

CARRANBALLAC P-9 COLLEGE

Newsletter



TERM 4 CALENDAR HIGHLIGHTS

Tuesday 10 December	Statewide Transition Day
Wednesday 11 December	Grade 6 Celebration Event
Thursday 12 December	Year 9 Graduation
Friday 13 December	BW & JW Year 9 Celebration Day
Monday 16 December	BW & JW Year 6 Adventure Park Excursion BW & JW Year 9 Celebration Day
Tuesday 17 December	Step Up Day 1
Wednesday 18 December	Step Up Day 2
Thursday 19 December	Last Day Term 4, 3pm finish Whole School Assembly 9:00am gym
Wednesday 29 January	First Day Term 1, 2025



(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, BRETT WATSON &
JANELLE BARKER



Dear Families,

This fortnight has been filled with exciting learning opportunities and milestones for our students and staff as we edge closer to the conclusion of the school year.

Foundation Transition Days

We are thrilled to have welcomed our 2025 Foundation students to their transition days on Tuesday 26th November, and again on Tuesday 3rd December. The final transition day will coincide with the statewide transition day on Tuesday 10th December. These sessions provide a wonderful opportunity for our youngest learners to begin their Carranballac journey, meet their new classmates, and familiarise themselves with their learning environment. Thank you to all families who attended information sessions at each campus. We hope this has helped support you in your important role as parents and initiated our school / home partnership. If you were unable to attend the session and require any additional information, please contact the college.

AISA Cyber Security Conference (Cyber Con)

On Tuesday 26th November, a group of Year 9 students attended the opening afternoon of the AISA Cyber Security Conference. They had the privilege of meeting astronaut Jose Hernandez, who inspired everyone with his story of perseverance and his father's five-ingredient recipe for success:

1. Define your goal
2. Recognise how far you are from it
3. Create a roadmap to get there
4. Education is the key
5. Develop a strong work ethic
6. Jose added his own sixth ingredient: Persevere – never give up.

Our students returned enriched and motivated by this unique experience.

Year 9 Outdoor Education Overnight Hike

Outdoor Education elective students ventured to the Brisbane Ranges for an overnight hike from Monday 25th November, to Tuesday 26th November. The group embraced the challenge of navigating the rugged terrain, building resilience, teamwork, and their understanding of the natural world. We would like to thank Ms Filmer for her organisation and implementation of this exciting experience for our students, alongside Mr Duke who attended the hike.

Year 5/6 Urban Camp

From Wednesday 4th December, to Friday 6th December, our Year 5/6 students participated in an exciting urban camp, exploring the city and engaging in various educational and recreational activities. Students participated in activities that focussed on self-development, resilience and communication whilst also providing them with new experiences. The camp was an incredible opportunity to explore all Melbourne has to offer; culture, education, sport & fun and helped students broaden their horizons and build strong peer connections. A special thanks goes out to all of our staff involved in the camp. It takes a great deal of organisation to run a camp like this and our staff went above and beyond to ensure all students were kept safe in this challenging environment.

Foundation to Year 2 Concerts and Specialist Showcases

This week, our younger students lit up the stage with their concerts through our specialist showcases on Tuesday and Wednesday afternoons. Parents, carers, and staff were treated to a wonderful display of creativity and talent, celebrating the hard work and achievements of our Foundation to Year 2 students.

Transition Preparations

Staff have been busily preparing for the state-wide Orientation day next Tuesday and the additional transition sessions in the final week of term. These sessions provide all students with a glimpse into their learning programs, next year's classes, and exciting team-building opportunities to foster deeper social connections.

Upcoming Celebrations

Just a reminder to families and students in years 6 and 9 to look forward to our celebration events over the next few weeks. Our year 6 students will have their celebration on Wednesday, December 11 between 3:30 pm and 5:00 pm followed by their Adventure Park excursion on Monday December 16. Adventure Park Geelong will have activities to suit all students including water and non-water rides.

Our year 9 students will celebrate their year together officially on Thursday 12th December between 4:00 pm and 5:00 pm. They will then enjoy a number of days of activities (on December 13, 16 & 17) which will include ten-pin bowling, mini golf, a city excursion along with a BBQ back at school on the 17th.

These activities will afford our students the opportunity to celebrate the memories, achievements and friendships they have made during their time at Carranballac P-9 College..

As we head into the final stretch of the term, we look forward to celebrating the progress and achievements of all our students and sharing their excitement for the year ahead. Thank you for your continued support!



RESILIENCE



INTEGRITY



INCLUSIVENESS



RESPECT



RESPONSIBILITY



SWPBS News



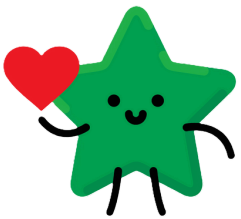
Congratulations to all our Carranballac All Stars who consistently demonstrate our school values of

Respect, Inclusiveness, Resilience, Integrity, and Responsibility!

With just two weeks left, there's still time for more students to join the ranks of our All Stars! Let's work together to embody these important values every day.

Examples of how to demonstrate each value.

Respect



Being honest and valuing ourselves, other people, property, and privacy.

