

12 SEPTEMBER 2025 • TERM 3 WEEK 8

# CARRANBALLAC P-9 COLLEGE

## Newsletter



### TERM 3 & 4 CALENDAR HIGHLIGHTS

Monday 15 September - Tuesday 16 September	JW Year 9 Outdoor Ed Overnight Hike
Friday 19 September	<b>BW &amp; JW Primary Disco 2:00pm gym</b> <b>Last Day Term 3, 3pm finish</b>
Monday 6 October	<b>First Day Term 4</b>
Tuesday 14 October	BW Year 7 Science Incursion
Wednesday 15 October	JW Year 8 Science Incursion
Thursday 16 October	2026 Year 7 Information Night
Friday 24 October	Grandparents and Grand Others Morning
Monday 27 October	BW Year7 Melbourne Zoo Excursion
Friday 31 October	JW Year 7 Melbourne Zoo Excursion Casual Clothes Day - gold coin donation Fun Run promotion Primary Assembly 2:30pm gym
Monday 3 November	<b>Curriculum Day</b> <b>Students do not attend school</b>
Tuesday 4 November	<b>Melbourne Cup Public Holiday</b>
Friday 7 November	<b>Colour Fun Run!</b>



(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,

## Father's and Special Friends Day

We had an amazing afternoon celebrating Father's and Special Friends Day across both campuses. It was wonderful to see so many families and friends come together to enjoy the sunshine, play games, and share in the spirit of community. A special thank you goes to our volunteers who helped run the barbecues and to those who made generous donations. We would also like to thank our parents who volunteered their time to run the Father's Day stalls earlier in the week. Funds raised on the day will go directly towards improving the basketball courts at each campus, which will be a great benefit for our students.

## School Review

Our School Review process has now been finalised. We sincerely thank our community, staff, and students who participated in focus groups and contributed valuable feedback throughout the review. Once we receive the final report, we will share the outcomes with our community and outline the direction for the college over the next four years.

## Inspiring School Pride

We continue to invest in improving the facilities and aesthetics of our college, with a number of works scheduled during the upcoming holidays. At Boardwalk, the administration building will receive new carpet and a fresh coat of paint, while Jameson Way students can look forward to enjoying a brand new Gaga Pit in Term 3. Both campuses will also undergo pressure washing to clean concrete areas. One of the ongoing challenges is chewing gum on school grounds. We kindly ask for parent support in reminding students that chewing gum should not be brought to school.

## Primary School Disco

To celebrate the last day of term, our Primary School Disco will be held in the gym at each campus. Starting at 2:00pm, our primary students will have the chance to dance, enjoy music, and have fun together before heading off on holidays. Disco party packs are available to purchase via Compass. Please see the flyer included later in the newsletter for more details.

## End of Term 3

As Term 3 comes to a close, we would like to thank all staff and parents for their ongoing support of our students. We wish everyone a happy and safe holiday break, and we look forward to welcoming students back on Monday 6th October. A reminder that Term 4 is a SunSmart term—please ensure students bring and wear their hats each day.



RESILIENCE



INTEGRITY



INCLUSIVENESS



RESPECT



RESPONSIBILITY

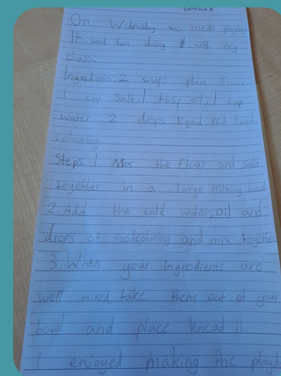
# 1/2 PROCEDURAL WRITING

## WHAT WE LEARNED

This term, grade 1/2 students are learning about procedural writing.

A title, an aim, a list of materials or ingredients, steps in order and action words.

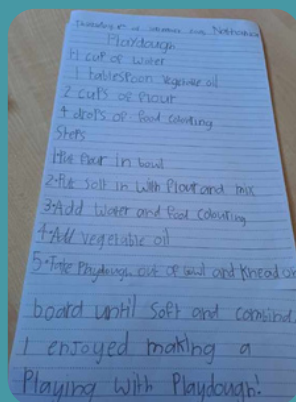
Here are some of our grade 1/2 students putting their procedural writing into action!



