YEAR 10 READY SET WORK STUDENTS IN PARTNERSHIP WITH AVALON RACEWAY

Students were treated to a tour through two racing teams’ semi trailers and a speech from drivers and promotions staff on Friday the 15th. They were then invited to Avalon raceway with their families on the Saturday night where they also had the opportunity of a pit tour from the organiser Rod Drew, photos with the drivers and some students were even lucky enough to wave the checked flag for the novelty race. Ready Set Work will be working with Avalon Raceway throughout the year.
MESSAGE FROM THE PRINCIPAL

March 15th is an important date for everyone’s diary with a very special event celebrating Lara Secondary College 10th Year. The planning committee has been hard at work to ensure that both students and our community have the opportunity to celebrate in the style which we should, considering the long wait of over 40 years our community had prior to the development of our school!

Judy Anne Gillet, Myriam Greenland, Clive Allen Paisley and our Assistant Principal Faye Smith have consulted with the SRC and staff to ensure that we celebrate our achievements and the contribution of so many members of our community on March 15th. Our lunchtime festival will be followed by presentations from past and present students and staff in music and theatre. The evening event will see invitations to all of those who have made significant contributions to the development of our College - an evening of celebration and reflection on our growth and development over the ten years since our opening.

Our 2012 results for Year 12 students are certainly worthy of celebration. Our VCAL program is enormously successful in supporting students to achieve their goal in seeking employment in trades: in 2012, of 27 Year 12 VCAL students, 10 moved directly into full time work (having already completed School-based Apprenticeships and Certificate 11 or 111 VET qualifications), 5 have moved into full time apprenticeships, 7 will attend TAFE for further education having completed School-based Apprenticeships and Certificate 11 or 111 VET qualifications, and 2 have gained traineeships and full time work. What a brilliant outcome for our VCAL program.

The number of subjects in which students in VCE are achieving at or beyond their potential has increased significantly and we are very pleased with the increasing number of students who are gaining strong VCE results and applying to university. In 2012 80% of our VCE students were successful in gaining a university place. Fifty two students of students who are gaining strong VCE results and applying to university. In 2012 80% of our VCE students were successful in gaining a university place. Fifty two students received a first round offer with 25 students gaining places at Deakin, 10 at Ballarat, VUT, RMIT, Melbourne and Latrobe universities, and ten students gained TAFE places.

In 2013 we strive to further our success as a “high performing school”. We continue our work as a professional team of staff through our move to the concept of a Professional Learning Community – one where we focus intensely in professional learning teams to ensure that we are working consistently toward supporting every child to learn. Our work this year will begin the PLC journey with a focus at every opportunity on four critical questions:

1. What do we want students to learn?
2. How will we know when they learn?
3. What will we do if they don’t learn?
4. What will we do if they already know?

These seemingly simple questions provide a clear and direct focus for every teacher who will work collaboratively with their PLT’s to ensure continuous improvement in teaching and therefore learning. The leadership team undertook training in 2012 to prepare for our work and last week we were involved in a video conference with consultants in the USA who have lead the development of the PLC concept across the world – with amazing success.

As we move into week four of our term students are settling well into the routine and expectations of school. Our standards will continue to be high in every area and we appreciate your support in ensuring that all aspects of the school agreements are met, including full attendance at school, punctuality, uniform, completion of required work and underpinning all – that all members of our community “live our value” of Commitment, Excellent, Teamwork and Respect.

Finally I would like to farewell a very special educational support member from our administration team. Alana Ingles has been a key member of our office staff and has been an enormous personal support to the Principal Team in her role as Principal Team Assistant. Alana is very talented in so many areas, as you may remember from her role as choreographer in our very successful rock eisteddfods and musical productions. Alana is taking extended leave to pursue her artistic talent in graphic design and we wish Alana every happiness and success in her new adventure.

Lyn Boyle - Principal
boyle.lyn.c@edumail.vic.gov.au
ASSISTANT PRINCIPALS
REPORT
Photograph day last Monday went very smoothly. The Arthur Reed photographers made particular comment that our school community had really taken on board their new internet based ordering process. We are certainly becoming increasingly tech savvy. ID cards are now being printed and will be distributed as soon as they arrive. Photographs will take just a little longer.

On Thursday 21st of February our Year 11 and 12 peer mentors held a morning tea for our Year 7 students to publicise the lunchtime activities program that they have developed. This innovative approach to peer mentoring has been developed by Kerry Mills, our Developing Positive Behaviours Leader. VCAL students have been encouraged to be peer mentors for our Year 7s. They have been trained and most importantly they will be able to use this very practical experience to demonstrate the development of competencies in the areas of communication, problem-solving and team work in their VCAL work. Year 7 students benefit by getting to know senior students and by having organised lunchtime activities (the lack of which we know from feedback is one of the students’ ‘dislikes’ about starting secondary school) This program is a win-win.

