Feedback from the Frankie Performance for the Primary Schools

What was your favourite moment in the play?

When Fuzzy was pretending to be the teacher. Blah, blah, maths, blah, blah, numbers.

When Fluffy taught Frankie how to make a friend and when Bubbles did a touchdown.

When the monsters were dancing because I totally cracked up laughing.

Who was your favourite character?

Fuzzy the Fox because he and his kung-fu moves rule the world.

Bubbles was really funny.

Have you ever had an imaginary friend?

Yes. Nutty. He is a squirrel but he has been in Paris for the past three years, but he still exists.

What was Frankie about?

Bullying and that you are never too old to have an imagination!

Words to describe Frankie:

Funny Extraordinary
Life Changing
Imaginative Creative
MESSAGE FROM THE PRINCIPAL

The Student Attitude to School Survey data for 2013 is now available and once again we are delighted with the results. In all areas we are at or above state / regional averages.

This is an enormous achievement for our school. Our students indicate that Lara Secondary College is:

ABOVE STATE AND REGION IN STUDENT BEHAVIOUR

ABOVE STATE AND REGION IN STUDENT SAFETY

ABOVE STATE AND REGION IN LEARNING CONFIDENCE

WELL ABOVE STATE AND REGION IN STIMULATING LEARNING, TEACHER EFFECTIVENESS and TEACHER EMPATHY

Thank you to over 100 families who responded to our online parent/student survey. I look forward to sharing the results with you in the next addition of the College Times.

On Tuesday I had the pleasure of attending opening night for FRANKIE the musical. What a truly brilliant performance and I congratulate our Director of performance Michelle Fitzgerald and her enthusiastic team, along with students from years 7 – 12 who were involved both on and back stage. Michelle lead the creation of a musical production with a strong message of bullying and friendship and one which had everyone in the audience laughing and crying at some point throughout the show.

Since our last newsletter we have seen the return of the Year 10 adventure trip to Queensland, and the ski trip Queenstown in New Zealand. All reports from teachers were extremely positive and once again highlighted how respectful and grateful our students are for the extra curricula programs provided to them. An enormous thank you to the staff involved who take on an enormous responsibility when taking students on trips and camps – particularly interstate or overseas. Our next big adventure will see students across years 9 – 11 heading off to Bali to extend and develop their Indonesian language skills.

This week you will be receiving your child’s mid semester report indicating progress and development since the end of semester reports. Included will be an explanation of how to book the all important parent/teacher/student interviews – vital for ongoing improvement for every student. I look forward to seeing you next week during interview times.

Lyn Boyle - Principal
boyle.lyn.c@edumail.vic.gov.au

Navy blue scarves are available to purchase from the office for only $3.00!

Students may purchase these during recess or lunchtime.

Year 7 and 8 Student-Led Conferences
Thursday 12th September
9.00am - 8.00pm
Friday 13th September
9.00am - 12.30pm
ASSISTANT PRINCIPALS REPORT

Interim Reports and interviews.
By now you should have received your child’s interim report along with instructions on how to make on-line bookings for interviews which this year will be happening in the second last week of term. The interview process varies depending on which level your child is in. Our year 7-9 students are having extended student-led conferences which means that there will be no classes for those students when the conferences are scheduled. If you need your child to be supervised for these times please contact us. Similarly if you have not received your child’s interim report by early next week, please do not hesitate to give us a call so we can sort this out. When parents come to interviews with Ms Nickou, she will be able to provide marks for assessments in Maths. Comments have not been written due her extended absence.

As reports are in the second last week of the term this year it will mean that we have classes on the last Friday of term and a 2.30 finish to align with the primary schools in the area.

Frankie

There is a real buzz around the school after the opening night (and matinee performance) of this year’s musical Frankie. For the first time we had students from Lara Lake Primary attending during the day. Staff and students alike are still glowing with pleasure from seeing the reaction of this very special audience. They danced along and high-fived the monsters and were able to participate in a question and answer session afterward. Today (Friday) our Year 7 and 8 students have also attended a matinee performance and the closing night is tonight. Our actors, dancers, singers, musicians and backstage support will then be able to take a very well earned rest over the weekend. Further reviews and photographs will appear in the next addition of the College Times.

