

Creekside News

3 MAY 2018

Learning for Life

Dear Parents/Carers,

NAPLAN

NAPLAN testing will occur next week between Tuesday 15 May to Thursday 17 May for all students in years 3, 5, 7 and 9. It is important to remember that these tests provide us with a snapshot of where students are 'at' in their learning. Teachers have been assessing students throughout the year and have an in depth understanding about how each child learns and whether they need either extension or assistance. Whilst we use the NAPLAN information to look at 'whole' school programs and practices, your child's teacher is best placed to give you the greatest advice regarding individual progress. Well done to all our participating students, we know that you will put in a fantastic effort. Thank you to the staff for their preparations and organisation prior to this event.

Student Attitude to School Surveys

All students in Years 4 to 9 will this week participate in the annual Attitudes to School Survey. This survey gives the College valuable insights into how students are feeling about school and the areas we are doing well in and those we need to attend to. The survey will take place this week with results to the school in late August.

Information evenings

Last week we conducted a Parent Information session for prospective year 7 families. The Prep information session is on next Monday 7th May at 6:00pm, for those families considering Creekside College for next year. More sessions will be available further into the year and the transition program and dates will be made available in Term 3. 2018 Prep enrolments are now open. Enrolment forms are available from the general office.

ANZAC Day Service

Thank you to Gerry Lucas and Maria Tarnas for joining our school captains at the local ANZAC Dawn Service last Wednesday. The students recited a poem and laid a wreath on behalf of the school to commemorate this important historical event.

Dates to remember

- Fri 4 May** - Yr 2 Werribee Mansion
- Fri 4 May** - Yr 5-6 Interschool Sport - Girls AFL
- Mon 7 May** - 2019 Prep Information Night 6:00pm
- Thurs 10 May** - Mother's Day Card Making Afternoon
3:30pm - 5:00pm
- Thurs 10 May** - 7-9 Division Cross Country
- Fri 11 May** - Mother's Day Stall
- Fri 11 May** - Yr 6 Interschool Sport
- Fri 18 May** - Yr 6 Interschool Sport
- Wed 23 May** - Yr 9 Interschool Sport
- Thur 24 May** - Yr 2 Melton Council Recycling Incursion
- Thur 31 May** - Prep B, C & F Aquarium Visit
- Fri 1 Jun** - Prep A, D, E & G Aquarium Visit
- Tue 5 Jun** - Keilor Division Cross country Finals
- Mon 11 Jun** - Public Holiday Queens Birthday
- Tue 28 Aug** - Yr 7 Immunisations
- Fri 31 Aug** - Yr 7-9 Division Athletics Carnival
- Thur 13 Sept** - R U Ok? Day

Uniform

As the weather becomes cooler it is important that your child has appropriate school wear. Only school jumpers and jackets are to be worn to and from school and whilst at school. Wearing full school uniform is an important element in our culture and is one that is not negotiable. We ask your support in ensuring that your child comes to school in uniform every day and that non-school items are left at home. Should you require assistance with purchasing school uniforms, please do not hesitate to contact an Assistant Principal or one of the wellbeing team at the College.

Riding bicycles in the school yard

A reminder to all parents and students that bicycles are NOT permitted to be ridden in the school yard. Repeat offenders will be banned from riding their bikes to school. Your cooperation to maintain safety and order is greatly appreciated. An approved helmet should also be worn at all times.

Effie Sultana

Acting Principal

Kinder-2 Sub School

It has been an exciting couple of weeks for our Kinder to Year 2 students with a number of excursions and incursions that have taken place. I am always pleased to hear the positive feedback given by the organisers of the places we visit, guests that visit our college and teachers on student behaviour and participation. These events are an extremely important part of our students' learning, so we appreciate the support you give by completing forms and making payments on time.

Attendance – Arriving on time everyday

As winter approaches, the mornings are getting colder and darker. While I understand this makes getting out of a warm bed and house less appealing, it is imperative that all our students arrive to school on time and are lined up in their designated area as the music begins at 8:50am. From here, students should say goodbye, give a wave and make their way into class with their teacher. This gives them the opportunity to build independence and resilience. I urge all parents to leave their child at the line and avoid entering entranceways, corridors and learning spaces, as these areas can become quite congested. Being at school on time every day is vital to maximising your child's learning opportunities. We appreciate your support in this matter.

