



PARENT BULLETIN

4th May 2012

COMING EVENTS

Thursday, 10 th May.....	Yr 7/8 Football
Tuesday, 22 nd May.....	Yr 9/10 Football
Wednesday, 30 th May.....	Yr 7 Netball/ Yr 8/9/10 Soccer
Wednesday, 6 th June.....	Yr 7 Immunisations
Monday, 11 th June.....	Queen's Birthday (Public Holiday)
Tuesday, 19 th June – Friday, 22 nd June.....	Yr 7 Camp Coolamatong
Tuesday, 26 th June.....	Yr 8/9/10 Netball/ Yr 7 Badminton/Soccer
Friday, 29 th June.....	Last Day Term 2

SCHOOL OFFICE HOURS:	8.00 am – 4.00 pm
SCHOOL HOURS:	8.25 am – 2.50 pm students are supervised between 8.10 am and 3.00 pm

CAMPUS PRINCIPAL'S NEWS



Hello Everyone,
Schools today rely heavily on the information received from students, parents and staff to inform decisions that are made about how schools operate. Kurnai's involvement with the Positive Behaviour Support (PBS) program and the Meetings for Success both grew out of surveys completed by students and parents.

In the last week students at all year levels completed the Attitudes to School Survey and the Bullying Survey. Both these give us a clearer understanding of how students feel about themselves, their peers and their teachers. In three weeks students in Years 7 and 9 will complete the NAPLAN assessments in literacy and numeracy which will help us gain a better understanding of the progress made by students in their time at Morwell Campus.

While students can become a bit fed up with the tests it is important that they take them seriously and try to answer questions accurately. Please encourage your children in this. Later in the year a randomly selected group of parents will have the chance to complete the parent survey to share their views on the campus.

Last week I attended the ANZAC Day ceremony in Morwell where our campus was represented by school captains Sarah Mayo and James Morris, together with members of the Australian Air Force Cadets 424 Squadron Kurnai College. I was proud of the way our students conducted themselves in the march and during the wreath laying and had many favourable comments from people attending the ceremony. I would like to thank all students (and their parents) who were involved and to particularly congratulate Wayne Bass on his work with our cadets. I know that Kurnai cadets attended and supported ANZAC Day ceremonies in a number of towns across the region and this would not have been possible without his dedication and enthusiasm.



Interim reports written at the end of last term will be posted out within the next week. There have been a number of mistakes on the reports which we have tried to rectify but for reasons we don't understand these have not always been taken. My apologies for this and we are working to have this problem sorted out by the next reports in a few weeks time.

Geoff Block
CAMPUS PRINCIPAL

YEAR 7

A separate Year 7 information newsletter has been sent home with your Year 7 student.

YEAR 8

Luncheon for Year 8s with High Aspirations



Students who had been awarded a *Certificate of Excellence* in Term 1 were invited to attend a Luncheon with Year 8 staff and Kurnai Morwell Principal, Geoff Block and Assistant Principal, Wayne Bass on Tuesday 1st May. It is our aim to have 50 percent of Year 8 students being awarded a Certificate of Excellence by the end of Term 2.



GPA Excellence in Year 8

Congratulations to the following Year 8 students who were awarded a Certificate of Excellence for their contributions to their studies in Weeks 4-8 of Term 1. A Certificate of Excellence is awarded to students with a GPA over 6.5 for Term 1. Students are as follows:

Jade SMITH, Rachael RIGBY, Diana NIEUWBURG,
Joanna TRINIDAD, Nick TERESI, Jaimee WILLIAMS,
James GOODWIN, Eric ANDREAZZI, Emma DARLING,
Katie STEWART, Hannah TEWIERIK, Emily OHLSON,
Annie PEPPER, Ethan HAGAN, Lachlan WHITE, Zack WRIGHT
Ravishek PRASAD, Brandon WELSH, Taria DYKES, Ari HAMMER,
Angela KNERSCHE, Ryan DELOST, Jacinta BROWN,
Jasmin HAMDEN, Janaya MORRITT Dylan PENDLEBURY,
Bradley RICHARDSON, Caiden GILL Shannon WHADCOAT,
Skye BILLING and Jessica TACTOR.



The following students were awarded a *Certificate of Merit* being awarded a GPA of 6 and over:

Nyawech CHIOK, Matthew HANSON, Shona MARINO,
Jaynai CALDWELL, Ryan MAYO, Jasmine CARRIGY,
Kalob MCCUBBIN, Tyra BARNES, Jeffrey HINES, Chris MARTIN,
Riley WATTS, Wade ALLAN, Brittany OBRIEN, Emma GILL,
Emily MARTIN, Carl MATTHEWS, Tristan TAYLOR,
Brandon MAYBERRY and Max LINTON.



YEAR 9

The Year 9 team has been focussing on teaching the positive behaviours as outlined in our PBS matrix. The focus for the past fortnight was LISTENING, especially when someone is addressing you as an individual or in a group. Students were nominated for their listening skills and were entered in the draw for a movie ticket. Congratulations to THOMAS MAZAE for displaying good listening skills.

