

FEBRUARY 2018 - ISSUE 1

IMPORTANT DATES

Thursday 8th March

APC Families Social Evening
& AGM
7.30pm Mr Lawrence (upstairs)
67 Beach Street Port
Melbourne

Monday 12th March

Public Holiday
Labour Day

Wednesday 14th March

Parent Information Session -
7pm
Building Resilience

Tuesday 20th March

Parent/Student - Teacher
Interviews

Friday 23rd March

APC Families Coffee Morning
8.30am - 9.30am
Danks St courtyard

26th March - 28th March

Year 9 Land & Water Camp

Thursday 29th March

Last day of Term 1

Monday 16th April

First day of Term 2

PRINCIPAL'S SAY

Albert Park College is built on our commitment to creating a positive school culture. It is a core value that drives every single aspect of school life.

We know that a positive approach to life and learning leads to happier and more productive outcomes for our students. It is why we are so passionate about our focus on creating a positive learning culture.

"The evidence is overwhelming that experiencing and expressing positive emotions and moods tends to enhance performance at individual, group and organizational levels."

Barsade and Gibson 2007.

It is through our senior students' leadership that we see this core value come to life. In this newsletter, you will see our student leaders reflect on both the challenges and rewards of leadership, but the single most important message that shines through is how positive and excited they are about their role as leaders of the school, and how much they value being custodians of our college values.

The most recent example is their commitment to the annual swimming carnival. Our senior students attended in record numbers and it was their leadership, their positivity and passion that drove the feeling of excitement and commitment to the carnival.





They led the way on the day, building excitement and encouraging participation across the day. They are establishing a culture of passion and commitment to all that we stand for at Albert Park College.

I loved the way that they supported and nurtured the younger students and the way they have embraced the house system at Albert Park College.

Perhaps the most symbolic example of this was their decision to support the Cathy Freeman Foundation on the day. Freeman House is named after Cathy Freeman and we directly link her inspiring victory win in the Sydney Olympic games to our desire to inspire future generations of students.

It was great to receive these kind words of support from Cathy following the day:

"I am inspired by your commitment to help stomp out the education gap between indigenous and non-indigenous kids."

Thank you for choosing to support the Cathy Freeman Foundation at your swimming and athletics carnivals.

Remember to try your hardest and have fun!"

Cathy

In 2018 a key goal is to increase our focus on creating a positive learning environment. We understand that this will lead to our students having a more productive and fulfilling time at school.

We will be actively encouraging each student to strive to fulfil their potential and to see purpose and meaning in all that they do.

*Steve Cook
Foundation Principal*

STUDENTS' VOICE

2018 College Captains and Vice Captains

College Captains - Belle Tolhurst and Nicholas Neales

2018 should be one of the best years yet for the College, particularly for our senior students.

The way I see it, we are the luckiest year level that the college has had. The graduates of 2016 set the standard for our new College. Followed by the graduates of last year, who refined the processes and ironed out the kinks in the system.

Now, the responsibilities have been passed on to us. Our focus for the upcoming year, however, is not only in our year group, but also on consolidating the processes, traditions and culture of our school. This is to ensure that every student has the same amazing experience we have been offered throughout the past five years.

I am looking forward to working with all students during 2018, in order to build on all aspects of the College. This school has provided me with countless experiences, and I can only hope to repay the favour. Best of luck to all students this year and hope to see you around!

by Nicholas Neales, College Captain

I am beyond excited and honoured to introduce myself as one of the Colleges' 2018 Captains, as I am looking forward to this year being the best the College has seen. My main focus for being a College Captain is to negotiate the middle ground between students and the principal team/council, to ensure that everyone has their voice heard and feels as though they can make a difference in making the school the best place it can possibly be.

I love the start of a new year, as it's the perfect opportunity to press the 'reset' button. You get to take what worked and what didn't work from the previous years, and adapt to make the future even better. We're in a lucky position, being only the 3rd set of Year 12's to pass through the College, as we have the opportunity to continue to form traditions and establish the College's culture further, based on feedback from both the students and teachers. This is something Nick and I are looking forward to doing in the upcoming year, as we want to emphasise the positive culture and community we have here at the school.

