# Principal's News

**Pyramid Fiesta**
Four more sleeps and the Fiesta will be here. Tomorrow morning and Friday morning the Prep-8 students will walk to Kelly Park and rehearse and add the finishing touches to their dance routines. The Food Technology room has had an air of excitement as Mrs Talbot and her merry band of helpers have had the ovens churning and glimpses of the food on offer have been sighted. This Wednesday and Thursday night we welcome members of the community into our college to prepare some of the dishes that are to be served at the Fiesta on Saturday.

The gates open at 4pm and we would like all students that are participating in the dance to be there by 5:15pm so that we can begin our dance at 5:30pm sharp. All students are asked to wear black clothes so that we can add some colourful bands to create a uniform look.

Kool Skools students will be performing, along with bands from Boort and Wedderburn, to launch this year’s CD. I encourage all families to attend this wonderful community event and look forward to seeing you there; with your singing voice ready for a Karaoke challenge!!

**Cartoonist**
Today we had Matt Glover, a professional cartoonist who presented to our students his cartoon drawing workshops. It was a fun day of creativity and cartooning goodness! Matt also runs a private counselling practice in Melbourne’s Eastern Suburbs, so his cartooning is combined with mindfulness exercises to produce a workshop that contributes to the wellbeing of our students. Tonight Matt will also present a ‘Mindfulness’ workshop to staff to develop a greater capacity within to contribute to the wellbeing of our students.

**School Bus Program**
As most parents will be aware, the new School Bus Management System has been launched for our school bus network. From the commencement of Term 4 2016, families must now apply for school bus travel for the 2017 school year. Information to all bus travellers has been sent out today, so please read carefully and note that all applications for 2017 must be submitted prior to 27 November 2016. Please contact June at the office if you do not have internet access or require assistance with this process.

**Student Free Day**
On Monday 31st October staff will have an Assessment and Reporting day. Students will not be required to attend school on that day.

Fiona Moon, Principal

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**Diary**

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**Pyramid Bowl**

**Thursday, 20th October**

*Be at school at 8.00 am
*School uniform & flat soled shoes
*Lunch, water & snacks

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**Lawn Picnic**

**Saturday, 22nd October**

Kelly Park Precinct
4pm - 10 pm
$15 per person
$5 primary student
$40 per family
(entry includes all food)

B.Y.O Chairs/Picnic Rugs
**Student of the Week**

**Dylan Woodbine** - for trying super hard with his speech and reading - keep up the excellent work.

**William Hercott** - for being an absolute pleasure to take on our excursion and for getting involved in all the learning and question times.

**Jasmine Twigg** - for being very organised.

**Zoe Stewart** - for being such a conscientious worker

**Riley Fergusson** - for having a great, helpful attitude in the classroom to all students and teachers.

**Adam Douglass** - for being great worker and fabulous student.

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**Mathletics Awards** - Imogen Broad, Isabelle Caspani and Mitch Gunther - well done.

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**Foundation/1- Aquarium Excursion**

The Year Prep /1 students and teachers had a great day last Thursday in Melbourne at the Polly Woodside and at the Melbourne Aquarium. At the Polly Woodside we learnt all about life on the sea and how a boat like the Polly Woodside worked. We learnt how to ring the bell to warn the person steering the boat, how to scrub the poop deck, all about smelly sailors and how to steer the boat. We all had lots of fun exploring the boat and doing the things real sailors do. We also experienced the sea simulation tunnel which spun around and made us feel like we were at sea. Everybody was so good and asked lots of questions, so nobody had to walk the plank.

After a quick lunch we walked to the Aquarium to meet our guide for our tour. We were all amazed by what the Aquarium has to offer and we learnt a lot about the fish and the penguins. We saw a very big shark called Mitch, giant stingrays, cod, eels and a huge crocodile called Pinjarra. We handled sharks eggs in the touch tank, saw the penguins sitting on eggs and learnt that they poo every 20 minutes. The day finished off with tea at Calder Park, before we headed for home, tired but we had a great day.

Thank you to Shane our bus driver, and the teachers who accompanied us, Mr McCann, Mrs Pascoe, Mrs Burke and Mrs Bolch.

**Messenger Dogs**

The Prep to 6 were very lucky to watch a very informative puppet play/ performance on the messenger dogs in the First World War. It informed us of the importance of the dogs and the part they played to get messages through the front line. We were all surprised to hear how many dogs were in the wars, it was in the tens of thousands.

Once again the puppeteers were very impressed with our students’ manners, interest and the questions they asked.

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**Orientation for Foundation (Prep)**

- **Wednesday 19th October**
  - Parent Information Session
- **Wednesday 26th October**
  - 2017 Foundation (Prep) visit College 9-11 am
- **Friday 4th November**
  - 2017 Foundation (Prep) visit College 1-3.23pm
- **Monday 21st November**
  - Foundation (Prep) visit College 12.00-3.23pm
- **Tuesday 6th December**
  - Whole School Moving Up Day.
Fiesta
All preparations are progressing smoothly. All of the hand painted bunting and banners are complete. A big thank you to all the students involved; they look great and the committee love them. Year 8 students came up with a great idea for the Fiesta…. A photo-booth!! Look out for the Fiesta photo-booth and have some fun in the costumes with your friends and family.
All students are dancing beautifully in readiness for their Fiesta performances. A reminder that on the day students should wear black for dancing and waitering duties (aprons will be supplied for waiters). Thank you in advance to all those students who have volunteered to dance, cook, paint, wait, etc. etc. … You are our good community citizens of the future!!!!
Thank you to everyone who has volunteered to help, I am sure we will have some fun preparing the meals!!
Don’t forget to bring your chairs, picnic rugs and the mozzie spray to the Fiesta!!