Resilience



Embrace new opportunities and skills and proactively face challenges.

Inclusiveness



Values differences and welcomes others.

Responsibility



Behaving in an appropriate manner and making good decisions

Integrity



Being honest, reliable and fair.



YEAR 1/2 NEWS

LOOK AT WHAT WE HAVE BEEN DOING...



IGA's favourite video game

Write: What is your favourite video game?

Mario kart	
Roblox	
Mario kart	
Mario party	

Most people like Roblox

Roblox won with 5 points and Mario kart lost with 1 point

INVISIBILITY - The best Super Power!

Written and Illustrated by Lina

I think being invisible would be the best Super Power.

Firstly, if you are playing hide-and-seek, you will find you.

Secondly, I would eat ice-cream and no one would see me.

Finally, no one would see me so I can do anything I want.

Lastly, I have given you all the reasons why invisibility is the best Super Power!

What is your favourite Animal?

Guinea Pig	
fish	
Koala	
Kangaroo	

Most people like fish

HAO YU CHEN

Mind Controlling RULES!

Written and Illustrated by Arie

I think mind controlling is the best superpower!

Firstly, you could mind control your parents and make them do your jobs.

Secondly you can make anyone do anything you want.

Finally, you can make everyone be your friend.

In conclusion, this must show you

12A favourite takeaways

Write: Do you like take away?

Pizza	
McDonalds	
Kfc	
Hungarys	

Most people like Pizza

IN WRITING WE HAVE BEEN LOOKING AT PERSUASIVE TEXTS. IN MATHEMATICS WE HAVE BEEN COLLECTING DATA AND MAKING GRAPHS.

12A's favourite Video Game?

Roblox	
Minecraft	
Mario Kart	
Mario Party	

Most people like Roblox

This graph shows that Roblox is the favourite.

What is your favourite animal in Australia?

Kangaroo	
Koala	
platypus	
wombat	

Most people like platypus

TELEPORTING - The best superpower!

Written and Illustrated Ben Ben

I think teleporting is the best superpower.

Firstly Teleporting is the best Superpower because you can go to places Superpower because faster.

Secondly if I was in a race I could teleport to the finish line.

Finally if you were late to something you could just teleport to that place.

Lastly I have given you all the information that should make you agree that teleporting is the best superpower!

What would you rather be?

Scientist	
Biologist	

Most people like Scientist

This graph shows that more people would rather be a biologist than a chemist

SCIENCE REPORT



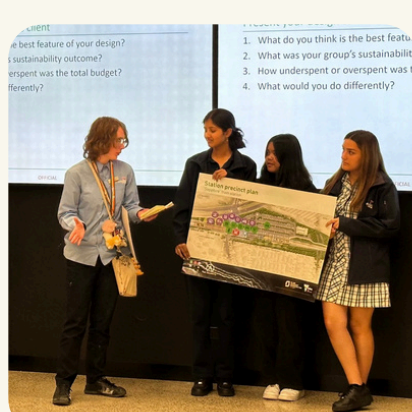
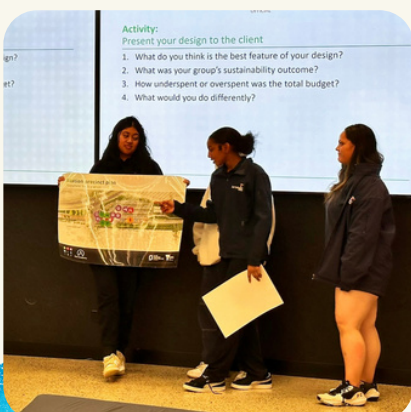
In Science, Year 7 students enjoyed two exciting excursions – one to Melbourne Zoo and another to the wetlands near our school. They put their knowledge of animal classification and local ecosystems into practice.



Year 8 students have done an excellent job on their rollercoaster assessments, showcasing their understanding of forces and energy. They are now preparing for their Science Fair presentations, which will be celebrated in Week 10 with parents and teachers invited to attend!



Year 9 students visited Wyndham Tech School for the Women in STEM program, exploring how technology shapes the future of workplaces and STEM industries.



YEAR 9 OVERNIGHT HIKING CAMP

RECOUNT

During the month of November, me and my elective class (outdoor ed) got given the opportunity to participate in the overnight hike excursion. As we arrived at the starting point, we began putting on our hiking bags filled with everything we needed including our Trangia's for cooking and our tents. We started the hike at around 10am and finished at roughly 5pm. During our journey it was extremely challenging going up steep hills and through the forest while always carrying around 15kg on our back. The weather was also very hot, which made sweating a lot worse. As we got to the campground even though everyone was tired, we began setting up the tents and after that we rested. At night we ate our dinner from our Trangia's then later when it started to get dark, we played hide and seek in the dark. The next morning, we woke up at around 8am and ate our breakfast and then left for the hike at around 9:30. We went up to our teacher's car first to drop off some weight from our bags then we began the hike. This day was hotter than the last, but we had less weight so that made the hike a lot easier. As we finished the last hike, we ate lunch while we were waiting for the bus. Once we got to school we started unpacking and organizing all the stuff.