We are looking forward to hearing suggestions and feedback from you all throughout the year- let's hit the ground running!

by Bella Tolhurst, College Captain



Lead Create Inspire

STUDENTS' VOICE

College Vice Captains - Liv Lawrence and Oscar Paulke

I am incredibly grateful to have been given this role as a College Vice-Captain, and feel very lucky, especially considering that since I can remember, those in leadership roles were individuals that I really looked up to and aspired to be. I'm very excited about the opportunities given by this role to further help the College grow and flourish over the next year, and continue on in the future as well.

I'm also really looking forward to encouraging greater student voice within the college, as are the other college captains, and this is something both us, and the school are wanting to focus on. Beyond this, I just hope to be someone students feel they can speak to about any concerns, queries, feedback; both positive and negative, or even just have a chat with. A good leader is someone who is kind, caring, understanding, open to different ideas, and trying their best to make people feel included, and like they are being heard. These are all things I will do my absolute best to achieve this year, and contribute to making 2018 the best year APC has seen yet.

by Liv Lawrence, College Vice Captain

I am very proud to have been elected as one of the College Vice Captains. I believe that quality leadership is based on respect.

This manifests itself in many ways, through approachability, listening, and caring for all students. As Vice Captain, I will endeavour to embody the values of a quality leader and be an effective channel for the student body. I also believe effective communication and mutual respect between students and staff is very important, and aim to nurture this through my time as Vice Captain.

My vision for the role is to cultivate and strengthen the tradition of a strong student voice at APC, where all students feel included and where they have the opportunity to contribute to school decision-making. One of the greatest aspects of APC is the extensive range of activities available for all students to participate in. I have taken part in many activities from Year 7 to Year 12 and I believe this is one of the best ways to enjoy life at the College. Being at school is not just about studying, it is also about having fun. I want to make 2018 a fun year for all.

by Oscar Paulke, College Vice Captain



STUDENTS' VOICE

Leadership Speech

On the 19th of January, I was very lucky to make a speech at the BCEC on what makes a good leader. This was a part of a youth leadership forum. Different schools from around the country were at this forum as well as members of the office of Anastacia Palaszczuk. I detailed in my speech the qualities that 'good leaders' possess and how you can incorporate those values into your everyday life. I also talked about how APC has shaped me to be the person I am today through the three core values of Lead, Create and Inspire. Teamwork was something that I kept reiterating. It was a fantastic opportunity to improve my public speaking skills and share with members of the Australian community, my life in student leadership and my goals in student leadership for the future.

by Will Hurley, Year 11 Ambassador

"When it comes to leadership, it means a world of opportunities and a place where ideas, passions and visions are shared and where hard work and dedication is put in to achieve those ideas, passions and visions. At Albert Park College, we have a fantastic student leadership program which allows students to strive, in not one, but many areas. Whether you are a leader of a certain subject/portfolio area like Maths or Environment, or to even bigger roles such as Ambassador or College Captain, there are always opportunities to take on the three core values of the college of 'Lead, Create and Inspire'. When it comes to a good leader in any context, to lead, to create and to inspire, are three essential and base values that a leader must possess in order to be successful. I, for example, have been an Ambassador since enrolling in high school and always make sure that day-to-day I am aware of and incorporating those three values into anything and everything I do.

Being a leader isn't just about being an outspoken character that gets noticed, it's about all the other little qualities. Words like hard working, dedicated, persistent and enthusiastic spring into mind, these are all extremely important in becoming a good leader. Having the ability to show respect, empathy, and care to those that follow you, are all attributed to being a great leader. Earning respect is crucial to a successful relationship with anyone, while also showing that you care about the work or ideas of others. Being empathetic allows a leader to tap into the emotions of that individual in order to connect in a way that lets that person know you understand what it means to be in their situation. Combining all three of these traits can definitely make someone a great leader.

A great leader understands that it is the people they lead that ultimately determines the success or failure of any venture. They surround themselves with great people that they can cultivate into a team of competent, confident individuals who can work well as a team. They then have the ability to guide this team towards a well-defined vision by clearly communicating short and long terms goals, inspiring confidence and trust among peers, and influencing common efforts through character rather than by a position of authority. Ultimately, a great leader creates and nurtures other leaders.

