



UPCOMING EVENTS

- ◆ Tuesday 26th February
Elevate Year 9
- ◆ Thursday 28th February &
Friday 1st March
Year 7 WaterMarc
- ◆ Friday 1st March
Year 10 Macbeth
- ◆ Tuesday 5th March
Year 7 Sport
- ◆ Monday 11th March
Labour Day-Public Holiday
No School
- ◆ Tuesday 12th March
Year 8 Sport
- ◆ Thursday 14th March
Division Swimming

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Principal's Update

It seems the year is going to fly by us. It's 4 weeks into the first term and we have already achieved a great deal. Our Annual Implementation Plan was approved at Council on Tuesday night. The plan sets out our goals and targets for school improvement over the year and is linked to our four-year Strategic Plan. A copy will soon be available on our website.

New LOTE Italian staff

Welcome this year to Cinzia Curini, who has joined the LOTE team this year. Cinzia comes to us with a wealth of experience and is a welcome member of the LOTE Learning Area.

House Swimming Carnival

The house swimming carnival has taken place and was a resounding success and enjoyable day for all. This year the weather was perfect and everyone enjoyed the newly refurbished Oak Pak complex. Congratulations to all competitors in all swimming and novelty events. The final tally saw Wolverton House take out the house Swim Carnival Championship. Well done! Photos of the event will be in the next newsletter.

Year 7 Camp Adanac

This year we had 100 students attend the camp and with the lovely venue and perfect weather, the staff and students all had a great experience. Thank you to the junior school for organising and to all the staff who attended. There are some photos and student testimonials later in the newsletter.

Year 7 Family BBQ Meet (meat) and greet!

Last night's year 7 BBQ was a huge success with many of our year 7 parents attending. It was a great opportunity for new families to meet with teachers and other families and to get to know some of our many school processes. It is important to keep communication open to all parents in the school community so we can all work together as a team in meeting students' needs.

Thank you to the staff for attending; the Junior School team for organising the event, led by our new Junior School Principal, Klate Mc Farlane and new Program Manager, Jodie Scott; James Schembri, Roger Centofanti and Gino Balestra for their musical performance on the stage; the School Captains for assisting in the organisation on the night; and all other staff and students for their work setting up and working the barbeque. It was a very pleasant and productive evening.

School Council

School council elections will soon be taking place with seven parent nominations to fill three positions and four student nominations for one position. As there were two nominations for the two staff positions, there is no need for a ballot. Congratulations and welcome to Natalie Venhart and Rachael O'Dowd as DET members.

Our March meeting is where we co-opt community members and elect the executive for the year.

School Council currently has three community member vacancies. Anyone interested in nominating as a community member must do so by contacting the office to express your interest by Monday 18th March.

Important Dates

Please take the time to put the important dates, listed in this newsletter, in your diary. It is a very full term with many school events.



Interschool Sport

On the 12th Feb our first senior sports teams went out and competed against our division.

Thanks to the staff who coached and the students who participated

The following teams have won through to NMR:

Senior Boys and Girls Cricket – 26th Feb

Senior Boys Volleyball – 4th April

Senior Girls Softball – 4th April

On the 18th Feb our Intermediate teams played at division level. Congratulations to all staff and students.

The following teams have won through to NMR:

Intermediate Boys and Girls Cricket – 6th March

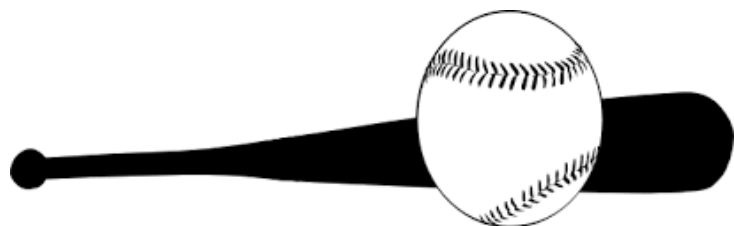
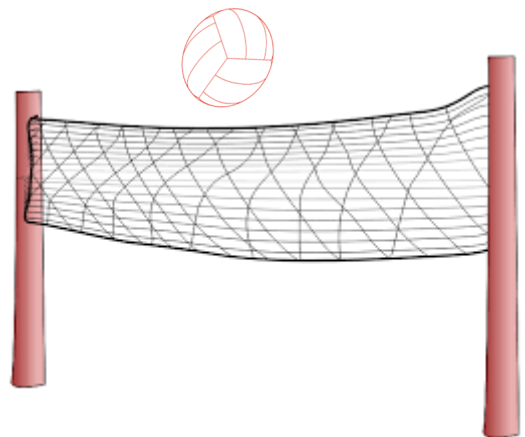
Intermediate Girls Softball – 4th April

Our senior Boys Rugby tackle is on the 22nd March and intermediate Boys rugby tackle is on 21st March.

Still to play:

Year 7 Summer sports – 5th March and Year 8 – 12th March

Divisional Swimming Team – 14th March



Interschool Sport



Congratulations to the following students who have won through to Divisional Swimming on the 14th March:

Jake Sweerts

Kean Vixayvong

Elsa Hawes

Abbey Pantelidis

Antonio Gattuso

Nina Pantelidis

Daeshna Sirimana Vithan

Sky Robertson

Neola Thomas

Lukah Falani

Alannah Sweerts

Brianna Richards Terkie

Suticha Laidlaw

Adam Dandeniya

Damketh Harbaragamuwa

Amenna Mitwally

Mandalin Bernard

Ethan Bonson

Aditya Lonkar

Madhav Krishnan

Taneisha Caruso

Chelsea Watson

Tips For A Healthy Headspace

“Issues with school can have a major effect on young people and can often leave them feeling overwhelmed or stressed. While this is the case, it's important to note that there are two kinds of stress - good stress and not so helpful stress.

Good stress is helpful to assist young people to feel more alert, increase their concentration, provide more energy when needed and it enhances their sensory experience. All of this can be helpful, for example when they are studying for an exam.

It is when they experience alertness that is overstimulating and adversely affecting how they interact and perform at school where stress can become harmful to their health and wellbeing.

The physical experience of stress may include increased sweating, dilated pupils, increased respiration (quick shallow breathing), and they may feel unwell in the stomach. A degree of these physical experiences are normal and okay. However if they're finding they cannot concentrate or feel too overwhelmed to take in new information it can be a sign that this stress is not helpful. It is at this point that young people should be encouraged to seek help from their parents, teachers or a health professional.”

Strategies that young people can use to manage stress at school

Physical exercise is good for our mental health

Encourage Positive self-talk

Learn relaxation techniques together

Help them to nourish their brains including limiting excessive caffeine

Encourage them to stay connected with others

Learn about and support them to prioritise sleep

Consider when it's right to support help seeking

Work with them to find the best times to study

For more information and tips, visit [Tips for a healthy headspace](https://headspace.org.au/young-people/tips-for-a-healthy-headspace/). (<https://headspace.org.au/young-people/tips-for-a-healthy-headspace/>)



Year 7 Camp

ALIYAH ZEINI 7I

Camp was very fun in many different ways. We did a lot of fun activities at camp. My favourite activity was the water trampoline which I think was the best. The thing I was most scared of was not making new friends, but I made a bunch of new friends that all have different personalities and all like different things. My least favourite activity was the Frisbee golf. We had some year elevens join us as well. They helped us with activities and joined in as well. The food there was really nice especially the pasta. Camp was a really good experience and it was really fun.

Hunter Chamberlain 7I

Hi I'm hunter I am here to talk to you about year 7 camp. My thoughts about year 7 camp was that I will remember 1st the food. It was tasty first it was the flavour you could just feel it from your tongue. The well cooked food was the best 2nd night we had pasta it was good. Now for the actives we had stand up paddle boarding, water bounce pad, a water slide, low ropes, thunder hockey and much more but the best thing that I liked was thunder hockey. It was like normal hockey but much better.

