



**The Grange**

P-12 COLLEGE

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**RESPECT | LEARNING | WORKING TOGETHER**

# P-12 College Dates

## JULY

- 21st**  
Hooptime District Day Years 3/4
- 25th**  
VCE Parent Information Night 10 into 11
- 28th**  
Athletics Years 3-6

## AUGUST

- |   |  |
|---|--|
| <b>9th</b><br>Hooptime District Day Years 3/4 | <b>14th - 18th</b><br>Year 12 VCAL Work Experience |
| <b>14th - 17th</b><br>Grade 4 Doxa Camp       | <b>21st - 24th</b><br>Year 11 VCAL Work Experience |
| <b>14th - 18th</b><br>Grade 6 Canberra Camp   | <b>24th</b><br>STEM Night                          |



Whole College

## SEPTEMBER

- |   |   |
|---|---|
| <b>11th - 13th</b><br>Year 7 & 8 Camp                                 | <b>22nd</b><br>Term 3 ends<br>2:30 Finish |
| <b>20th</b><br>Prep - 12 Parent Teacher Interviews<br>3:45pm - 7:15pm |   |



Deloraine



Callistemon

# From the Principal

## COLLEGE REDEVELOPMENT

As you know we are currently funded to develop our vision and building infrastructure for our College. Our broad themes are around developing highly active and engaged learning in the areas of Science, Technology, Engineering, Arts and Mathematics.

To provide a broad range of options for students and to complement our work around student leadership and sport we are also focussing on the development of specialised Sports Science Programs.

We see a very strong link around “traditional science programs” and linking to exercise science, physiology and bio-medicine. Via our current curriculum planning we are in position to offer electives and training modules for our Sports/Science Programs starting at the commencement of 2018. Through the work of our Health and Physical Education Department we have now established a relationship with Victoria University Sports Science that will provide direct related pathways for our students to study at tertiary level.

Heather Seddon and I met with the Department of Education and Training on Tuesday 27 June to select a preferred architectural firm to design a master plan for our redevelopment. This is required to be completed within eight weeks, so it will be a very busy schedule across Term 3.

## COLLEGE SPORT

We have again experienced success with our Senior Boys Rugby Team winning the State Championship, in fact undefeated with a winning score of 45 to 5.

We also successfully competed in the State Schools Victorian Cross Country Championships with the following results:

<b>Year 7</b>	<i>Sabrin Mohamed 1st</i> <i>Jackea Rei 3rd</i> <i>Sasha Leech 4th</i>
<b>Under 14</b>	<i>Sianna-Bella Gilchrist-Ellerton 1st</i>
<b>Senior Boys</b>	<i>Cohen Henwood 4th</i>

Again excellent results, showing that our College is improving, providing new opportunities for students and really starting to gain success at the more elite levels.

## DUKE OF EDINBURGH AWARD

This year we have offered, for the first time, an opportunity for our students to participate in the Duke of Edinburgh Award. This is a community-based program focussing on volunteering and leadership. We have 22 students signed up to the program and an added bonus to the program is the opportunity of supported entry to La Trobe University. This program is managed by Trish O'Neill, Taylann Luckman and Josh Adams.

## SNOW TRIP

As part of our student leadership development program and providing opportunity for students to experience challenging environments, this year we are offering the opportunity to spend a day snowboarding / skiing at Mt Buller. Given the popularity and demand, we will offer two programs.

## STUDENT ENGAGEMENT

Our College has been well represented by Bryce Thomas and Nathan Mahungu at the United Nations Youth Forum to engage in discussions regarding current world issues. This is a great opportunity to build relationships with other students with an interest in international relations. Both Bryce and Nathan were excellent ambassadors for our College.

We have the following Year 10 students

*Lei Chrisel Capiral*

*Chloe Lago*

*Poornima Laksa Ralalage*

*Sarah Nash*

*Sara Nurhussein*

participating in the “Growing Tall Poppies Immersion Science and Technology Program” held at La Trobe University. Our Maths and Science teams have developed the necessary skills to assist students readily engage with the program.