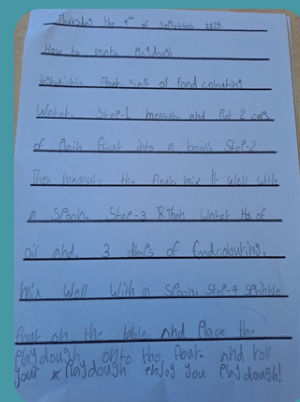
Emilia K



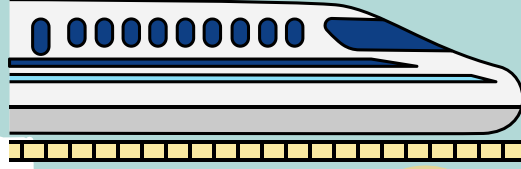
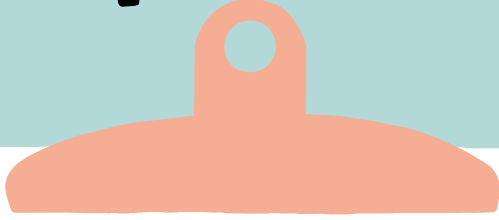
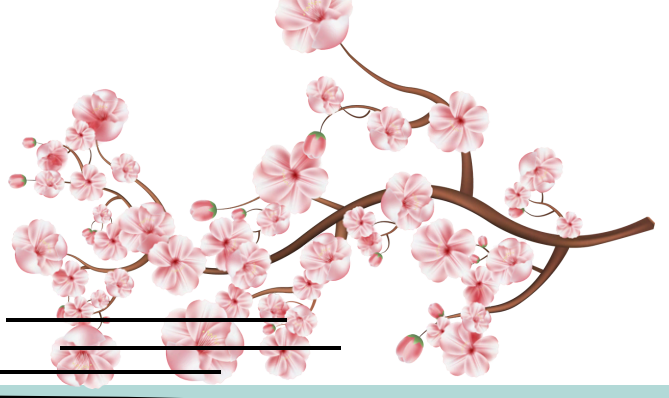
Nathania S



Amber C



# Primary Japanese



Term 3 in Year 3/4....

We have been busy learning the Japanese script, called Hiragana.

We looked at ways to help us remember what the letters sound like and look like. We explored writing the letters and reading the letters in vocabulary related to our classroom.

## THINGS YOU CAN DO AT HOME:

- LOOK UP HIRAGANA CHARTS
- WATCH SOME HIRAGANA SONGS ON YOUTUBE
- MAKE YOUR OWN HIRAGANA CHART



BASIC HIRAGANA									
わ	ら	や	ま	は	な	た	さ	か	あ
wa	ra	ya	ma	ha	na	ta	sa	ka	a
	り		み	ひ	に	ち	し	き	い
	ri		mi	hi	ni	chi	shi	ki	i
	る	ゆ	む	ふ	ぬ	つ	す	く	う
	ru	yu	mu	fu/hu	nu	tsu	su	ku	u
ん	れ		め	へ	ね	て	せ	け	え
n	re		me	he	ne	te	se	ke	e
を	ろ	よ	も	ほ	の	と	そ	こ	お
wo	ro	yo	mo	ho	no	to	so	ko	o



# SPORT REPORT

## TERM 3 PRIMARY PE REPORT



This term in PE has been filled with learning and plenty of fun as students explored a variety of sports and activities. Student in year 5/6 explored hockey, they developed their dribbling, passing, and shooting skills, gradually building confidence before applying these in small-sided games that encouraged teamwork and quick decision-making. Most primary year levels participated in basketball lessons which gave students the chance to practise ball handling, dribbling, and shooting techniques, while also learning the importance of movement, spacing, and supporting their teammates during game play.

In Foundation, year 1/ 2 and 3/ 4 students completed a unit in gymnastics. Students focused on balance, coordination, and body control. They challenged themselves with a range of rolls, jumps, and balances, and enjoyed combining these movements into simple sequences that showcased creativity and confidence. Cooperative games were another highlight, encouraging students to work together to solve challenges, communicate effectively, and celebrate each other's successes.

Student from year 3-6 rounded out the term with AFL just in time for finals, with students practising key skills such as kicking, handballing, and marking. Modified games provided plenty of opportunities to put these skills into practice in a fun, engaging, and supportive environment.

It has been wonderful to see students showing such enthusiasm, persistence, and sportsmanship in every lesson. Their willingness to try new activities, encourage their peers, and challenge themselves has made this a fantastic term of PE.

### Primary Sport 2025

This term some of the primary students had the opportunity to represent Carranballac College at the Point Cook district athletics carnival. Students participated in a range of athletics events which included hurdles, running events, triple jump, long jump, high jump, shot put and discus. We had a few students finish in the top 2 of their events which means they will represent Carranballac at the Hobsons Bay athletics event. Congratulations to those students who have advanced to the next round.