Uniform

With the colder weather, we sometimes see some rather creative variations with the school uniform. Please note that leggings are not part of our uniform and girls should wear navy tights if they are not wearing the tracksuit/ winter option. Where possible coats and hats should be in school colours. As students take off different layers of clothing throughout the day, please ensure jumpers and coats etc., are named for easy identification should they 'walk astray' from their owner.

Parent Helpers

Our parent helper sessions have been a great success with a good number of parents now supporting students' learning in the classroom. These one-hour sessions greatly assist teachers and students in their learning. Please see your child's teacher if you would like to participate.

Playgrounds

I would like to remind parents that the playground in between the Prep and Year 1 buildings are for students in Prep, Year 1 and Year 2, while the 'spider web' playground next to the sandpits are for students in Years 3 and 4. These playgrounds come with recommended restrictions according to height and age, so we ask for your support in ensuring your child uses the correct playground while under your supervision before and after school. I would also like to ask that at the end of the school day, parents remove their children from the playgrounds by 3:45pm. This allows our after school care program to use the equipment as planned.

Assembly

We have received lots of great feedback on the new time and format of our Prep to Year 6 assembly. Please feel free to join us at assemblies to see presentations and the handing out of certificates for effort, achievement and School Wide Positive Behaviours. Our next assembly will be held on Monday 14 May at 9:00am

Reminders:

Second group for the Year 2 Werribee Mansion excursion – Fri 4 May

Prep Information Session – Mon 7 May 6:00pm

Mother's day card making – Thu 10 May 3:30pm 5:00pm

Mother's day stall – Fri 11 May

Reports will be handed out on the last week of term.

Wesley Forke

Acting Assistant Principal

School Wide Positive Behaviour Support

You may have heard students and staff talking about SWPBS. What is it? SWPBS stands for School Wide Positive Behaviour Support. It is a Department of Education and Training initiative, which provides school professionals with an approach to promote improved behaviour at school. It has been developed from evidence and data, and demonstrates the most effective ways to prevent and respond to problem behaviour. It works to establish a school climate in which appropriate behaviour is the norm for all students, and fosters improved school culture and increased academic performance. At Creekside College, we have identified key areas for improvement and developed a behaviour matrix based on our college values. This matrix models how we can replace negative behaviours with positive ones. Keep an eye out for SWPBS initiatives around the college such as the Creekside Gold Coin and student-led positive behaviour movies, as well as some new things still to come.

Year Two

The Year 2 teachers are impressed with the way your children have settled back into school. Many students have received Creekside gold coins for demonstrating respect, responsibility, acceptance and honesty. Keep up the great work! During week 2, we had the RACV incursion. The students enjoyed learning about traffic light colours and the importance of wearing a helmet when riding bikes, skateboards and scooters and that they should be sitting in the backseat of the car until they are 12 years of age or tall enough because of air bags.

Year Two Teachers

Prep to Year 2 Attendance

There was a great sense of excitement this week as we delivered the trophies to the classes with the highest attendance for Week 1. Children danced and jumped for joy when they realised they had the highest attendance. Keep up the fantastic effort everyone. Congratulations Prep E, 1C, 1G and 2C!

Michelle Lowry and Drita Demiri

3-6 Sub School

Dear Parents and Carers,

Assembly

It was great to see so many parents at our P-6 assembly last Monday morning. The new time and format saw many students receive a certificate in recognition of high levels of effort or achievement. The smiles on the students' faces as they stood at the front of the assembly showed just how proud they were of their achievements. Our next assembly will take place in week 5, which will also include a musical performance by some of our students.

Morning Routine

As I'm out and about in the morning it's fantastic to see the vast majority of students lined up ready to enter the classroom at 8:45am. However unfortunately there are still a number of students who are consistently arriving to class after the students have started the day. The cold mornings definitely make getting organised in the morning a challenge, however I can't emphasise the importance of arriving to school on time enough. The first 10 minutes of the day is when the teacher outlines the program for the day and their expectations there within.

Reports

Teachers have commenced writing the semester 1 reports, which detail student achievement, effort and behaviour in all learning areas. Ongoing assessments will form the basis for teacher judgements, which are outlined in the reports in the form of progression dots and comments. Students are encouraged to continue to apply themselves and make the most of all opportunities to achieve high levels of learning.