Recently our Year 10 students, as part of their Humanities Program, visited the Melbourne Holocaust Centre. This centre is a living memory of Nazi Germany's (1939 – 1945) internment of Jewish people in concentration camps and policy of extermination. The experience is extremely moving and visitors need a sense of how to behave and respond appropriately such a place of historical and emotional significance. I am pleased to inform College Council that feedback from curators was all of The Grange P-12 students displayed our values of Respect, Learning and Working Together.

**David Smillie**  
*College Principal*

# Deloraine Campus News

## UNIFORM

The College has introduced a new piece of uniform available early Term 3.

The Soft Shell Jacket (with College Logo) will be available from Rushfords, Werribee at a cost of \$75. This is the same cost as the Spray Jacket.

A number of Leadership students trialled the jacket for a week. All said that it was extremely warm and did not want to return the sample.



## EDUCATION WEEK

In week 6, the school celebrated Education Week with the theme on 'Healthy Mind, Healthy Body'.

The wellbeing team organised lunchtime activities that encouraged students to practice creative ways to reduce stress and elevate their mood.

Students participated in a yoga session via the Yogamigos company; created relaxing glitter bottles; painted mini canvases and worked together to mindfully colour in some images.





## YEAR 9 MUSEUM EXCURSION

On a sunny 22nd May, Year 9 students from the History elective attended a Melbourne Museum excursion with Mr. Hollier. After a walk from Queen Victoria Markets, the group arrived at Melbourne Museum to conduct some historical analysis and explore some of this fantastic museum's exhibits. Firstly the students explored the 'Science and Life' exhibition, marvelling at the dinosaur setups and trying to comprehend the Blue Whale bones at the front of the exhibition. Students then explored the 'Melbourne Story' exhibit while analysing how Melbourne had changed since its early years. They walked through a recreated 19th century inner-Melbourne house and couldn't believe how small and unhealthy the children's rooms were back then.

Afterwards, everyone downloaded the Museums Victoria app before doing the audio history tour around the Royal Exhibition Buildings and grounds, learning about how the original exhibition buildings were over six times the size of the current buildings in 1880! I would highly recommend downloading the app and doing one of the Museum pre-prepared tours.

It was a great experience for the students to see the museum, discuss historical items and see our city.

***Mr Hollier***



## YEAR 9 HISTORY INCURSION

On 1st June, Michael Reddy and Lance Pritchard from the Werribee Historical Society visited our class to discuss local history and the work they do at the local museum. We heard about where they get their historical items from, how they try to improve the museum and how Werribee has changed over the past 100 years. Students then examined some the artefacts brought in including an old coach light, photos of Werribee's rural past and a trophy from the Victorian 1932 Swimming Championships – held at Bungee's Hole in Werribee River! The presentation was very insightful and allowed the students to ask questions about the history of their own community. The students will now look to present their own history exhibits in the Library at the end of Term 2.

***Mr Hollier***

## DIVISIONAL CROSS COUNTRY TEAM

CONGRATULATIONS TO THE 2017  
DIVISIONAL CROSS COUNTRY TEAM!!!

The following students finished in the top ten  
in their age group and  
will compete in the Western Regional finals  
on the 22nd June

*#grangepride*

12 year old girls

1st place - Sabrin Mohamed

13 year old girls

3rd place - Jakaea Rei

4th place - Sascha Leech

14 year old girls

1st place - Sianna-Bella Gilchrist

17 year old boys

4th place - Cohen Henwood



## HOUSE BANNERS

Year 12 students De-Andre Ratapu and Jacob Falefata-Scanlan with their Grange house mascots. The two talented artists drew the images over the Christmas holidays and they have now been delivered. Keep an eye open for the banners when will be hung in both the Calistermon and Deloraine gyms.

*#grangepride*





# YEAR 10 & 11 CAREER DAY & EXPO





## CAREERS UNIVERSITY EXCURSION



## BIGGEST MORNING TEA



## YEAR 7 & 8 RESPECTFUL RELATIONSHIPS WORKSHOPS

During Term 2 the Year 7 & 8 students have all participated in Respectful Relationships workshops.