A leader of any sort has a clear vision, a goal that is desired to be achieved. The way to achieve it is not to be focused on yourself but rather be a team player. Teamwork is one of the keys to success. By articulating a clear vision that you hold with fellow leaders, you can all work together and find a way to achieve your vision. Although it may not seem like it, student leadership roles I've undertaken have definitely been some of the hardest tasks I've had, yet, I've always found ways to overcome them and be successful. Being trustworthy and honest are a must when it comes to being a leader. Being well respected amongst your peers, fellow leaders and community is very important to be a good leader too. As Gandhi once said, "I suppose leadership at one time meant muscles; but today it means getting along with people." From that quote, it is evident that working together; getting along with people is the way to go about your visions. It is something that I cannot stress enough. Teamwork."

Lead Create Inspire

2018 Swimming Carnival

On Friday the 23rd of February APC's Swimming Carnival took place at MSAC. The entire day was hugely successful, not only for individuals competitors but for the College as a whole.

Students from all houses battled it out during the day, competing in multiple events to earn points for their respective house. This year chanting was a massive aspect of the carnival, it saw students and teachers chanting as loud as they possibly could.

Yet no house could beat Freeman's chant as they took out the award for 'best spirit'. It was an extremely close fought contest throughout the entire day, but the winner of the APC Swimming Carnival this year was Flannery! Congratulations to all students and teachers who took part.



by Marcel Mena and Mia Kepenis, Flannery House Captains



Albert Park College has been in contact with the Cathy Freeman Foundation, as our Freeman house is named after Cathy Freeman. We sourced rattle tins for the day of House Swimming Carnival. Mr Stanecki organised the collection of donations from students, staff and parents who attended. Mr. Stanecki has just received the below email from Cathy. Thank you to everyone who contributed, and let's keep it up!

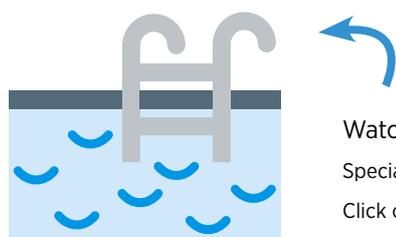
“
Dear Freeman House and students of Albert Park College,

I am inspired by your commitment to help stomp out the education gap between Indigenous and non-Indigenous kids.

Thank you for choosing to support the Cathy Freeman Foundation at your swimming and athletics carnivals.

Remember to try your hardest and have fun!”

Cathy



Watch our 2018 Swimming Sports highlights video!

Special thanks to James Bartlett, 2018 Media Leader for his video work.

Click on the icon to the left. Password: apcmedia

We are pleased to announce that APC will have a swimming club, with training occurring on a Wednesday either fortnightly or weekly at MSAC. Keep an eye on Compass and emails for more info and a signup.

Lead Create Inspire

House Revamp at APC

This year is going to be the biggest year yet for house competitions! The 6 dedicated House Captains are going to press the restart button, which will improve house spirit along with overall school culture.

There's a number of initiatives being introduced at the College for greater house involvement. There will now be house assemblies ran by the house captains, new house chants, house support through colour costumes and dedicated themes for each event. These initiatives are being introduced to encourage passion for house events. This year, the biggest focus is to build up this house spirit that many believe that the College is lacking. By the end of 2018 we will see it flourish!



In addition to this, the House Captains are going to work harder than any other year to help create new house competitions that will allow students to excel in any house activity, in hopes to help win the house trophy that is presented at the end of the year to the house with the most points. This year we are going to introduce events such as house cross country and other house sports such as basketball and netball.

We are aiming for all students to feel a sense of belonging to their house, as well as to the College.

by Jasmine Stout and Ana Apiti-Civcic, Winton House Captains

House Assemblies

House assemblies started this year, led by our House Captains. The new house chants were practised and perfected for the House Swimming Carnival and later the cross country. The house spirit was high and the chants were loud. A great start to the year!

by Charlotte Hewitson and Noah Dalton, Freeman House Captains



Announcing our 2018 Dance Show



This year, Albert Park College introduces 'Chakra', a full-length Dance Show which will, once again, be performed at The Lawler Theatre on the 19th and 20th of April. The show follows the narrative of seven centres of spiritual power in the human body, allowing us to create a piece based around the themes of each Chakra, delving into the realm of the human body spirituality and psyche.

We have been extremely fortunate in having the chance to work with our artist in residence, Patrick Meessmann - an extremely talented choreographer and mentor to the company.



