School Council:
At 4PM last Friday the following nominations had been received.
Parent category: Meagan Ferguson
Staff category: Colin MacGowan, Anthony Briggs

Parenting for academic success

A recent American Psychological Association review identified parenting strategies that encourage academic success and intellectual development. These strategies include;

Model and teach a growth mindset. Show your child that intelligence isn’t something they are born with more or less of, but is an ability that develops over time, when opportunities to learn are provided. Welcome their failures and mistakes as learning opportunities, showing the way to growth and knowledge.

Each child’s developmental trajectory is unique. Children grow at different rates in different areas, and in different sequences. Give your child the challenges they need and want, no matter whether others see them as too old or too young for that learning or skill.

Nurture creativity. You can help your child acquire habits of mind that lead to creativity. These include welcoming alternative perspectives and solutions, encouraging them to analyse and advocate for their own ideas, seeing fresh new possibilities through their eyes, and helping them learn how to take sensible risks.

Encourage intrinsic motivators. Your child’s interest in learning will be sustained longer and their understandings will be deeper if they feel a personal desire to learn, rather than working for grades, rewards, awards, or approval. Help them discover their own enthusiasms, and support them in exploring their enthusiasm further, making sure you don’t take over. You want your child to own the learning experience.

Support mastery goals. Help your child experience the pleasure of persisting toward mastery—increasing their skills and knowledge as far as they can go—rather than achieving an endpoint of performance set by a teacher, parent, coach, or test. Learning for its own sake feels more satisfying, and motivates much higher achievement in the end.

Communicate high expectations. Demonstrate faith in your child’s ability to accomplish their own highest objectives by a positive attitude, and by providing them the tools and supports they need to do that. Your child will achieve more if you believe they are capable of it.

Set short-term, specific, and realistic goals. It’s great to have lofty long-term goals like making the world a better place, but in order to achieve them, your child needs help formulating shorter term goals that are specific and realistic. As they experience the satisfaction of realizing manageable goals, they will be motivated and empowered to develop more challenging and larger goals.

Interpersonal relationships are at the heart of all learning. Your child learns best when they know that you care more about them—their hopes, dreams, preferences, and problems—than about their achievements. By being present to your child with your whole heart, you enhance their ability to learn and achieve in the long run.

Overall well-being matters most. Learning, achievement, and happy productivity follow naturally from healthy self-esteem. To foster well-being, listen to your child’s concerns and enthusiasms; ensure lots of free unstructured down time; spend time outdoors; value do-nothing times; and encourage an attitude of gratitude.

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Parents’Club

What’s Happening?

AGM and a General Meeting will be held on the 7th March at the Botanical Hotel at 7pm. We usually have a meal during the meeting. All very welcome, new members needed.

WE ONLY HAVE 4 MEETINGS A YEAR AND HAVE 4-5 FUNDRAISING EVENTS SO VERY CASUAL, COME ALONG AND HAVE SOME FUN. All money raised goes back in to the school community.

Kind Regards
Leanne Walker – President
Darleen Baldock – Secretary-0408518889 or dlb1957@bigpond.net.au

Tip for making new friends

If you want to strike up a new relationship, simply smile. It works because people are much more attuned to positive emotions when wishing to form new bonds than they are to negative ones such as frowning, scowling.

A smile is a powerful weapon; you can even break ice with it!

Branko Lukic
Principal
The Rubicon camp is quickly approaching with great anticipation from some very excited Year 8 students. Parents are reminded that we ask students to be at the school by 8:00am as will be leaving at 8:30am sharp on Monday. Students will also need to bring a packed lunch for Monday, as we will be stopping on the way. The forecast for Thornton is expected to be in the low to mid 30’s, so it is advised that students bring their own sunscreen and a suitable hat for the camp. It is also advised that mobile phones, Ipods etc. are to be left at home, as there is very little reception at the camp, and to minimise the risk of losing it or breaking (and to go without Facebook for 5 days!) Please, if you have any questions or concerns, feel free to get in contact with me, or if you would like to have a look at the Rubicon website, the address is http://rubicon.vic.edu.au/

Year 8 students have been very busy both in class and during extra-curricular activities. Students have visited local business and organisations including the local CFA, Esmore’s service station and the local gym. Many thanks to Bill Deanshaw, Ivan Darlington, Simon Burge, Mark & Alan Esmore and Trudi Wallace for showing the students around.

On Wednesday the NCD Triathlon was held in Boort. From Year 8, Edward Parry participated in the Individual Triathlon and Mace Bibby, Josh Walters-Marsh and Dallas Flanagan participated in the team event. Well done to all students who represented the college.

Mr. Knight 😊
Year 7 Halls Gap Experience...

Day 1

After arriving at Norval Lodge, we met with Ant, our guide, who filled us in on all the details of the camp itself. Once rooms were allocated, we got ready for our first walk, it was also the longest. We walked up to The Pinnacle – a 9 kilometre walk all the way around. The way up was really steep with lots of steel stairways. It was worth the steep climb to the top though as the views were amazing, everyone made it to the top. We split into two groups after that, one group walked down the back of the mountain and walked an extra 2 kilometres, while the other walked back the way they came.

Once we returned to the camp, everyone was pretty hot, so we had a swim to cool off before dinner. Blake, our personal chef, was amazing and kept us well fed the whole time. After dinner we played some trivia and some drama games before heading off to bed.

Day 2

We were woken up pretty early on day 2, but we had another walk to Boronia Peak. Another 8 kilometre walk with amazing views the whole time. We enjoyed the wildlife, seeing emus, kangaroos and an echidna. Not everyone made it up to the top this time, but we had to make it back in time for lunch. We spent the afternoon at Brambuk Cultural Centre, where we learnt to throw boomerangs and got to paint our own to bring home with us! We also watched some great films about the Dream Time story of the Grampians and learnt to say ‘welcome’ in the local indigenous dialect.

Once we returned back to camp, some people chose to go on another walk to the Venus Baths, for a swim and a chat with some of the tourists that come from all over the world to see them. Everyone else stayed back at camp and had another swim in the pool before a great meal.

After dinner, we had a talent show where everyone got to showcase their special skills, before settling down for a good night’s rest before another early night.
Have you noticed .......

How easy it seems to be to be mean, nasty, to put others down, belittle and insult those around us or who we come into contact with. For many it seems like a daily sport!

Why does every situation have to be about attacking the person rather than what they did or said, (the action). Some even blame others because of something they can’t do.

Does or is this making our world or even our community, a better place?

Do you even care or are you caught up in it also?

Who is winning?

Are you happy?

Do we do it because of the stresses we are under?
Is it because we feel inferior to others?
Are we feeling bad and want others to feel our pain?
Have we just given up?
Do we just want to be ‘top dog’ regardless?
Perhaps we don’t even realise we are doing it maybe.
Is it because we see it on TV and that’s just what you do!

You know it doesn’t need to be like this but we all have to take action. We each have to decide to make a difference or take a stand.

I would have thought smooth and happy or being polite is better than mean and miserable or making others suffer.

We all want to be happy, have friends, enjoy life and feel good about ourselves.
Don’t we? I know I do!

What do you think?

What will you do?

From Garry - the College Chap-

Calendar 2016

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<th>Term 1</th>
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<tr>
<td>March</td>
<td>Mon-Fri 7th-11th Rubicon Year 8 Camp</td>
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<td>Monday 14th Labour Day Holiday (No school)</td>
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<td>Thursday 17th LMR Swimming</td>
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<td>Wednesday 23rd House Athletics</td>
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<td>Monday 11th School Resumes</td>
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