During these workshops students have discussed the qualities in people they admire, qualities that they feel are important in relationships as well as how respectful people treat each other. Students have then used this information to identify why these things are all important to young people in relationships.

Students were also given information about personal space and the importance of this and remembering to bring it back to maintaining respectful relationships.

We finished off the workshops by working in teams to construct a 'qualities' wall about relationships. Students were given the opportunity to examine what makes a relationship strong, sustainable and equitable.

**Annette Rogotowicz & Caz Hart (Year7 & 8 Counsellors)**  
**and Michelle Hynson (Health Promotion Nurse)**

## HEALTHY RELATIONSHIPS WORKSHOPS

During Term 2 students in Year 10 have been involved in workshops run by Vincent Shin (School Lawyer) and Michelle Hynson (School Health Promotion Nurse) about Healthy Relationships.

Such topics covered in this unit included importance of healthy and respectful relationships, elements to healthy relationships and then information about sexual harassment, sexual assault, Victims of Crime Assistance Tribunal (VOCAT) and Help seeking.

Students had the opportunity to then demonstrate what they had learnt by working through hypothetical case study scenarios based around sexual harassment or sexual assault. These workshops form the current and ongoing work being done around the Respectful Relationships.

**Vincent Shin (School Lawyer) & Michelle Hynson (School Health Promotion Nurse)**

## FINDING MOTIVATION



Motivation is what drives us to make the things we want happen— but staying motivated isn't always easy. Get some tips on how to find (and to keep!) motivation, and suggestions for what to do if you just can't get into gear.

### Why motivation is important

To make things you want to do or achieve happen, you need motivation. Motivation is what drives you towards a goal, gets you up in the morning, and keeps you working through a task, determined to succeed when things get tough.

Everything that could possibly motivate you can fit into one of two categories:

- › *Positive motivations, which focus on the positive things that will happen when you take action. e.g. 'Finishing this assignment means I'm one step closer to being qualified.'*
- › *Negative motivations, which focus on the negative backlash that will occur if you don't take action. e.g. 'if I don't finish this assignment in the next few hours I will fail.'*

Both negative and positive motivation can be effective in different circumstances. However, people are much more successful when they're doing something because they actually want to, rather than if they're acting to avoid an outcome they don't want. That means positive motivation usually has a bigger and better impact.

Negative motivation can sometimes be quite dangerous. That's because it only works if you know the exact steps you are going to take to reach your goal. If you don't have a positive plan of action, using negative motivation to approach a task can make you feel really helpless, and actually reduce your motivation.



Knowing how to find effective motivation strategies is really important to getting stuff done.

### **Tips for finding/keeping motivated**

**Set goals.** When you set a goal you make a decision to act upon what you want. This gives you a direction to focus on – one that's measurable and has an end point; all factors which can help a person stay motivated.

**Choose goals that interest you.** You're much more likely to stay motivated if you are working towards something that you genuinely want to do or achieve.

**Find things that interest you within goals that don't.** Sometimes other people set us goals or tasks that we don't find interesting / want. So, try and find something within that task that does motivate you. E.g. 'I hate maths, but it's going to help me become a builder, which I want more than anything.'

**Make your goal public.** If you state you are doing something to someone else, or write it down, you've essentially promised to keep your word.

**Plot your progress.** When you are working towards something, it can be really motivating if you can see evidence that you are making progress. Draw / create a visual representation of how you are coming closer to achieving something.

**Break up your goal.** Start with easier tasks and work your way up to bigger challenges. Breaking up a task in your mind into achievable chunks helps build confidence.

**Use rewards.** Promise yourself some sort of reward each time you complete a step/task.

**Don't do it alone.** Join a class, find a teacher or someone with whom you can share the experience. Other people's encouragement to keep going can be a big boost to your motivation, particularly when you're doing it tough.

**Learn how to use positive self-talk.**

### **If you're really finding it hard to stay motivated**

If you've tried all these things, and just can't get motivated, then it might help to talk it through with someone that you trust. It can be really hard to achieve things on our own, and having a good support network when you're working through a big challenge is really important.

You could also try talking to a counsellor. They are great at helping people work out which motivating strategies will work best for them.