WOOLWORTHS EARN & LEARN PROGRAM

This year's **Woolworths Earn & Learn Program** commencing from 9th May until 1st July. For every \$10 spent at Woolworths earn 1 sticker. Place stickers on sticker card and when full place in collection box at the general office. Spare cards available at office or Woolworths. Help our school earn some great learning resources.

POSITIVE BEHAVIOUR SUPPORT ((PBS)

Every week teachers are asked to consider which students have demonstrated stand-out behaviour in the area of our school pillars – Relationships, Engagement, Work Ethic and Excellence. A postcard is sent home to let families know about their student’s positive behaviour. Congratulations to the following students for receiving a postcard recognising their achievements and demonstrating one of our four pillars:

Relationships	Work Ethic	Excellence	Engagement
	Robert Goodwin	Andrew Heyden	Ellie Pollutro
	Jack Aitken	Elena Velasco	Caitlan Sheridan
	Emma Darling	Diana Nieuwburg	Chloe Tarasinski
	Lara Mifsud	Michael McAlister	Emily Ayre
		Rebecca McDonald	Dannielle Dowe
			Ethan Kessner
			Jennifer Kilpatrick
			Zac Williams

IS YOUR SON OR DAUGHTER GETTING ENOUGH SLEEP??

The Year 8 team is concerned about how tired some of our students are at present, particularly on a Monday morning. Sleep research suggests a teenager needs between 9 and 10 hours of sleep every night. This is more than the amount a child or an adult needs yet most teenagers only get about 6 or 7 hours. Some get a lot less. Regularly not getting enough sleep leads to chronic sleep deprivation. This can have dramatic effects on a teenager’s life including reduced academic performance at school.

Causes of sleep deprivation

Some of the reasons why many teenagers regularly do not get enough sleep include:



- **Hormonal time shift** – puberty hormones shift the teenager’s body clock forward by about one or two hours, making them sleepier one to two hours later. Yet, while the teenager falls asleep later, early school starts don’t allow them to sleep in. This nightly ‘sleep debt’ leads to chronic sleep deprivation.
- **Hectic after-school schedule** – homework, sport, part-time work and social commitments can cut into a teenager’s sleeping time.
- **Leisure activities** – the lure of stimulating entertainment such as television, the Internet and computer gaming can keep a teenager out of bed.
- **Light exposure** – light cues the brain to stay awake. In the evening, lights from televisions, mobile phones and computers can prevent adequate production of melatonin, the brain chemical (neurotransmitter) responsible for sleep.

Effects of sleep deprivation

The effects of chronic (ongoing) sleep deprivation may include: Mentally ‘drifting off’ in class and shortened attention span, poor decision making, lack of enthusiasm, moodiness and aggression and depression.

Preventing sleep deprivation – tips for parents

Try not to argue with your teenager about bedtime. Instead, discuss the issue with them. Suggestions include:

- Allow your child to sleep in on the weekends.
- Encourage an early night every Sunday so they are not exhausted at school on a Monday.
- Decide together on appropriate time limits for any stimulating activity such as homework, television or computer games. Encourage restful activities during the evening, such as reading.
- Assess your child’s weekly schedule together and see if they are overcommitted. Help them to trim activities.
- Encourage your child to take an afternoon nap after school to help recharge their battery, if they have time.

Help us help your son or daughter be successful at school.

COMMUNITY ANNOUNCEMENTS



For further information please contact Traralgon Campus: Phone: (03) 5175 0866
or Email: juliew@ccg.asn.au

Course	Campus	Duration	Start date	Sessions
SITGHAM006A Provide Responsible Gambling Services (RSG)	Traralgon	5:00pm - 9:00pm	Monday 7th May	1 Session
SITXOHS002A Follow Workplace Hygiene Procedures (Food Hygiene for Handlers)	Traralgon	5:30pm - 10:00pm	Wednesday 20th June	1 Session
SITXFSA001A Implement Food Safety procedures (Food Hygiene for Supervisors)	Traralgon	5:30pm - 9:30pm	Wednesday 20th June	2 Sessions

BRAHA'S MARTIAL ARTS – TAE KWON DO

On Tuesday and Thursday between 4.30-5.30 pm in the gym at Kurnai College, Morwell. Cost \$17-00 per week. Free introductory lesson. Contact Instructor Adonis Mazzarella Ph 0412 498 480.

ARCHERY

Archery is a sport for all seasons and ages. Beginners night, Mondays 6.00–9.00pm at Toner's Lane Morwell. Contact Peter Bennett 0429 429 240 or Merv Grinstead 0427 346 375.

MUSICAL THEATRE WORKSHOP

Workshop with Xander Ellis and Jaz Flowers (from the Musicals- Hairspray, Fame, Shane Warne) on 6th May at 110 Airlie Bank Rd, Morwell. Cost \$15-00. Broadway jazz, singing, tap. All enquiries email xander1255@msn.com or [facebook.com/jazandxander](https://www.facebook.com/jazandxander).