But wait there’s more…

The school will also celebrate RUOK day next week on Tuesday 10th of September. There will be a whole school assembly with guest speakers and activities organised throughout the day such as a visit by the Youthcan (which is a big bus with lots of interesting activities). Our Year 11 drama class’s production of ‘Same Love’ which was part of our Take Over program this year have been invited back to GPAC on Thursday 12 September as part of RUOK celebrations. They will be performing for other schools. This is a real credit to the work of Michelle Fitzgerald and her teams.

Glenda Ward & Faye Smith
Assistant Principal
ward.glenda.j@edumail.vic.gov.au
smith.faye.l@edumail.vic.gov.au

YEAR 12 VCE CLASSES RUNNING AS USUAL ON FRIDAY 13TH SEPTEMBER

Due to Year 12 Parent Teacher Interviews already being conducted in July, Year 12 VCE classes will run as normal on Friday 13th September when Year 7 – 11 families engage in Parent Teacher Interviews. If you have any queries about this please contact Lana Ryder.

YEstersday, the 25th, Jake V and I competed in the Victorian Schools Cycling Championship. Jake raced in the u15 Novice category and I raced in the u15 Racing category. Jake came 12 out of about 33 and I came 7 out of 14. Overall it was a really good day. The course was fairly easy. Jake and I are going to compete at the state final on the 15th of September at Lysterfield. My mate won the u15 racing category.

By James G

Parking in Scutti Court

Parent and Students who use Scutti Court during pick up and drop off times. Just a friendly reminder not to park in or block drive away. Please park appropriately.
After months of preparation 17 year 10 students and 3 staff from Lara Secondary College headed for the land of the long white cloud in search of adventure and a trip of a lifetime. The following pictures represent a small sample of the amazing journey experienced by Maddison B, Alistair B, Josh D, Cameron D, Shanae G, Ben G, John N, Thomas H, Madeline J, April J, Brooke M, Taylah M, Jack P, Taylor T, Caitlyn T, Kate W, Keah T, Miss Shay, Matt White and Mr Hassett on their 8 day camp to Queenstown New Zealand. There will be more pictures and a full write up in our end of year magazine.

Aaron Hassett – Trip Coordinator
One clear casualty of sleep deprivation is learning. That’s a tragedy – a recent tragedy. — Professor William Dement, Stanford University

Poor sleep impacts on every level of an adolescent’s health and wellbeing: it can make them sick, dumb, grumpy, negative, fat and depressed. Adolescents need more sleep than pre-pubescent’s or adults. This is a biological need due to the massive changes happening physically and within the brain during this period. With sudden growth spurts, particularly in boys, adolescents experience huge waves of intense lethargy.

Hormonal changes create more melatonin which means, chemically, the body is demanding more sleep. There is also a big shift in the adolescent circadian rhythm. Suddenly they are more alert in the afternoon and evening and need more sleep in the morning. For approximately 75 per cent of adolescents, their sleep clock moves up to 1.5 hours later, which means they are not ready for sleep until much later. As our school starting times don’t adjust to this, our adolescents are frequently operating on much less sleep than they need. To beat the frustration of sleeplessness, adolescents will often go online to entertain themselves, connect on social networks, play games or chat with their equally awake friends. This re-stimulates them and the light emitted from screens delays the natural night-time build up of melatonin that would otherwise make them sleepy. Then, when their body is finally ready for sleep, it will be even later than the 1.5 hour difference. Is it any wonder so many adolescents can be so difficult to wake up in the morning?