Next Tuesday 26 February will be our first whole school assembly for the year. Student leaders from each of the levels will be presented with badges. The assembly also gives us the opportunity to let students know about exciting upcoming events such as our school production. It is great to watch the Year 7s at this first assembly when they see the whole school community together for the first time.

The Geelong Council have sent us detailed information about what you can and cannot do at a no-parking sign and no-stopping sign. This has been scanned into the newsletter for you so that everyone is clear about the rules concerning dropping off and picking up students. It may well be that parking officers will pay us a little visit in the near future!

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

Indonesian Study Tour 2013

These September holidays, Lara Secondary College will be running an overseas study tour to Bali, Indonesia. The tour will run for approximately 10 days and include a language course as well as cultural activities including cooking, dance and music. Students will have ample opportunity to explore local sights and interact with culture through authentic experiences.

Letters will be going home this week to families of students who have expressed an interest in the study tour, notifying them of an information evening being held in the first week of March.

Keep your eyes and ears open as there will be updates throughout the year.

Pak Collier and Pak Maine
LSC Indonesian Department

Keys Please
Learner Driver Information Session

As part of the Year 10 Pathways Program, the Keys Please learner driver information session will be presented by VicRoads to Year 10 students on Wednesday, 27 February. Many students upon reaching 16 years of age will be keen to start driving lessons. The information session will teach students how to obtain their licence and become safe drivers. Information and tips on supervising learner drivers is available at: www.vicroads.vic.gov.au/supervisors. For further information, please contact Mr Alexander, Year 10 Program Leader.

Senior English Study Sessions CANCELLED due to Industrial Action

Please note our weekly Study Sessions on Wednesdays from 3:30pm to 4:30pm have been cancelled until further notice in keeping with the AEU’s ban on work that occurs outside teachers’ 38 paid hours. Please be assured all Senior English teachers will still be available to support students by arrangement during recess and lunch times, via email and though our Facebook Groups. Students who are struggling to keep up with homework will be directed to attend catch up sessions which run session four every Friday in room 404.
CALLING ALL PERFORMERS, DANCERS AND SINGERS!
FROM ONE HALF OF THE TEAM THAT BROUGHT YOU THREE WONDERFUL PRODUCTIONS:

Meet Miss Fitzgerald at lunchtime straight after assembly Feb 26th in the Drama Room
to register your interest and for further information

SEE YOU THERE!

INSTRUMENTAL MUSIC

Lara Secondary College offers many opportunities for students to be a part of an exciting Instrumental Program. This program provides students with an enjoyable way of learning new skills, developing confidence and making new friends. Instrumental lessons take place in small groups, for half an hour per week, during school time.

Instruments that are on offer include:

- Flute
- Clarinet
- Saxophone
- Trumpet
- Trombone
- Drums
- Piano/Keyboard
- Guitar
- Bass Guitar
- Voice

Instrumental music students throughout the school also participate in a variety of ensemble rehearsals and performances. These performances take place in many different settings across the school and within the wider community. Ensemble rehearsals will take place during lunch time or after school.

The Ensembles Lara Secondary College have to offer are:

- Concert Band
- Rock Band
- Guitar Ensemble
- Choir
- Woodwind Ensemble
- Saxophone Ensemble
- Voice

The cost of music lessons is only $50 per term. Equivalent private lessons usually cost around $200 per term!! So take up this opportunity while you can!!

Woodwind and Brass Instruments can be hired from Lara Secondary School at no extra charge.

If you are interested in joining our team, please see Miss Newman or the front office to collect an enrolment form.

Lesson spaces are filling up fast, so get your forms and payment in quickly.
Making a smooth start to Secondary School

Getting used to new subjects and new teachers, as well as forming new friendships are just some of the requirements of this period.

Starting secondary school is a time of change and uncertainty, which places new demands on young people. Being at the bottom of the pecking order where they are unsure of the playground hierarchies is just one adjustment that they need to make.

Some kids take these new experiences in their stride but it is natural to experience some difficulty, particularly when it's accompanied by the potentially unsettling transition from childhood to adolescence. It's no coincidence that many research projects indicate that children's learning levels out in the transition year, presumably because the social tasks of adjustment take precedence over academic performance.

It helps to remember the Four P's to help your young person settle in:

1. **Promote friendships:**
The quicker kids form new friendships the sooner they'll feel comfortable in their secondary school surroundings. Encourage your young person to be open to forming friendships with all sorts of kids; to be accepting of others who may be different to them; to take social risks by joining in activities even though they may feel uncomfortable; and to be friendly, approachable and positive!

2. **Practice patience:**
Patience and understanding in the early weeks is essential. Brush up on your listening skills as you help your young person adjust. Talk to your young person about change and reassure them that it is normal to feel unsure or nervous in new circumstances. Let them know that many difficulties they face will be temporary.