Kerem Kumru-Turcan 7I

In the year 7 camp we went to Adanac. My favourite activity was the water trampoline and going down the hill on the boards where they tie on your feet and make you hold the brake and go down the hill, and on the water trampoline we went on and dived into the lake.

Mikayla Vanderpol 7I

At camp I was in group 3 I met lots of friends and I enjoyed lots of the activities but my favourite was the water trampoline because we had it on a hot day and it was nice to be in the water. I'm so glad I went to the camp. It was amazing

Sarah Portlock 7I

From the first step out of the bus, to the last meal on the last day I was having fun at camp ADANAC. One of my favourite activities at camp was the flying fox because that was the first activity that my group did. At first I was so scared because you flew over the top of a lake and I was scared that I was going to fall in when I went over the top of it. Another thing that I really liked was when we all went together and handed out cookies and toasted marshmallows. That was fun for me but I didn't quite enjoy it when my group did it all by themselves, because we made damper and it was all raw. Year 7 camp has been a highlight of my year so far and I can't wait for year 8 camp!

Year 7 Camp



Year 7 Camp



Year 7 Camp



Year 7 Camp



Careers

How to apply for a Tax File Number.

Essential for employment and study!

<https://www.ato.gov.au/Individuals/Tax-file-number/Apply-for-a-TFN/>

How do I pay for studies in Australia?

<http://www.sbs.com.au/radio/article/2017/10/31/how-do-i-pay-my-studies-australia?%3F>

Year 12 Career Agenda – 2019/20

Monday 23/04/19	Start of Term 2
Monday 20/05/19	Year 12 Careers Expo
May – August	Finalise course choices
Wednesday 12/06/19	GAT
Monday 15/07/19	Start of Term 3
Monday 05/08/19	VTAC, SEAS, scholarship applications open
August weekends	University and Tafe Open Days
Monday 26/08/19	Year 12 Career Action Plan due
Thursday 30/09/19	VTAC applications close
Monday 07/10/19	Start of Term 4
Friday 11/10/19	Scholarships and SEAS applications close
30/10/19 – 20/11/19	VCE exams
Monday 25/11/19	Year 12 Graduation
Friday 13/12/19	VCE results and ATAR distributed online
Wednesday 15/01/20	Round 1 VTAC offers online

2019 Important Dates

Friday 22nd February	Elevate Year 11
Tuesday 26th February	Elevate Year 9
Thursday 28th February	Year 7 WaterMarc
Friday 1st March	Year 10 Macbeth Performance
Friday 1st March	Year 7 WaterMarc
Tuesday 5th March	Year 7 Sport
Monday 11th March	Labour Day Public Holiday
Tuesday 12th March	Year 8 Sport
Thursday 14th March	Division Swimming
Wednesday 20th March	House Athletics Carnival (Whole School)
Thursday 21st March	Intermediate Boys Rugby
Friday 22nd March	Senior Sport
Friday 22nd March	Senior Boys Rugby

Office Hours

Monday—Thursday

8:15am to 4:15pm

Friday

8:15am to 4:00pm

Last day of each Term the office
will close at 2:30pm

**The office is CLOSED during all
school holiday periods**

All upcoming dates can also be
found on our Website:
www.gladstoneparksc.vic.edu.au

HAVE YOU CHANGED YOUR DETAILS ?

Please immediately notify the College of any changes to your address or contact details.

ATTENTION YEAR 11 & YEAR 12 PARENTS

Parents are reminded that where a Year 11 or Year 12 student is absent from school due to a family holiday, this will be considered an unapproved absence.

VCE and VCAL have attendance requirements which must be met in order for a student to pass.

STUDENT ACCIDENT INSURANCE

Parents are reminded that the school does not provide personal accident insurance for students. Parents/guardians are responsible for paying the cost of medical treatment for injured students, including any transport costs.

Reasonably low cost accident insurance policies are available from commercial insurers should you require one.