The sleep deficit

Most adolescents run on a ‘sleep deficit’. This has significant negative effects on their wellbeing. Research has shown that when more is learnt during the day, then more sleep is required at night. This is so the brain can process and consolidate the memories. Vital gene activities need to occur during Rapid Eye Movement (REM) sleep to ensure synaptic plasticity, or the strengthening of neural connections. Basically, without deep sleep we don’t store or process what we’ve learnt during the day. New spaces for learning grow every night after the existing spaces for learning have been filled. Without REM sleep, there are no new cells, and adolescents arrive at school tired and with a brain that is like a motel with a ‘NO VACANCY” sign up. This information is critical for adolescents to know because they often think they are dumb when they don’t retain information or they fail tests ... when they have simply not given their brain a fair go.

The high cost of poor sleep

Many adolescents sleep with an active mobile phone and get woken by texts or social media alerts. When I share this information about sleep with adolescents, they often tell their friends that their mobile will be on silent for school nights. We must remember that time management is not a strength that has developed with adolescence and they can genuinely waste hours in the middle of the night without realizing it!

Researchers have also discovered sleep deprivation can result in depression (especially among girls), anxiety, daytime sleepiness, moodiness, hyperactivity, and emotional vulnerability. Other problems include a reduction in motivation to initiate long-term or abstract goals and a decrease in persistence to work towards such goals.

The Consequence of Insufficient Sleep in Adolescents can be frightening. They include :

- Missed school
- Sleepiness – including micro-sleeps
- Negative synergy with alcohol
- Decreased creativity
- Tiredness (decreased motivation)
- Lower school grades
- Irritability and low-frustration tolerance
- Higher risk of car accidents
- Increased anxiety and stress symptoms
- Over eating and yearning for high-fat foods
- Difficulties with self-control of attention and positive behavior choices
Difficulties with focused attention and emotional stability
Direct effects on learning and memory consolidation, and memory deficits
Health consequences: illness, poor skin, delayed growth and development.

Switching on to Sleep
The influence sleep has on today's adolescents is deep. Too many survive the crippling effects of sleepiness by consuming high caffeine energy drinks, eating high sugar and high fat foods and playing loud music. Adolescents think this is normal behavior, but they are quite ignorant of the effects these stimulating forces have on their sleep deprived bodies.

So what can you do to help your adolescent get a better night's sleep? Talk to them about the consequences of poor sleep and give them some tips to build a better sleep pattern.

Tips for Better Sleep
Avoid stimulating substances.
Create clear sleep boundaries before puberty.
Get plenty of sunlight.
Create a pattern of sleep preparation such as: shower, teeth, toilet.
Avoid TV and all screens (including phones) at least an hour before bed.
Turn mobile phones off or on silent.
Use calming music or a relaxation recording.
Try to be in bed at the same time each night.
Aim for eight to nine hours of sleep each night.
Create a calm bedroom by removing clutter and using aromatherapy.
Drink calming teas like chamomile or warm milk based drinks.
Spend two minutes in bed breathing deeply and relaxing the body.

Clive Allen-Paisley
Community Liaison Coordinator
Email: allen-paisley.clive.l@edumail.vic.gov.au
Mob: 0405959111

How to Succeed in English!
Do you long for better results on your English SACs or assessment tasks?
Do you need a good score in English to get into your course next year?
Are you struggling to keep up with your English homework?
Would you like some extra help with your English skills?
Do you need a supportive group of study buddies to motivate you?

Well good news! Your search is over! Come along to our weekly Senior English Study Sessions on Wednesdays from 3:30pm to 4:30pm in the Room 408 and you can discuss class work with a teacher and peers, complete homework and prepare for assessment tasks, SACs and exams. Staffed by Senior English teachers, these sessions provide you with an opportunity for extra discussion and assistance. You may attend Study Sessions every week, as needed or when recommended by your English teacher. ALSO, starting this term, every time you attend an English Study Session, your name goes into the draw for a fantastic end of term prize! So don’t wait another moment, put it your diary or phone right now! Success in English and an extra chance to win the prize every time you attend – win win!
Careerspace 13

Yr. 12 VTAC – IMPORTANT DATES
Everything a yr. 12 student needs to know is on www.vtac.edu.au home page. Very user-friendly. Please ask students to email me to organise a time to help them individually with course, SEAS and scholarship applications. willson.nell.n@edumail.vic.gov.au