Athletics Carnival

Our annual Year 3-6 Athletics Carnival took place on Wednesday on a lovely autumn day. Students enjoyed the day out of the classroom running, jumping and throwing as best they could as they competed against their peers from other house groups. It was also great to see lots of parents braving the conditions to cheer on our athletes. Well done to everyone involved, particularly Shane Mallia who organised the well run day.

Cross Country Event

A huge congratulations to the 42 students from our sub school who attended the District Cross Country on Wednesday. I'm told our students competed extremely well against other schools in the Caroline Springs District. All students who attended the event will have the opportunity to qualify for the District Athletic Carnival when they try out with Mr Mallia later in the week.

Mother's Day Card Making Afternoon

Next Thursday 10th May, Creekside will be holding a Mother's Day card making afternoon, starting after school at 3:30pm. There will be lots of colourful cards to choose from and decorations to give the card that special touch

for mum. The Mother's Day Stall will run the following day on Friday, 11th May, with students able to purchase a present for \$5.00.

NAPLAN

Just a final reminder that students in Years 3 & 5 will undertake the NAPLAN testing on 15th to 17th May. I'm confident students will put in their best effort and achieve some top results!

Gerard Lucas

3-6 Assistant Principal

7-9 Sub School

Dear Creekside families,

It is amazing how quickly the memory of the holidays fade. The term continues to be smooth and the students seem very focused on their learning. ANZAC Day last week saw the Year 9 school captains represent our college at the Dawn Service. I touched base with these students to ensure they had intentions to go to bed early. One of the students and I joked about the fact she had not ever seen the sunrise before, in the end, I wasn't sure she was joking. Along with students from other schools, Yr 9 Captain Nathan recited part of the poem 'Gaps In The Ranks' to a large number of people in attendance. Our other school captains and representatives were Haneen, Ali, Kaitlin, Nikolina, and Lyshana. Thank you to Maria Tarnas for the occasion and supporting the students on the day.

A big thank you to Peter Skaftouros for planning, running and delivering a wonderful athletics day. It was a great day that showcased some amazing athletic performances. It was exceptionally planned and organised; from track events, field events to novelty events and the teacher vs students relay, the participation numbers were fantastic! There were smiles and cheers all around. It also highlights how well the staff work together and that many hands make for lighter work. Red House staff looked great in the where's Wally outfits!

The year 7-9 cross country trials on Tues the 1st May was another great opportunity for the runners to compete to represent the college in division competition. On Wed the 2nd the Yr 9 girls competed against the local schools in softball.

Thank you to all the parents and students that attended the Year 7 2019 Parent Info Night last Monday. If you were not able to attend, please visit the website to see the presentation and information delivered on the night. If you require any further information please give me a call. I have just finished the book by Angela Duckworth, 'Grit' to which I would highly recommend to anyone who is interested in wanting the next generation to achieve success. Ironically, a short video summary option can be found <https://www.youtube.com/watch?v=sWctLEdIgi4>. I mention this as the 7-9 students face both NAPLAN

and Semester Exams. The book really emphasised the importance of 'effort'. Where you can make the comparison between effort and talent. If talent counts for the value of 1.0 effort counts for 2.0. Encourage your children at home to put in as much effort to studying a preparing for both NAPLAN and exams, not just for this term, but for the exams they will be facing in senior secondary.

Another reminder about the upcoming NAPLAN testing on 15–17 May. It is important to remember that NAPLAN is not about passing or failing, but about assessing learning progress. At the classroom level, it is one of a number of important tools used by teachers to measure student progress. It also helps students understand the stamina involved in working for an extended time under test or exam conditions. If you do not want your child to participate in NAPLAN for any reason or have any questions or concerns around NAPLAN feel free to give me a call.

The Attitudes to School survey is an annual survey that provides data to support student wellbeing, engagement, school improvement, and planning at the school. The survey captures students' attitudes and experiences at school and is aligned with the Department's Framework for Improving Student Outcomes (FISO). The survey measures are based on the best available evidence about what influences student outcomes. The 2018 survey will be conducted online for all students. Again, if there are any questions or queries about the survey please call.