In 2018, for the first time, we are performing 3 shows, but tickets will sell quickly! They will be available through the Melbourne Theatre Company website later in the term - keep your eyes peeled! I invite you to come along to this spectacle, it will be memorable.

by Laure Petrie - Performing Arts Captain

Photography by Jessica Grilli



Lead Create Inspire

Wholesome Year 9

Y9 Land and Water

Y9 Land and Water students have already begun to explore and engage in a variety of activities and excursions; developing an enhanced appreciation of their environment, as well as creating opportunities to develop their outdoor skills through a variety of adventurous activities and camps. Here are some recent photos of the students snorkelling in Ricketts Point, which was a great opportunity for the students to be introduced to the wonders of underwater marine life in Victoria.



Y9 Mind and Body

This term, Mind and Body students have been introduced to Mindfulness. Students have been learning how to develop a mental state by focusing on their awareness of the present moment, whilst not being overly reactive or overwhelmed by what's going on around them. They are beginning to understand how to accept their feelings and thoughts through a variety of therapeutic activities, such as meditation, yoga, and tai chi. Here are some photos of some of the activities they have experienced so far.

Filmmaking Achievements

Congratulations to Robert Hess, as he will have his outstanding film from 2017 screened at this year's Top Screen film festival and the Top Designs exhibition as part of the VCE Season of Excellence 2018!

Rob is a passionate media practitioner, demonstrated in this outstanding achievement. He is the first student from our school to achieve this particular level of recognition and should be very proud of his efforts. However, Rob didn't build his skills overnight. He has participated in media classes all through his highschool life and continued to build skills in his own time, outside of the classroom, experimenting with new software and technologies, to produce some interesting short films. We wish him all the best in his future endeavours.

To view Robert's film click either image on the right.



Congratulations to our Year 11 student Catriona Warren, who headed off to Sydney this week to collect an award for filmmaking. Cat has been making films since she was 11 years old and already has a number of awards to her name.

Her recent award was for a national filmmaking competition for under 18s for the NPS (National Prescribing Service), a not-for-profit organisation which educates the public about the safe use of antibiotics. The theme of the competition was antibiotic resistance and filmmakers were required to shoot a 30-second film on this theme.

To view Cat's film click the image on the right.



Sports News

Ben Davis becomes a full-time AIS athlete

A massive congratulations to Ben Davis on his recent success in being offered a full-time Volleyball scholarship at the Australian Institute of Sport, Canberra. Becoming the first APC representative at the AIS on a full-time basis.

Ben was scouted by AIS representatives at last year's Australian Schools Volleyball Cup, which Albert Park College entered for the first time in the schools history. Amongst 1000's of athletes Ben was identified as a potential prospect and invited to a training camp immediately following the tournament along with Mateja McKenzie (Year 10).

At the training camp Ben was further selected to trial at the AIS in January, and earned a full-time scholarship. He is one of 24 athletes across all ages in Australia to be given a scholarship at the AIS, with many of its graduates going on to play Volleyball at international level overseas.

Ben will be competing in his first tournament for Australia in Bangkok, Thailand over the Easter break, and will be back to represent APC at the end of year tournament again this December. We wish him and his family all the best on this journey throughout the year.



Intermediate Boys Volleyball Team Wins Beachside Competition

Congratulations to the year 9/10 APC A Volleyball team on winning the Beachside competition in Term 1, defeating tough competitors in MHS and LYC along the way to claim victory. They will now progress to the regional finals to compete against the best schools in South East Victoria.

Year 9/10 "A" Volleyball Team:

Lachlan Black
Arki Smakman
Judah Ryan
Sam Kilpikoski
Harry Overall
Milo Thompson
Harrison Raynor
Thomas Hanway



Lead Create Inspire

Aboriginal Heritage Walk

On Wednesday 7th February, our VCE Outdoor & Environmental Studies class went on the Aboriginal Heritage Walk at the Royal Botanical Gardens. The students were led around the gardens by Den, who introduced them to the Kulin Nations rich and thriving culture. The students experienced a traditional smoking ceremony and were taught the traditional uses of plants for food, tools and medicine.

It was an outstanding walking tour and one that is open to the public. It is highly recommended by our VCE Outdoor & Environmental Studies class.



Ride2School Day

Ride2School Day is on for 2018! Ride, walk, scoot, skate or catch public transport on Friday, March 23rd. Get fit, share a smile with a neighbour, save money and, most importantly, reduce how much you personally contribute to global warming.