With the completion of the athletics events this term, all primary sport events will have been completed for 2025. This has including swimming, cross country, athletics, primary sport in term 1 and 2 such as basketball, netball, soccer and volleyball. Thank you to all the teachers, student helpers and students who helped and participated in sport in 2025.

2025

# TERM 3

# SPORTS

# REPORT

We have had a very successful term in sport, with teams representing the College in Netball, Rugby, and Basketball.

Our **Year 7 Boys Netball team** progressed to the *Western Metro Regional Junior Boys Netball Competition* and proudly brought home the Runners-Up Pennant. The boys displayed great determination, teamwork, and skill throughout the season. Congratulations to all our students who participated and represented the College with pride, and a special thank you to our student coaches, Iroam and Fred, for their fantastic leadership.

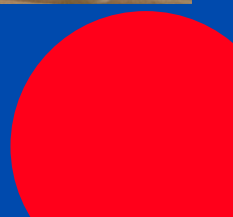




Our **Boys and Girls Basketball teams (Years 7–9)** showed excellent teamwork and determination in the *Hobsons Bay Division competitions*.

A big shout-out to parent coach Alberto for coaching and training our combined Year 7 & 8 Girls team, who brought home the Runners-Up Pennant. The girls greatly appreciated your time and effort, showing outstanding development and strong team spirit.

Another huge thank you goes to parent coach Darren for his commitment in coaching and training all our Year 7–9 Boys teams, and for leading our Year 9 Boys on competition day. It was a tough senior competition, but our boys did an incredible job stepping up to the challenge against older opponents.



## STUDENT SPORTS REPORT

On August 12<sup>th</sup>, our school Carranballac Collage went to play **U/14 Boys Rugby** in the *Cameron Smith Rugby Tournament at Bridges Reserve*.

Me and my friend Grace went to watch and take notes while the under 14 boys played. They had 4 games. Game 1 was against Hoppers and they won. Game 2 was against Mickleham and they won that too. Game 3 against Yarrabing was a tie. That got them into the finals were they had to vs the Michleham again but they lost 4 to 0. It was still really fun to watch. I think Iroam, Ronnie and Henry played really good they always put themselves out there and made good tackles and some amazing trys. We are really grateful to Miss J and Miss N and the coaches for letting this happen and taking us there. - **Laura H 7K**

The PE team would like to extend a heartfelt thank you to our parent coaches, Francis and Leni, for generously giving up their time to coach our Boys Rugby team. Under their guidance, the students showed tremendous improvement, deepened their appreciation for the game, and built a strong sense of team spirit.

If you are interested in volunteering your time to support the coaching of our 2026 College sport teams, please reach out to the PE Team. Your support is always welcome and greatly valued.

Term 1:	Term 2	Term 3
Cricket Baseball/Softball Tennis Volleyball	AFL Netball Badminton Soccer	Basket Hockey Table Tennis Rugby

A special mention to **Callan J** in 9K, who qualified for the State Cross Country Championships,an amazing achievement! Well done, Callan!

Finally, we hope all our athletes had an amazing time at the *Secondary Point Cook District Athletics Carnival* on Wednesday, 10 September.

# *Year 9 Kitchen Culture* **BAR THYME EXCURSION**

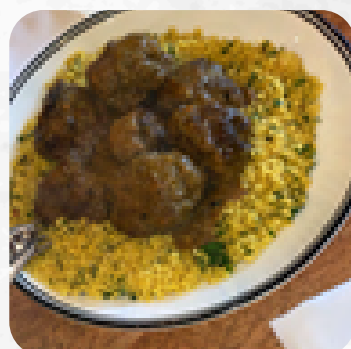
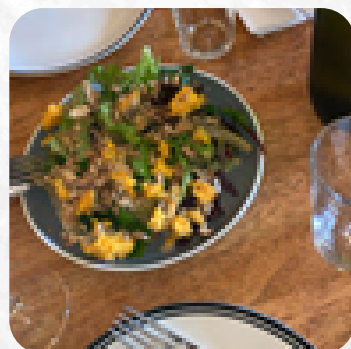


At the start of the day, we took the bus to the train station, and the train took us to Footscray. Once in Footscray we walked to T. Cavallaro and sons, an Italian café that makes biscotti and cannoli. We all had cannoli, there was a choice of chocolate, vanilla and ricotta fillings.

After this everyone walked to the bar thyme restaurant, we got seated down and chef Howard presented himself and the restaurant. We were then served nice fresh mandarin soda. The first dish then we got these chickpeas panisse topped with rosemary salt and cheese. After that we ate some homemade sourdough bread with some Miso butter spread and got pork terrine with pickles. We also got a blue cheese salad that when mixed with the pear flavors tasted very good. Then we got the main dish that was nice slow cooked braised beef pull-apart meatballs with couscous.