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Mon 5 Aug - Fri 27 Sep</td>
<td>Timely course applications open &amp; close - $27 fee</td>
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<tr>
<td>Fri 27 Sep – Fri 8 Nov</td>
<td>LATE course applications open - $91 fee</td>
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<tr>
<td>Fri 8 Nov – Wed 6 Dec</td>
<td>VERY late course applications open &amp; close - $116 fee</td>
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<tr>
<td>Tue 8 Oct, 5:00pm</td>
<td>SEAS Applications close</td>
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<tr>
<td>Fri 18 Oct, 5:00pm</td>
<td>Scholarships close</td>
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<tr>
<td>Mon 5 Aug - Fri 25 Oct</td>
<td>Change of preference opens and closes until</td>
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<tr>
<td>Fri 25 Nov, 9am - Mon 23 Dec, 11.59am</td>
<td>Change of preference opens and closes</td>
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<tr>
<td>Mon 16 Dec, 7am</td>
<td>ATAR &amp; VCE Results available via mobile and online</td>
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<tr>
<td>Fri 17 Jan 2014, 2pm</td>
<td>1st Round Offers</td>
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Reminders

Occupational Therapy information evening; 5.30-8pm, Thurs 12 Sept; Austin Hospital, Studley Rd, Heidelberg; Register: email Monica.williams@austin.org.au

Medical Radiations tours at Peter Mac; Sun 15 Sept; Information: ph 9656 1375, RTEducation@petermac.org, www.petermac.org.

Deakin University’s school holiday program; 23-Fri 27 Sept; Info: www.deakin.edu.au/discover.

Fashion Camp; 23-27 Sept; Kangan Institute, Richmond; Cost: $785; Ages: 15 – 18 years; Book: www.kangan.edu.au/short-courses-melbourne/fashion-camp/aoosc/flashn12/.


Monash Year 11 Inspiration Day – explore options, university life, discuss your future; 26 Sept; Caulfield; Register: www.monash.edu/year11-day; Info: Eddie 9903 1613 or onshore-events@monash.edu.

Nuclear Medicine Hospital Visits – What is nuclear medicine? Find out on a visit to a major hospital; 26-27 Sept; Info: medicalsciences@mit.edu.au, see www.mit.edu.au/medicalsciences/nuclearmedicine.

CAREERS IN PSYCHOLOGY – Many students indicate an interest in studying psychology, and are unsure what it involves. Find out by attending a ‘Careers in Psychology’ free information evening run by the Australian Psychological Society (APS) Student Society. When: 6.30-9.00pm, Fri 20 Sept; Where: Advanced Technologies Centre, Swinburne University of Technology, 427-451 Burwood Rd, Hawthorn; Parking: www.swinburne.edu.au/corporate/facserv/parking.html, Bookings not required.

YEAR 12 STUDENTS – APPLYING FOR COURSES – A reminder that you need to apply for courses through VTAC for 2014 by 27 September (www.vtac.edu.au). The cost of applying up to that date is $27.00. If you apply after this date the charge rises to $91.00. You can apply without paying at the time, but be aware that if you do not pay at all, you will not receive an offer of a place in January 2014. Remember that once you apply, you can change your application. The final time you can change your application is at noon on 23 December.

SCHOLARSHIPS – Reminder: All current Year 12 students are advised to apply for Equity and Merit scholarships via VTAC. VTAC scholarship applications for domestic students close at 5pm on 18 October 2013. See: www.vtac.edu.au/applying/process.html. Also check individual institution websites for other scholarships. There are also Student Start-Up and Relocation Scholarships available to students receiving income support; these are administered by Centrelink. Indigenous Commonwealth Scholarships are administered by institutions and will be allocated to students who meet the Commonwealth eligibility as described on the Centrelink website and have had their indigenous status confirmed.