We'll conduct HandsUp! Surveys before, during and after the day to see how people get to school, as well as get an idea of how much carbon dioxide we introduce to the atmosphere, as a school, each morning and afternoon. We'll also use this information to advocate for better walking and cycling facilities at our school campuses and in the local community. Look for an update later in the year. Oh, and did I mention the free bike and helmet? Complete the survey three times and you go into the running for a free bike and helmet thanks to the City of Port Phillip. Now, get greasing that chain and pumping those tyres!

by Mr Stanecki



**RIDE2
SCHOOL**

French News

French sister school exchange

Have a look at some photos from the recent French exchange to France, with a report from Year 11 student Jemima Scott and a message from Year 12 student Fraser Jackson's parents.

We are now looking for families who can host the next dozen exchange students from our sister school who will be with us for approximately 7 weeks in July/ August.

Please email tashapaquier@albertparkcollege.vic.edu.au if you could host a student during this period.

“During the summer holidays, a group of nine Year 11 and 12 students went on a seven-week exchange to France. At the beginning we spent three days wandering through Paris, meandering through the famous Parisian sites and staying all together in a cute hostel. From there we took a train to Les Sables d'Olonne, where we spent the remainder of the trip with the exchange students who had stayed with us in Melbourne last July/August. While we were there we spent four weeks attending French school, learning about French culture and their schooling system along with the subjects we attended. We were also there for the Christmas holidays when some of us had the opportunity to explore France a little more with our French families. Throughout the trip, our French improved greatly and our confidence in speaking increased significantly. Overall it was an amazing trip, and many memories of days walking through the town and sitting on the beach were made. I would definitely recommend this trip to anyone who has the opportunity and would like to thank Madame Jackson for taking us.” by Jemima Scott

“Our boys have had the most wonderful experience. Fraser and Arnaud are brothers now. Fraser had the most amazing time. It's so wonderful to see him confident with his French. We always knew it would make a huge difference, but to see him recognise it is priceless...He fully immersed himself in the exchange and has really reaped the benefits....Such a wonderful opportunity.” by Natalie Jackson



Et encore....

Stephie Peterson (Year 11), an expert snowboarder, has certainly found that speaking French can be an asset in life. Thanks to her French studies and determination, we were able to assist Stephie to go on exchange to a school in the French Alps! By the look of the cheese fondue and the snow outside the window, we think that Stephie has found a perfect exchange family.



French extension opportunities

APC offers extension classes at all year levels. On the Danks St campus, senior students are invited to attend classes on Monday afternoons in room 19 and junior students on Thursday afternoons in Room 1. Classes with Madame Jackson are \$300 for one lesson a week until the end of Term 4. Please send your son or daughter along for a trial to see if they would like to join the group permanently.

On the Bay St campus, every Wednesday, French students can sign up to join a lunchtime conversation club. See our new French teacher Monsieur Bousquet for more details. Finally, Danks St students are invited to join conversation practice on Wednesday lunchtimes. Meet Ms Paquier at Gasworks park entrance at the start of lunch.

French film festival

In March, the French Department is inviting all French students to attend the Alliance Française French Film Festival. Please go to their website for more details if you would like to take your son or daughter to watch a french film!

Victorian School of Languages news

Close to 50 students at Albert Park College are studying languages via distance education with the Victorian School of Languages. Last year two of our students received VCE High Achiever recognition from the VSL for success in their Language studies at Year 12. Congratulations to Claudia Neumann (Year 12, 2017) and Kai Heinemann (Year 10, 2017) who both achieved a 45 raw score in their German studies. Ausgezeichnet!

Sexual Health at APC Student Leadership

Nearing the end of 2017, the Year 10 and 11 students participated in a sexual health assembly. A lovely lady of the name Sue from Family Life Victoria came to speak to the two year levels. Family Life Victoria are a non-for-profit, non-government based company who provide comprehensive, supportive and age-appropriate sexuality education programs across the state. Students learned about how to practice safe sex and how to make the 'right' decision. It was a great way to learn and ask questions relevant to the subject. Overall students thoroughly enjoyed it and look forward to more events like these in the future.

The introduction of this program came following the senior SRC taking on suggestions from the feedback form that was sent out to all students earlier in 2017 about what they'd like to see more of at the college. There was a large amount of people who wanted this sort of program introduced in the curriculum, so we took it on board. We really want to incorporate more of these types of changes throughout this year, so please come to one (or more) of us with any more suggestions for changes around the school.

by William Hurley - Year 10 Ambassador

APC Principal Book Awards 2017

On Tuesday 19th December the Principal Group meet with students who had been nominated for APC Principal Book Awards for 2017. Parents and friends were invited to attend.