Semester exams will occur toward the end of the term for all yr 7-9 students. The exams are designed to measure a student's ability to think, reason and solve problems and recall content covered over the semester relying on prior knowledge and learning. These are a great practical experience and allow for your child to learn how to study and prepare for future exams. With VCE and VCAL around the corner, we try to prepare the students as early as we can to give them the best opportunity to succeed beyond Creekside.

Regards
Paul Young
Assistant Principal 7-9

Primary Science News

1. Science Talent Search

I will be conducting Science Talent Search help sessions for those students who have returned their permission slips. A note will be sent home with further details. For further information about the competition - its rules, conditions and guidelines, please visit:
<http://www.sciencevictoria.com.au/sts/documents/STSHandbook2018.web.pdf>

2. ICAS

If your child is participating in this year's ICAS Science you should have received a note encouraging them to attend the familiarisation sessions. These will be conducted every Thursday during recess (1.40-2.05pm) in May. The test is on Tuesday 29th May.

3. Wanted

1.25L drink bottles, pop-up drink bottle tops and old CDs are needed for use in Science Club. Please send these to school with your children.

4. Did you know...?

- The only part of the body that has no blood supply is the cornea of the eye. It receives oxygen directly from the air.
- Your skull is made up of 29 different bones.
- Nerve impulses sent from the brain move at a speed of 274 km/h.
- The total length of all the blood vessels in the human body is about 100,000 km.
- You lose 80% of your body heat from your head.

5. Quiz

The first student to come to Mrs Fraser with the correct written answers to the following five quiz questions wins a prize.

1. The scientific study of plant life is called?
2. The process of plants using energy from sunlight to turn carbon dioxide into food is known as what?
3. The movement of pollen from the anthers to the stigma of a flower is known as what?
4. Pitcher plants are carnivorous. True or False?
5. What is the fastest growing plant?

Congratulations to Mahnoor (4C) for being the first student to come to me with the correct answers to the following questions in the last Science quiz.

1. Which is the most common element in the universe?
Hydrogen
2. Which planet is furthest from the Sun – Uranus or Neptune?
Neptune
3. How hot is the centre of the Earth? Approximately
6000oC
4. What gas is produced when baking soda and vinegar are mixed?
Carbon dioxide
5. Which part of the human body produces hydrochloric acid?
Cells in the stomach
6. Try this experiment at home: 'Ink chromatography'
Separate out the colours that make up black ink using a technique called chromatography.

<https://www.madaboutscience.com.au/shop/free-experiments/post/ink-chromatography/>

Nichole Fraser
F-6 Science Leader



Dear Parent/Guardian,

Re: 7-9 Exams 2018

In 2018, all students from Year 7-9 will sit their mid-year exams in week 9 of Term 2 (June 12th-June 15th). The exams are written to assess the key skills, content and knowledge students have acquired throughout the Semester. Students in years 7 and 8 will sit an English, Maths, Science and Humanities exam. Year 9 students will sit an English, Maths, Humanities, Science and Health and P.E exam. School will operate as normal, with students expected to attend from 8.50 am to 3.05 pm in full school uniform.

The purpose of exposing students to the exam process is to:

- Assess students learning and progress
- Prepare students for their later years
- Develop stamina
- Build the students capacity to respond to a range of question types
- Manage time effectively
- Develop study skills
- Place an emphasis on how important it is for students to develop their skills and knowledge over the course of a Semester

Exam Results:

- Exam results will be included in your child’s Semester Reports as a percentage.

Student Absences:

- Should your child be absent for their exam, a medical certificate is required. Unexplained or unauthorised absences will incur a 0% result.
- If a family holiday is planned for this time, notification of the dates is required on or before Friday May 25th (Week 6). Students will consequently receive an NA on their report.
- Catch-up sessions will run on Friday June 15th.

Session Times	Monday June 11 th	Tuesday June 12 th	Wednesday June 13 th	Thursday June 14 th	Friday June 15 th
Session 1 & 2 9:00 – 10:40	Queen’s Birthday – Public Holiday	Year 7-9 English Exam	Year 7-9 Maths Exam	Year 7-9 Humanities Exam	Year 7-9 Science Exam
Session 3 & 4 11:10 – 12:50					Year 9 P.E/Health Exam

Exams can be a stressful time for students. Good planning and a balance between study and recreational pastimes is important for success.