Thomas 9K



The day started with us loading all our food and equipment into the big backpacks and then put them onto the bus. The bus ride was not long and the fog that covered the hills was great to look at. As we got off the bus the journey would begin and as we put those bags onto our shoulders, we knew we were going to be in for a long walk. The first few hundred meters were not bad as it was mostly downhill and flat but once we reached the first hill the shoulders really started working. The rocks and sticks that were scattered across the thin track almost tripped some people. Hour after hour people asked how long it was till; we made it to the lunch spot that we were going to have lunch at. Once we made it to the spot the pressure was relieved from our arms for now and we could get some much-needed energy into our tired systems. It was a short 20-minute break, and we were almost halfway through the hike. The hills kept coming and eventually we made it to a relatively flat part of the track. The final stretch of the track was a downhill section, and I didn't realise at the time that going back up that hill would be the hardest part of the trip. The first thing we did was put down the bags and then it was to quickly set up the tent so we could lie down and have a nice rest before making dinner. We all sat around with our Trangia's and began to cook whatever food we had. We all went back to our tents after eating and Me, Liam, Isaac, and Isaiah decided to combine the tents, and we all started to pull out our sleeping bags and remove some weight from the backpacks. At 9 we all played hide and seek in the dark with one of the flashlights and some possums started to fall out of the trees. After we finished playing, we all tried to get a good night's sleep with our shoulders still hurting. The next day was much easier as we packed up the campsite, our bags were much lighter and the strain on my shoulders was much less. The way back to where the bus would pick us up was much quicker as we took a few shortcuts, and we also took less stops. On our way back we saw a few kangaroos hopping around. We were close to the end when we realised we had no water and quickly made our way to the pickup stop. The bus picked us up and we went to Mr. Duke's car where we filled our empty water bottles and then took the bus back to school.

Seb 9J

FAMILY MENTAL HEALTH

School attendance can be impacted by a wide variety of issues, one of which is the mental health of the student's family. This can be a real challenge, so we'd like to give some simple information and tips on fostering and maintaining good mental health in your family.

Good Mental Health

Good mental health is generally present in most of us, but everyone experiences periods of feeling down or stressed. These feelings usually pass in a few days. To support your child's mental health, it's important to show that you care in various ways, such as:

- spending quality time together
- asking about their interests
- showing affection
- encouraging open communication about their feelings

Active listening, comforting them during distress, participating in activities together, praising small achievements, and providing consistent, loving care with clear boundaries all contribute to fostering good mental health in children.

Mental Health Problems

For some individuals, feelings of being down or unable to cope can persist and develop into a mental health problem. In fact, 1 in 5 children and adolescents will experience such issues, making it quite common. If you're concerned about your child's mental health, it's important to speak with a professional. Early intervention typically leads to the best outcomes.

The following are some signs of mental health problems in children and adolescents. If they last a few weeks, you should seek professional help:

- Inability to get along with other children
- Significant fall in school work
- Significant weight gain or loss
- Changes in eating or sleeping patterns
- Lack of energy or motivation
- Moodiness
- Restlessness, fidgeting or trouble concentrating
- Excessive disobedience or aggression
- Crying a lot
- Feeling hopeless or worthless
- Reluctance to go to school or other normal activities

Parent/Carer Mental Health

It's important for parents to take care of their own mental health in order to be able to care for their children.

To cope with life's challenges, parents can try these self-care tips:

- Take time out for yourself occasionally
- Engage in a hobby or something you enjoy
- Spend quality time with your partner and friends
- Talk to trusted people about your concerns
- Prioritise good sleep
- Do something small for yourself each day, for example:
 - Going for a short walk
 - Meditating
 - Taking 10 minutes to relax
 - Listening to music
 - Going to bed early
- Get involved in a parent group
- Reflect on the positive aspects of your life
- Have fun and enjoy life!

Support Is Available

If you feel that your family would benefit from accessing extra mental health support, here are a few options in the community.

- For young people aged 12 -25: [Headspace Werribee](#)
- 24/7 Phone and WebChat help via [Kids Helpline](#)
- Free counselling for anyone aged 6+: [IPC Health Community Mental Health](#)
- Free and anonymous counselling for parents/carers: [Parentline](#)
- Subsidised professional help with a [Mental Health Treatment Plan \(accessed via your GP\)](#)
- 24/7 Aboriginal and Torres Strait Islander Phone Support at [13YARN](#)

Carranballac College also understands that life can be difficult for our families and so our school is always more than happy to support our students through whatever mental health challenges they may be experiencing.

Please reach out to your child's classroom/homeroom teacher about accessing support from the wellbeing team, or call the office on (03) 9395 3533 to discuss further.

Advice of Student Transfer

Please complete this form if your child/ren will be leaving Carranballac P-9 College. Hand into your Campus office, or email to carranballac.p9@education.vic.gov.au

Student's name: _____ Class: _____

Reason for transfer: _____

Name of new school: _____

Last day of attendance at Carranballac P-9 College: _____

Family contact details:
(include phone number and new address)

Parent's Name: _____

Parent's signature: _____

Date: _____