These awards are based on student academic excellence, work ethic and an ability to strive continuously for the highest academic outcomes within a subject area. Students are selected by staff within a specific learning area.

Academic Excellence Award

- Mathematics Award
- English Award
- Science Award
- Humanities Award
- French Award
- Da Vinci Award
- Leadership Award
- Sport Award
- Art Award
- Media Award
- Music Award
- Dance Award
- Drama Award
- Design and Technology Materials Award
- Design and Technology Food Award
- Design and Technology Textiles Award

Daniel Dessau
Christina Burke Broderick
Melisand Box
Oscar Pearce
Kate Neckic
Eloise McMahon
Harrison Raynor
Ella Tobin
Alyssa Seckinger-Crow
Sen Turner
Lewis O'Donnell
Syeifa Forgione
Charlotte Hewitson
Hayley Apfel
Lina Ruddick
Rose O'Donnell 9B

The Principal's Speakers Award

A College wide award given to the student who has excelled in the College's debating and public speaking programs

- Oscar Pearce

Lead Create Inspire Award

A College wide award given to the student who has excelled in the College's student leadership program.

- Lachlan Black



Lead Create Inspire

School Council Elections - Information for Parents

WHAT IS A SCHOOL COUNCIL AND WHAT DOES IT DO?

All government schools in Victoria have a school council. They are legally constituted bodies that are given powers to set the key directions of a school within statewide guidelines. In doing this, a school council is able to directly influence the quality of education that the school provides for its students.

WHO IS ON THE SCHOOL COUNCIL?

For most school councils, there are three possible categories of membership:

- A mandated elected Parent category – more than one-third of the total members must be from this category. Department of Education and Training (DET) employees can be Parent members at their child's school as long as they are not engaged in work at the school.
- A mandated elected DET employee category – members of this category may make up no more than one-third of the total membership of school council. The principal of the school is automatically one of these members.
- An optional Community member category – members are coopted by a decision of the council because of their special skills, interests or experiences. Department employees are not eligible to be Community members.

Generally, the term of office for all members is two years. The term of office of half the members expires each year, creating vacancies for the annual school council elections.

WHY IS PARENT MEMBERSHIP SO IMPORTANT?

Parents on school councils provide important viewpoints and have valuable skills that can help shape the direction of the school.

Those parents who become active on a school council find their involvement satisfying and may also find that their children feel a greater sense of belonging.

DO I NEED SPECIAL EXPERIENCE TO BE ON SCHOOL COUNCIL?

Each member brings their own valuable life skills and knowledge to the role. Councilors may need to develop skills and acquire knowledge in areas that are unfamiliar to them. What you do need is an interest in your child's school and the desire to work in partnership with others to help shape the school's future.

HOW CAN YOU BECOME INVOLVED?

The most obvious way is to vote in the elections, which are held in Term one each year. However, ballots are only held if more people nominate as candidates than there are positions vacant.

In view of this, you might consider

- standing for election as a member of the school council
- encouraging another person to stand for election.

WHAT DO YOU NEED TO DO TO STAND FOR ELECTION?

The principal will issue a Notice of Election and Call for Nominations following the commencement of Term one each year. All school council elections must be completed by the end of March unless the usual time line has been varied by the Minister.

If you decide to stand for election, you can arrange for someone to nominate you as a candidate or you can nominate yourself in the Parent category.

Department employees whose child is enrolled in a school in which they are not engaged in work are eligible to nominate for parent membership of the school council at that school.

Once the nomination form is completed, return it to the principal within the time stated on the Notice of Election. You will receive a Nomination Form Receipt in the mail following the receipt of your completed nomination.

Generally, if there are more nominations received than there are vacancies on council, a ballot will be conducted during the two weeks after the call for nominations has closed.

Understanding & Supporting Adolescents by Developing their Resilience

Presented by Greg Mitchell



Parents, Year 11 & 12 students and teachers are invited to an evening with Greg Mitchell

Community Event
Everyone is welcome!

Wednesday 14th March, 2018

7pm to 9pm
Albert Park College
83 Danks Street, Albert Park
\$20 per person (at the door) NO EFTPOS



Book your place!