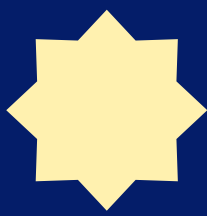
Once we were finished with our mains we moved on to desert which we were served a tasty chocolate mousse topped with Maldon salt and olive oil.

*By Nathan G & Dominic M*



# FOOD TECH NEWS

TERM 3



**FOOD TECHNOLOGY IS BACK  
AT JAMIESON WAY!**

## **Year 7:**

Students developed their baking skills and learned how to knead and make dough to produce antipasto scrolls (see recipe below). Students also developed stewing skills and made a very popular dish: apple turnovers.



## **Year 8:**

Students refined their knife skills and developed their time management skills making fried rice. They also participated in a burger assessment task, where they were tasked with designing a burger that includes all five food group ingredients.



## **MKR:**

My Kitchen Rules students designed their own Caesar salad pocket, been given the opportunity to showcase their skills in panfrying, boiling, poaching and making their own dressing. They also executed a task with apples as the main ingredient.



# RECIPE: ANTIPASTO SCROLLS

Preparation Time: 20 minutes

Makes: 10



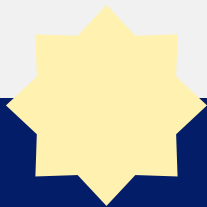
IT'S BEEN A DELICIOUSLY BUSY TERM IN  
FOOD TECHNOLOGY!

## INGREDIENTS:

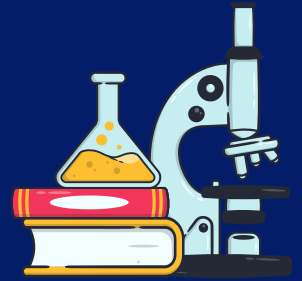
- 2 Cups plain flour
- 7g sachet dried yeast
- 1 t sugar
- ½ t salt
- ¼ C parmesan cheese
- ½ C grated cheese
- 200g ricotta cheese
- 200 ml warm water
- 1 t oil
- Sliced olives, sundried tomatoes, artichoke, grilled capsicum, grilled eggplant.

## METHOD:

1. Combine flour, yeast, sugar, salt and half the parmesan cheese in a bowl. Add water and oil, mix to form a soft dough, adding more water if necessary.
2. Turn out onto a lightly floured surface and knead for 5 minutes until smooth and elastic.
3. Roll dough into a 40cm x 30cm rectangle.
4. Spread ricotta cheese over dough, sprinkle remaining parmesan, and top with chosen vegetables. Sprinkle grated cheese on top.
5. Roll up to enclose filling.
6. Cut into 12 rounds and place onto a baking paper lined oven tray. Bake at 200°C for 15 minutes, until cooked and golden.



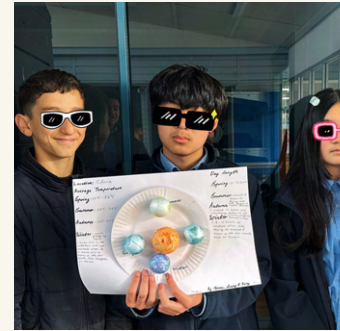
# SECONDARY SCIENCE REPORT



In Term 3, Year 7 learned about space science, including day and night, eclipses, and weather. They built creative weather models using foam balls and paper plates.

Year 8 focused on force and energy, and are now designing and testing their own rollercoasters while analysing the forces and energies at play.

Year 9 enjoyed an excursion to Wyndham Tech School, where they explored game development and operated a robot dog. At school, they completed a unit on human reproduction and revised the topic by creating collaborative information posters.



# MENTAL HEALTH *Support*

## What is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.

## Importance of Mental Health

Good mental health is essential for overall well-being, enabling us to handle stress, relate to others, and make healthy choices.



### **Headspace – Support for family**

Parents, carers and family can provide vital support for young people when they are having a tough time. headspace is here to help support you through these challenges and transitions.

[CLICK HERE](#) to access

### **Mental Health Workshops for parents and carers**

Register for free 1-hour online webinars on supporting your young person's mental health and wellbeing.

[CLICK HERE](#) to access

### **Interactive online modules**

Sign up for Partners in Parenting, a free online program for parents of teens (12–18), to build skills and confidence in supporting your young person's mental health. The program covers communication, emotions, boundaries, and staying connected.

[CLICK HERE](#) to access





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