3. **Pursue a positive attitude:**
Confidence is catching so make sure you see this transition time as an exciting challenge that your child can handle rather than an event to be feared. Ask them about the new subjects or interesting activities they are doing, and try to shift their focus to the positive aspects of school. Discuss settling in issues with the appropriate person such as their TLC teacher, but give your young person time to handle them on their own before seeking help.

4. **Process their day:**
Some young people may come home with fairly exaggerated accounts of secondary school and may not always paint a fair picture. They may become sensitive to things that they might have shrugged off in primary school. Listen without judgment and show a real interest in their new school, while providing them with the space they need to get away for a while. Expect some behaviour blowouts as many kids let off steam in the relatively safe and stable environment of a loving family.

Most importantly, talk up your young person’s new school, rather than talk it down, as kids of all ages take their cues from the most significant adults in their lives – their parents!

**Michael Grose—Parenting Ideas**

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How much SLEEP is your son/daughter getting?

I have been asking students for the last year what time they get to sleep of a night and I have been amazed at their honesty and the times they indicated.

The times of 12.00am, 1.00am, 2.00am and 3.00am are not unusual responses to my question.

The replies when I ask why they are up so late falls into two categories. These being; using either social media (facebook) or computer gaming.

Students are not silly and realize that these sleeping hours are detrimental to them but the addictive nature of social media and gaming over-rides this realization.

Students want to kick the habit!

Facebook was launched in February 2004 therefore all parents of secondary school students did not grow up with this new social media technology. I think we have seen the positive impact of it but there are certainly some negative downsides as mentioned above that we as parents need to support our children to minimize.

Probably the best suggestion I have heard is an agreement with our children that all technology devices will not be allowed in the bedroom after an agreed time that they go to their bedroom to prepare to go to sleep. The devices can all be set up in the kitchen to be recharging for the next day.

I think that this issue is one that is not allowing some of our children to achieve the very best they can and we as a school want to be as supportive as possible in collaboration with yourselves and you children to achieve this.

I would certainly invite all parents who have come up with other solutions to the problem to contact me (contact details below) so that we can share them with other parents.

**Why is sleep important?**

Sleep is a time when the body repairs and recuperates and allows the brain much needed ‘down time’. The effects of regular sleep deprivation can be cumulative.

Sleep deprivation can result in reduced cognitive function and short term memory, irritability, decreased energy levels, decreased libido and may even present as attention deficit disorder. It affects the immune system, respiratory system and increases hunger, giving rise to obesity problems.

**How much sleep do we need?**

Sleep research suggests that a teenager needs up to 10 hours of sleep every night yet 25% of teenagers get less than 6.5 hours of sleep on school nights. Much of the body's growth occurs during sleep and adolescence is the time the body is growing at an accelerated rate.

Regularly not getting enough sleep (chronic sleep deprivation) can have dramatic effects on a teenager's life, including reduced academic performance at school.

**Clive Allen-Paisley—Community Liaison Coordinator**

Email allen-paisley.clive.l@edumail.vic.gov.au
Ph. 5282988 Mob. 0405959111
**Breakfast Club**

Welcome to all
Every Monday and Thursday between 8.10—8.45am

Available: Toast and spreads, assorted cereals.
(Hot meals available occasionally).
Sponsored by the Gateway Church Lara.
Pastor Ellie Griffin - Lara SC Chaplain

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**Lara Soccer – 2013**

Registration night: Wednesday 6 March 6pm – 8pm at Lara Sporting Club, Mill Rd, Lara.

Please register online at www.myfootballclub.com.au prior to attending.

Print invoice and bring to registration night where players will be fitted for their playing kit.

A junior Lara Sporting Club membership is also required if you do not have a family membership.

Please contact Naomi Robertson on 0417 825 465 for further info or email larasoccer2000@gmail.com

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**Lara Food and Wine Festival**

The Lara Food and Wine Festival will be held on Sunday March 24th at Pirra Homestead. Gates open at 10am and the festival concludes at 4pm. There are some competitions that you can enter for the chance to win great prizes. Full details are on our web page www.larafoodandwinefestival.com.au where you can download entry forms or you can pick one up at the community centre. Entry is free to all our competitions.

**Cup Cakes** We are looking for the best cupcakes with prizes for taste and the best decorated. There is an open section and one for children under 13. Entry forms need to be at the community centre by March 15th

**Photographs** We are looking for photos to fit the food and wine theme with a primary school, a secondary school and an open section. Photos accompanied by the entry form need to be at the Lara Community Centre by March 15th.

**Preserves** -There are sections for chutney, jam, pickles, sauce and relish and the chance to win great prizes for all you Lara cooks who make their own goodies. The preserves along with the entry form need to be delivered to the community centre in the week March 18th to 22nd March.

**Critter Creations** Using fruit and vegetables we ask pre-schoolers and primary age students to create some kind of creature for the chance to win a prize. Entry forms need to be at the community centre by March 15th.