Key dates:

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues 20 May</td>
<td>College Athletics</td>
</tr>
<tr>
<td>Mon 19—Fri 30 May</td>
<td>Year 10 Work Experience</td>
</tr>
<tr>
<td>Tue 10 Jun—Fri 13 Jun</td>
<td>Year 7 Camp Coolamatong</td>
</tr>
</tbody>
</table>

Message from Campus Principal - Michelle

**NAPLAN**

This week has seen students in Years 7 & 9 undertaking the National Assessment Program Literacy and Numeracy testing.

These tests provide important data to the school, not just about individual students, but about whole year levels and groups, enabling us to identify where next to focus on in literacy and numeracy.

While most students do not really enjoy completing the five different tests over three days, I have been very pleased to see them putting in their best efforts, and taking the program seriously.

**Learning Behaviour Updates**

Teachers are currently completing Learning Behaviour Updates which will be published on Compass early next week.

Please take some time to discuss these with your student and ask them if their learning behaviours are giving them the best possible opportunity to make the most of their education. Students who have “Concern” for any category on the Update should seriously think about what they need to do next to improve their learning behaviours.

While we don’t have formal Parent Teacher Conversations for this round of Updates, I encourage parents who have concerns around any aspect of their child’s education to contact the relevant teacher.

Please remember that the Learning Behaviour Updates do not indicate your child’s academic progress, only information around what your child is doing to improve their progress. Again, if you have any concerns around academic performance, please address them to the teacher concerned.
This week I attended the launch of the Latrobe City Municipal Public Health and Wellbeing Plan which has five key areas of focus: Being Active, Eating Well, Protecting Our Health, Staying Connected, Feeling Safe, and Skills for Healthy Communities.

This has led me to think about students and their nutrition for learning. Research has shown many times that we all function much better and students learn more readily, when we have had a healthy breakfast. In fact, it is generally agreed that breakfast is the most important meal of the day.

Many young people do not want to eat breakfast and often families find it difficult to provide appropriate food at this time of day.

Some suggestions for an easy, quick and even portable (ie eat on the way to school) morning meals include:

- Fruit
- A tub of yoghurt
- Various cereals
- Instant oatmeal
- Pancake mix with fruit such as berries
- Wholegrain toast with cheese or eggs

There are also a variety of breakfast “drinks” and “biscuits” that kids are sometime more willing to consume, however, it is important to keep an eye on how much sugar they contain and whether they are providing some dietary fibre.

We will soon be having a Kurnai “shop” which will collect food from such organisations as “Second Bite” where we will be able to provide some different foods for students and we are already taking delivery of tubs of yoghurt courtesy of Lion Foods (formerly National Foods).

Finally, please be reminded that all forms of caffeinated “energy” drinks are not allowed at school. Please do not allow your child to purchase these sorts of drinks on the way to school, or bring them to school from home. They have been shown to have potentially serious health consequences, particularly when consumed by young people.
Kids Teaching Kids Is On Again September 11th

We have just received news that we have been successful in obtaining a grant to host the Kids Teaching Kids event in September again this year. We wish to thank Kids Teaching Kids and Target for sponsoring the event and supporting our school to participate.

We look forward to our Year 7 students preparing for the event by studying an area of interest in sustainability. We have had many of our feeder schools accept the invitation to be part of Kids Teaching Kids again, and we will surprise the audience with a few new workshops.

Watch this space for further updates.

Mrs Lisa Benn

A reminder to call our absence hotline 5165 0611 preferably before 9.00 am if your child is not going to be at school. This will ensure your child’s absence is recorded correctly and you don’t receive a phone call from our office.
Year 7 News

This has been a tiring week for our Year 7s who have been busy completing NAPLAN. We are really pleased with their focus and behaviour throughout the testing period.