OFFERS – VTAC has announced that offer letters will no longer be mailed to applicants. When offers of places are released on 17 January 2014, applicants will be able to view their offers in their VTAC user account. Offers may also be published by newspapers with the applicant’s permission. NOTE: Verbal offers have no status; if you receive a verbal offer, ask for the name of the person making the offer and contact VTAC.


AUTOMOTIVE MODERN APPRENTICESHIP PROGRAM – Vantage Automotive P/L is a major provider of government funded vocational learning and outsourced services to major vehicle manufacturers. Applications are being sought from people interested in joining the motor trade. Applicants from all over Australia are encouraged to apply, and if you are selected will be offered full time employment at a dealer close to your home. Positions are already available for 2014. Info/apply: www.vantageautomotive.com, Another suitable organisation is the Victorian Automo-bile Chamber of Commerce (VACC); see www.vacc.com.au and go to Apprentice-ships and Training.

NURSING AT LA TROBE UNIVERSITY – From time to time, universities change the prerequisites for their courses. La Trobe university has announced that from 2016 (applicable to current Year 10 students) the Bachelor of Nursing and the Bachelor of Nursing/Bachelor of Midwifery will require a study score of at least 20 in one of Units 3 & 4 biology, chemistry, physics, any maths, psychology, physical education or Health and Human Development (in addition to Units 3 & 4 English (any), currently the only prerequisite).
LA TROBE MELBOURNE – La Trobe Melbourne is a pathway into a degree from La Trobe University. La Trobe Melbourne is part of the Navitas group, an internationally recognised education provider with the knowledge and resources of staff in more than 50 different college and campuses worldwide. The diploma programs are in Business, IT, Mass Media and Communication, Bioscience and Health Science. These diploma programs are equivalent to the first year of a University degree, but with smaller class sizes and increased academic contact. After you have completed the Diploma, you progress into second year of a range of Bachelor degrees at La Trobe University (see pages 230-231 of VTAC Guide).

NOTE: This is similar to the Melbourne Institute of Business and Technology’s (MIBT) relationship with Deakin University. Monash College also has pathways to Monash University; Swinburne has UniLink. Another pathway to university is a TAFE Diploma. As a rule, two years at TAFE equals one year at university (in a related field).

AUSTRALIAN CATHOLIC UNIVERSITY (ACU) BONUS SCHEMES – ACU offers a number of bonus schemes to Year 12 applicants, including the Early Achievers Program (EAP) and the Elite Athlete Bonus (5 point bonus). Some of these schemes apply to applicants automatically, while others require an application form. For details see: www.acu.edu.au/accessacu. Applications for EAP close on 21 October; applications for the Elite Athlete Bonus scheme close on 1 November.

MORE THAN ONE CAREER – A LAW PANEL EVENT – The Faculty of Law at Australian Catholic University (ACU) is hosting a panel of law professionals to discuss the benefits and opportunities from studying law. It is an opportunity for students to find out about the range of careers that ACU law graduates may undertake. Some panel members have pursued the traditional employment path, while others use their degree to influence policy or undertake. Some panel members have pursued the traditional employment path, while others use their degree to influence policy or fulfill a critical role in organisations. Guest panel members include Cr Jackie Fristacky, Mayor of Yarra City Council, Dr George Georgio SC, Barrister, Peter Seidel Partner, Arnold Bloch Leibler and Danielle Taske General Counsel, Work Safe. When: 6-7.30pm, Thurs 19 Sept; Where: ACU Melbourne campus, Fitzroy; Information and bookings: http://www.acu.edu.au/about_acu/faculties_institutes_and_centres/law/news/more_than_one_career_law_panel_event

AUDIO-VISUAL TECHNOLOGY - Do you want to learn the broad skills of the audio-visual industry including lighting, sound, TV production, design, installation and event management while working on real-life productions and events around Melbourne? If so, you might be interested in the one-year Certificate IV or the two-year Diploma in Audio-Visual Technology at RMIT. Audio-visual technologies have a worldwide presence in home, shopping, government and corporate environments, and their evolving applications are one way for companies to differentiate themselves from competitors. As AV technology is aligning with computer technology, new job roles are being created to cater for a new market. Industry professionals often look to employ RMIT graduates due to their professionalism and strong can-do attitude. Info: www.rmit.edu.au/programs/c4230.