References and further information: [www.reachout.com.au](http://www.reachout.com.au)

**Michelle Hynson**

*Secondary School Health Promotion Nurse  
Monday and Tuesday.*

# Callistemon Campus News

## CALLISTEMON REPORT

It has been a very busy few weeks for Callistemon students and teachers. The swimming program has been running very successfully- with eager children happily boarding the bus each day, excitedly heading to the pool. We have also had many students participating in a range of sporting clinics and activities - football, cricket, lacrosse as part of our commitment to providing our students with a varied and rich curriculum.

On another note, can I please remind parents to clearly label all uniform items so if they are misplaced, they can be returned to the owner.

We welcomed 2018 Foundation families at an Art and Craft night - it was great to see parents, students and teachers working together as part of the transition to Primary school.

**Meredith Clencie**  
*Assistant Principal*  
*Callistemon Campus*



## HINDI KINDER VISIT

On Friday 26 May, I had an opportunity to visit local kindergartens to present our Hindi program as a part of transitions. One hour sessions were organised for each of the following four kinders - The Grange, Kool Kids, Yerambooe and Good start.

After a brief self-introduction of myself and description of how Hindi is being taught at our school, Kids enthusiastically participated in singing and being part of a 'railgadi' (train) song followed by a craft activity. It was fantastic to see children attempting to say 'railgadi' and 'namaste' in Hindi.

Thanks to Meredith Clencie, Callistemon Campus Principal and Pearl Lim, Leading Teacher F-2 & Transitions for joining us at Kool kids kinder. Thanks also to Silvia for accompanying me and making it run smoothly. A fun time for all involved!

**Renu Gupta**  
*Hindi Teacher*  
*Callistemon Campus*





## PARENT HELPERS

Earlier this term, we ran a parent helpers course to give parents some tips and strategies on how to assist our students in their reading. Thank you to all parents who came along to the course!

Parents involved in the Foundation to Year 2 classes will now be able to collect their rosters and a parent pack from the Callistemon Front Office.

There will be another parent course running in the beginning of term 3 and if you would like to get involved in our classrooms or school events or community events, please come join us!

More details regarding the date and time will follow shortly.



## ROCKET READERS

Some of our Foundation students have been invited to join our Rocket Readers Club.

We meet every Tuesday and Wednesday morning in the Callistemon School Library to practice our fluency.

Students take turns to read to each other and assist each other in decoding unfamiliar words.

It has been a tremendous success so far and we look forward to expanding this program next term.





RESPECT | LEARNING | WORKING TOGETHER



# 2017 School Tour

Monday 7<sup>th</sup> August 2017 9.30am

Tuesday 12<sup>th</sup> September 2017 9.30am

The Grange P-12 College ~ Callistemon (Primary) Campus  
Callistemon Drive. Hoppers Crossing VIC 3029

The Grange P-12 College cordially invites prospective parents and their children to attend a tour of our learning environment. This tour is an opportunity for families to observe our classrooms and facilities in action as well as have any questions answered by our Leadership team.

Please contact the office for more information regarding our enrolment process or our upcoming tours (03) 97486555.



# Community News



## Keyboard & Guitar lessons On School Campus!



### Small Group & Private Lessons

- Please **ENROL TODAY** – via PMI's website OR enrolment forms available at your school front office
- Lessons are held once per week on school campus – typically during the school day
- Only \$15.95 per child per small group lesson (2-5 students for 30 minutes)
- Our small group lessons provide a fun and affordable opportunity to learn instrumental music
- Private lessons also available (\$32.95 per child for 30 minutes)
- Learning plan for all students via "PMI Stars" program – structured objectives with progress visibility
- PMI teachers supply keyboards and textbooks for keyboard lessons (students bring their own guitars)
- Ten minutes per day of practice at home is all that is required to see improvement!
- Instrumental music can improve your child's school results – including for reading, maths, coordination
- Limited spaces available – so please enrol ASAP

P: 1300 362 824    E: [admin@primarymusicinstitute.com.au](mailto:admin@primarymusicinstitute.com.au)    [www.primarymusicinstitute.com.au](http://www.primarymusicinstitute.com.au)