005-25-8
Percentage: 98.3%
2. Food Grade Dye
Percentage: 1.7%

Colour	CI	CAS No
Blue	CI 42090	68921 - 42-6
Pink	CI 15850 (3)	5858-81 - 1
Yellow	CI 19140:1	12225-21 - 7
Orange	CI 15985	15790 - 07-5/2783 – 94 - 0
Green	CI 19140/CI 42090	68921 - 42-6/235 – 428 - 9



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Ph: 07 3348 8089

www.stagefx.com.au

Safety Data Sheet

Purple	CI 77007/CI 15850	57455 – 37 - 5, 67053 – 79 - 6
Red	CI 16035	25956 – 17 - 6

Section 4 - First-Aid Measures

1. Skin Contact - Wash exposed area with mild soap & warm water until the colour is removed. Get medical attention immediately if irritation persists
2. Eye Contact - Wash eyes with water for some time until irritation subsides. Ensure thorough cleansing and avoid contact lenses during usage. Get medical attention immediately if irritation persists.
3. Inhalation - Take the individual in fresh air. If problem in breathing, then give artificial respiration. Get immediate medical attention if breathing is difficult.
4. Ingestion - Dilute stomach with large quantity of water, if the person is in a conscious state. If unconscious, do not attempt to give anything by mouth. Get medical attention immediately.

Section 5 - Fire-Fighting Measures

1. Auto Ignition Temperature – Not determined
2. Extinguishing Media – Use water spray when fighting fires involving this material.
3. Flash Point- NA
4. Hazardous Combustion Product - None

Section 6 - Accidental Release Measures

Collect leakage/spilled material and place it in a suitable waste container according to local /state regulations. Cleanse the contaminated surface by water.

Section 7 - Handling and Storage

This product may produce airborne dust while handling. Handle in a way, which minimises the generation of dust. Keep the product away from heat and source of ignition. Do not breathe dust. Keep all the containers tightly closed and in a cool ventilated area. Do not store above 40°C.



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Ph: 07 3348 8089

www.stagefx.com.au

Safety Data Sheet

Section 8 - Exposure Controls and Personal Protection

1. Ventilation – Use of this product outdoors is recommended. If inhalation occurs it may cause a mild discomfort but will pass. If further irritation occurs please refer to a doctor.
2. Personal Protection Exposure standard CAS:9005-25-8 –Skin protection is not required under normal use conditions. This is a mild product with no side effects and is also Gluten free.

Section 9 - Physical and Chemical Properties

Appearance – Solid

Odour - Characteristic

Shades- Pink, Red, Purple, Royal Blue, Pistachio Green, Magenta, Orange, Yellow, Chrome, Violet, Ocean Blue, Parrot Green, Blueish Green, Military Green, Black, White, Brown.

Boiling Point - NA

Melting Point- NA

Solubility in Water –80% soluble in water

pH - 7.0

Section 10 - Stability and Reactivity

1. Stability – Stable if stored below 40°C
2. Chemical Incompatibility - Slightly reactive with oxidized agent.
3. Situations to avoid - Avoid excess heat and oxidizing agents.
4. Hazardous decomposition products– NA

Section 11 - Toxicological Information

1. Effect on Skin – This product is not lethal when applied.
2. Effect on Eyes – Slight irritation if excess colour exposed into eyes.
3. Inhalation Effect – This product is nontoxic by inhalation.
4. Chronic Effects - Carcinogenic material are not found in this product.



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Safety Data Sheet

Section 12 - Ecological Information

This product is non-toxic, non-hazardous and de-gradable product. This product is not known to cause adverse effects on the environment.

Section 13 - Disposal Considerations

Dispose of the waste as per state/local regulations. This product is safe for landfill.

Section 14 - Transport Information

Packing – Transparent plastic pouches, plastic drums and fibre drums.

Label -For external application only.

Shipping – By road, sea and air.

Section 15 - Regulatory Information

Not Applicable

Section 16 - Any other relevant Information

All the data and information on this sheet is based on our knowledge, study and research from reliable sources and are believed to be accurate. This information is applied to our product only.

Date of Issue: 25/10/2021

Authorised Signatory

Chris Bagnall (CEO and Director) License to test according to Department of Mines and Energy since 2008