2017 Subject selection Books
Remember that subject selection sheets need to be returned to the office no later than the end of October.

First Aid Wed 19th
All year 9 students will be undertaking Nationally Accredited First Aid training tomorrow with Rich River First Aid. This is a fantastic course and will be supplied to the students by the school. This course would normally cost about $200. Year 10 students will be updating their certificate from last year and students who are on the swimming pool roster will be doing their CPR.

Bowls in St Arnaud Thursday 20th
Some of our year 9 and 10 students are contesting the NCC Bowls this week. We wish them good bowling and no wrong bias displays!!! Please note that the venue has been changed due to the soggy rinks at Boort.

Work Experience
All year 9 and 10 students are undertaking work experience. This has been discussed regularly in class assemblies, so students should have their placement organised. Forms are available from the school and should be completed by all the parties concerned before being returned to the school for the Principal to sign.

Year 10 Dinner
The annual year 10 Dinner is sneaking up on us very quickly. The year 10 students are spending some time reminiscing about the time at our school so it will be very interesting to hear their parting speeches, when they present them on the night.

Date for your diary
21st November - Year 10 Dinner
24,25 & 27 November - Year 9/10 Exams

Prep/1 Melbourne trip
I saw a big shark named Mitch at the Aquarium.
By Jamison Walters

We went to the Aquarium and saw the penguins and they pooped.
By Cooper Gould

At the aquarium, the first thing we saw was types of sharks, after that we got to touch the sharks eggs that did not have baby sharks in them. My favourite thing was the Aquarium because there was a shop and I got a teddy, it was a seahorse.
By Sophie Gilmore

At home I got up at 6 am and I got to sit in the front of the car. I played with William when he got to school. They Prep/Ones got on the bus and we stopped for recess. We got off the bus at the Polly Woodside ship and went onto the ship. William and I steered the ship and I got to scrub the poop deck. We also went to the Aquarium and the big shark was called Mitch. He was the biggest shark in the Aquarium. By Kobi Manton

We went to the Aquarium and we saw a stingray. The stingray was big! We saw a lovely octopus and saw a big shark. His name was Mitchell. We also saw a big eel and it was green and we saw penguins swimming.
By Fletcher Cain

We went to the Polly Woodside ship. We got to turn the wheel and we got to scrub the deck. There were lots of seagulls that wanted to eat our lunch. We went to the Aquarium. There was a big fish and there were some sea horses and there were lots of big stingrays. My favourite animals were the penguins and the sea horses.
By Laura Poole
Helping Kids Focus in the Age of Distraction

By Sarah Wayland

Finding ways to turn your kids from flitters to focusers – how teaching your children to ‘stick with it’ can have lifelong benefits.

As a society we often debate about the ‘right’ amount of screen time, and with the introduction of personal screens over the last decade, to add to TV, laptops and desktops, the focus on a single task has slowly ebbed away. The British Psychological Society found that too much screen time (more than their recommendations of no more than 2 hours per day) could unintentionally cause permanent damage to a child’s still-developing brains. Impacting the capacity to focus, to concentrate and to give attention to tasks.

Distraction is often managed through the delicate art of re-direction or encouragement to combat the ‘but I just can’t do it!’ However, has this brave new world of binge watching TV, entertainment on demand and socialisation via hand held devices created kids that always have options for those tasks that require some stubborn determination? If so how might this new way of living and relaxing challenge our kid’s capacity to stick with a difficult task when they have a world of entertainment at their disposal?

Dr Daniel Goleman, an award-winning psychologist and TED speaker, emphasises the need for people to engage in skills that foster emotional intelligence. Goleman’s belief is that ‘Kids learn best when they can maintain sustained attention, whether to what a teacher is saying, their textbook, or their homework. The root of learning is keen focus; distractions kill comprehension. But the new normal for young people continually interrupts their focus with distractions.’

Neuroscientists tell us that the more a young person can practice keeping focus and resist distraction, the stronger and more richly connected this child becomes. By the same token, the more distracted, the less so. Rebecca finds that the evidence is clear in our own homes and in classrooms ‘we now have young people who are experts at ‘flitting’ from one device to another’ and she refuses to take a defeatist approach because without refocusing those ‘flitters’ to ‘focusers’ who risk the next generations creative or scientific masterminds we risk losing children who are able to ‘sit still and agonise over a task long enough to see it through to its marvellous end’

Tips for helping kids maintain focus and attention

1. Build your child’s focus
As with all tasks the aim is to start small and build your child’s capacity to master the concept of ‘sticking with it’. Cath, a school counsellor, finds that she can use the same strategies with the teens she works with and her primary school aged children when she gets home: ‘it’s all about breaks and rewards. Set a timer between breaks and then on a break they need to do something active like a push-up. Then there is a little reward for staying on task for a particular amount of time.

2. Remember it’s all about the journey
Parents and researchers agree that understanding what can be gained from being focused is the key to engaging your ‘flitting’ child. Our solution driven society is often focused on what we receive at the end rather than the process to get there. Teaching your children to tolerate the unexpected can have wonderful benefits, as can sitting with something that may have previously been viewed as unachievable.

3. Keep calm and focus
Use calm methods to engage children who become distracted: ‘breathe, relax and high five each other’ when working alongside your child or when with a group of children. Talk about what might be achieved at the end and make it a fun process.

Screens, for all their negatives and benefits, are here to stay. Many argue that they provide complexity and new experiences to our children’s world by identifying exciting technologies but they also provide avenues to ‘opt out’ of the hard yards.

Reaching what you thought was unattainable by engaging in a single focus and ‘sticking with it’, can provide lifelong lessons.