What you can do to support your child at home:

- Create a quiet space at home, where your child can study and complete their homework with little distraction.
- Check your child’s diary on a nightly basis. Ask them to show you the tasks they have recorded and talk you through what they have learned.
- Engage with your child’s learning by familiarising yourself with the content they are learning.
- Contact your child’s teacher should you have any additional concerns, questions or require any further clarification.

On behalf of the Year 7-9 team we would like to wish all students well in their exams.

Yours sincerely,

Effie Sultana

Acting Principal

Paul Young

7-9 Assistant Principal

2018-2019 Entertainment Book



Creekside College is pleased to be selling the 2018-2019 Entertainment Memberships as a fundraiser again in 2018 – the memberships are now available to pre order! You can now choose between the traditional Entertainment Book or you can purchase the Digital Membership which puts the value of the Entertainment Book into your iPhone or Android smartphone, all for just \$70!

The Entertainment Memberships contain over 800 valuable 2-for-1 and 25% off offers for many of the best restaurants, attractions, hotels and retailers in Melbourne. Each Membership sold raises \$13 for College to help us raise much needed funds

Please show your support by visiting the link below and purchasing your membership today:

<https://www.entertainmentbook.com.au/orderbooks/189c185>

For any enquiries please contact:
Shirley at the front office

Aussie teens forgo sleep for screens

INFORMATION ABOUT SLEEP RESEARCH

From Josie Mitchell, Secondary School Nurse

A new research report from health promotion foundation VicHealth and the Sleep Health Foundation has found Australian teenagers are missing out on crucial sleep, with screen time, caffeine and stress keeping them awake.

Download media release here

The research found that the average teenager only got between 6.5 and 7.5 hours of sleep a night, well under the recommended 8-10 hours, and it was seriously impacting their mental wellbeing, with increased rates of depression, anxiety and low self-esteem among sleep-deprived teens.

But the study also found a simple way for teens to reclaim some much needed shut-eye. Teens who put down their smart-phones an hour before bed gained an extra 21 minutes sleep a night and an hour and 45 minutes over the school week.

The Sleep and Mental Wellbeing study also found:

- Two-thirds of teenagers (66%) reported at least

one symptom of a sleep disorder, such as insomnia

- Sleep problems during childhood and adolescence are predictive of depression later in life
- Up to 66% of young Australians experience symptoms of insomnia
- Teenagers slept up to 90 minutes more on weekends due to being able to wake up later.

VicHealth CEO Jerril Rechter said not getting enough sleep was a serious health issue for many Australian teenagers and young people.

“Not getting enough sleep can really mess with all of us but young people in particular are at risk of a range of mental health issues such as depression, anxiety, low self-esteem and mood issues,”

“Our report also found that sleep problems during childhood and as a teenager can lead to depression later in life. Sadly poor sleep is also associated with suicidal thoughts in teenagers so it’s really critical we support young people to get the sleep they need.

“We know that the increasing time teens spend on screen-based devices is making it really tough for many to get to sleep. There’s no denying that devices are a part of our life but our research found a simple step like putting away your phone an hour before bed can lead to more sleep and a better quality sleep.”

Sleep Health Foundation Chair Professor Dorothy Bruck said there were simple steps teenagers and their families could take to enjoy better sleep.

“The stereotype of a lazy teenager who sleeps all day is actually an anomaly – teens need more sleep than older people yet we know most of them aren’t getting enough,” Professor Bruck said.

“Using technology before bed, caffeine and stress all contribute to later bed times and sleep problems in teenagers and young people.

“There are things teens and their parents can do to get more sleep. During the day try to be physically active and socialise with friends and family. At night set a regular bedtime and read a book or magazine instead of scrolling through social media right before bed.”

Top tips for sleep

- Set a regular bedtime and wake up time
- Try to relax before bed – mindfulness activities like meditation or gentle yoga may help
- Avoid stimulants in the evening like coffee, tea, soft drinks and energy drinks
- Set up a comfortable sleep environment
- Try to switch off screens an hour before bed – instead read a book or listen to music
- Get active during the day
- Try to spend time together as a family in the evening

The Sleep and Mental Wellbeing report is available at www.vichealth.vic.gov.au/sleep

More information about sleep health is available at <https://www.sleephealthfoundation.org.au/>