JMC ACADEMY – has workshops in the holidays to help you find out what a career in the creative industries can be like. JMC specialises in courses in 3D animation, audio engineering and sound, entertainment business management, film and TV production, games design and contemporary music performance. Where: JMC, 171 Bank St, South Melbourne; Cost: $10 per day (with lunch); Bookings: www.jmcacademy.edu.au/News/2013-07-05/MELBOURNE-WORKSHOPS.cfm

Apprenticeships/Traineeships

Powercor Australia Apprenticeships/Traineeships 2014:

Gforce traineeship in the engineering trade
Entry level - not eligible if you have completed or are about to complete Cert II Engineering or higher

Shell Apprenticeships x 2
Mechanical (Fitting & Turning) Apprenticeship Instrumentation/Electrical (Dual Trade) Apprenticeship Must have passed Year 11 Maths & English Pre-apprenticeship or VET or work experience in this field highly regarded.
Closes Sunday 15th September. To apply log on to www.gforce.org.au ‘Job Vacancies’

CADETSHIPS IN LOGISTICS – The Victorian Transport Association has a very successful Cadetship program. Two-year program which has young people employed full time with logistics companies while studying for the Cert IV in Logistics and a Diploma of Logistics.

Butchers Apprenticeship at Lara Quality Meats
Phone Andrew Gunther for details 5282 1471 (email Andrew.gunther@bigpond.com)
Or drop resume in to the shop

Food and Beverage Staff Vacancies at Club Cats, Simonds Stadium
Coming into our busy Christmas period we have a number of casual and permanent vacancies for qualified and/or experienced staff - especially Chefs/Cooks for our Bistro/kitchen. Send resumes to skymantas@geelongcats.com.au Any questions can be forwarded to: Susie Kymantas, Geelong Cats, P 03 5225 2372 | F 03 5229 1892 E skymantas@geelongcats.com.au geelongcats.com.au facebook.com/geelong.cats | twitter.com/geelongcats
“Every breath”
Rachel Watts is an unwilling new arrival to Melbourne from the country. James Mycroft is her neighbour, an intriguingly troubled seventeen-year-old genius with a passion for forensics. Despite her misgivings, Rachel finds herself unable to resist Mycroft when he wants her help investigating a murder. And when Watts and Mycroft follow a trail to the cold-blooded killer, they find themselves in the lion’s den - literally. A night at the zoo will never have quite the same meaning again.

LARA SECONDARY COLLEGE’S EBOOK LENDING LIBRARY
Some new eBook additions to our library
All registered students can borrow. For details how to register and borrow go to http://larasc.wheelers.co/
If you haven’t read an eBook before do download one, you will be impressed.

GEELONG LIBRARY MEMBER COMPETITION
We are still drawing out winners every Friday until the end of term. A few winners still haven’t claimed their prize. Members enter your name in the box in the library if you haven’t already done so.
Attention students not Geelong Library Members: The GRLC have recently made it much easier for Lara Secondary students to become members. Do consider signing up. Pick up a form from our library. As a member you will be eligible to borrow a wealth of resources from Geelong Regional Library including e-resources which you can download on your device at any time. New members can also enter our prize draw.

Matthew Scarlett calling in to our library
A most enjoyable “footy day” was had by all on the 28th of August. Mr Thompson had invited Matthew to visit LSC and the primary school on this fund raising day for Casey Tutungi and passionate Geelong supporter Brendan A. was very happy to have his copy of “Hold The Line” signed by Matthew. There is still one copy available for loan or you can make a reservation.

Congratulations Kial M
Our talented artist Kial M of 9G who sure can draw cars had his picture published in the September 2013 edition of Street Machine on page 36.
We have Street Machine magazines available for borrowing as well as Wheels, Girlfriend, Dolly, Ride BMX, Slam Skateboarding and Revolution.
(should read Lara, Vic)
Ms Sartori - Library