Email rick@criticalagendas.com.au
Include your Name, No. Tickets required and Date attending.
Collect and pay for tickets at \$20 each on the night.
Enquiries: Ph. 0433 616 771

Testimonials

My husband and I went last night. We can't thank you enough for giving us this night of 'fearless reality'.

Greg Mitchell had an engaging, enthusiastic, motivated, helpful, inspiring, thought provoking, humorous, honest, sharing, giving, caring, open, frank, concise, bulls eye target into his presentation of parenting for those lucky enough to make it last night. And, this lasted for two hours!

- Sharon Munroe, Parent, St Brigids College, Perth

Greg, Thank you very much, your presentation at the Western Australian Council of State Schools Association conference was the most memorable speech of the whole event.

- Tanya Gibson, Parent

Developing resilience is a personal journey but many of our adolescents don't know the way!

The destination adolescents need to head for is ... emotional awareness and the ability to regulate your moods

- be able to control your impulses
- have an optimistic mindset
- be a flexible and accurate thinker
- show empathy towards others
- believe that you can achieve things and
- seek help when you need it.

Unfortunately everyone who reads this knows adolescents who have lost their way on some if not all these points.

This presentation shows you not only the what of resilience but the how to teach it to adolescents who are in what Julian Barnes calls the double negative of no longer being allowed to be children, and not yet capable of being adults.

This presentation will help you develop simple tools to

- Teach emotional mastery without fancy words.
- Widen emotional vocabulary.
- Help them pause and make good decisions when under stress.
- Assist them to develop empathy and understanding.
- Support them when events cause them pain.
- Resolve conflicts and fight injustice with grace not violence.
- Create ongoing opportunities to talk and discuss the problems of their lives.

P.N. 2 PD Hrs for Teachers (V.I.T Accredited)

About the Presenter

Greg Mitchell has worked with adolescents for nearly forty years as a parent, a teacher, a grandparent and an educational consultant. Greg works with schools throughout Australia to develop teaching programs and behaviour management responses that empower adolescents to become positive young adults who are strong, capable balanced and nurturing.

In this presentation he brings all of his experience, creativity, zest for life, wisdom and humour to create a memorable night for all.

*Thank you for reading so far down the page ...
if you made it this far, you will truly enjoy this presentation.
A must event to put into your diary!*

FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

MORE INFORMATION

For more information about the CSEF visit
www.education.vic.gov.au/csef

HOW TO APPLY

Contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef

NEW FOR 2018!

If you applied for the CSEF at your child's school in 2017, you do not need to complete an application form in 2018 unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments;** your child has started or changed schools in 2018 or you did not apply in 2017.
- **changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing at the school in 2018.

Check with the school office if you are unsure.



**68 FITZROY STREET, ST KILDA
(BEHIND THE ST KILDA SPORTS CLUB)**



**Carnival Rides | Silent Auction | Music
Entertainment | Food | Market Stalls and more!**

**VISIT THE ST KILDA PARK PRIMARY SCHOOL FETE FACEBOOK PAGE
TO PURCHASE YOUR TICKET TO RIDE ALL DAY**

\$30.00
PRE-PURCHASE

\$35.00
ON THE DAY



Port Melbourne Colts Junior Football Club
Family Community Day
Everyone is Welcome
Sun, Feb 25th 2pm-6pm
J.L. Murphy Reserve Williamstown Rd







Pre-season Training has begun
Girls Train **Tues U10 & U12 5.30pm**
everyone WELCOME **Thurs U14s 5.30pm, U16s & U18s 6pm**
Girls Auskick | U10 | U12 | U14 | U16 & Youth Girls Teams
Boys & combined Auskick | U8 | U9 | U10 | U11 | U12 | U13 | U14 | U15 Teams
www.portcoltsjuniorfootballclub.com.au

PORT MELBOURNE'S BIG NIGHT OUT
FEATURING
CAPTAIN SPALDING
SATURDAY 10 MARCH 2018

Get your tickets now from
<https://www.trybooking.com/344044>

- ⇒ Port Melbourne Town Hall
- ⇒ 333 Bay Street Port Melbourne 3207
- ⇒ Doors open 6.30 pm
- ⇒ Ticket price \$40 includes entry and food
- ⇒ Licensed cash bar
- ⇒ See one of Melbourne's finest cover bands

LIONS CLUB OF PORT PHILLIP
portphilliplions@gmail.com
Portphillip.vic.lions.org.au
Contact Lynne on 0428 267044




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