Reward Cards

Over the last two weeks, Year 7 students have been able to earn reward cards for displaying positive community behaviours such as completing their daily clean-up tasks, behaving respectfully in the yard and particularly around office spaces, and focusing in class. As a result, we have also given away movie tickets to four students and look forward to giving away more to deserving students in the coming weeks.

Camp Coolamatong

A letter will be sent home with more details for camp, including a packing list, early next week. Please note that we do not allow the students to bring their own food or confectionary, or have electronic devices on Year 7 Camp.

Kurnai College Four Pillars

- **Engagement:** *We actively participate in our own learning*
- **Excellence:** *We do the best that we can do*
- **Work Ethic:** *We are committed to working hard*
- **Relationships:** *We value and respect each other*
Year 8 News

Year 8 students have settled into Term 2 well and are working on consolidating the skills and knowledge across all their subjects.

In Team Time, we are focusing on building students’ understanding of future career paths and what they need to do in school to be able to achieve their career ambitions. Students are setting learning goals, planning study timetables, practicing building effective relationships and reflecting on the world around them. This will help students set goals and link their learning to their futures.

A reminder to call our absence hotline 5165 0611 preferably before 9.00 am if your child is not going to be at school. This will ensure your child’s absence is recorded correctly and you don’t receive a phone call from our office.
Year 9 News

Year 9 students have settled in well and are working hard. Our focus this term is on community and we are hoping to build some links with the Year Nines at Churchill Campus in order to bring our college community closer.

Student Leaders

Our student leaders Dante Brown and Abbey Brabazon were introduced to the College last week and were privileged to attend a leadership day at Yarram Secondary College where they worked with student leaders from other schools to develop focus plans for the year. The girls had a positive experience and came back with plenty of ideas for their time in office.

Naplan

We have had NAPLAN testing next week. We have been particularly impressed with the behaviour of the Year Nine students during this time and would like to pass on our congratulations to all those students involved.

College Athletics

Following on from NAPLAN we have college athletics next week. We encourage all students to participate in this day as the whole of the college can get together and celebrate as a learning community.

Uniform

With the onset of colder weather we are beginning to notice that some students are wearing hooded tops to school. We would like to stress that hooded tops are not to be worn to school. Students may wear a white or navy long sleeved top under their Kurnai t-shirt if they wish, or instead they can wear a navy fleece.

Melbourne Camp

The Year 9 Melbourne camp takes place at the end of Term 3. It is an engaging experience for all. Students are given the opportunity to explore the city, visit various museums and participate in a range of activities.

Permission forms will be handed out when the final budget and dates have been agreed upon but pre-payments towards the cost of the camp can be made at the office to help with your family’s budget. Early estimates of the cost of the camp suggest that it will be approximately $350.
Work Experience

Students begin their long awaited Work Experience placements on Monday 19th May. Work experience is an opportunity for students to see what it is like to work in their chosen career. We ask students to think beyond their part time employment options and use this to assist in determining their career choices when they complete school. Students are required to complete two weeks of Work Experience from 19-30 May. Students who have not yet secured a work placement are reminded to attend school so teachers can assist them in finding a position. We wish all of our Year 10 students all the best during this time, and hope that they find the experience both positive and enlightening.

Exams

It is almost that time of year again where our Year 10 students need to start preparing for their exams. Students will have exams for each of their core subjects (Maths, English, Humanities and Science) along with their Precinct subject. With Work Experience also being in the middle of the term we understand that some students may be feeling a little overwhelmed and concerned about how this might interfere with their preparation. We would like to remind students that all of their teachers are aware of the interruption and will work with you to assist you in being successful. Exams will take place during the week of 10th – 13th June.

School Camp

The Year 10 school camp to Uluru is a fun and eye-opening experience. Our students get to appreciate how vast and diverse our country is, experience cultural and geological landmarks such as Uluru and enjoy learning more about our indigenous heritage. Permission forms have now been given to students and are due along with the first payment by 22nd May.

Young Inspiring Women

Four of our Year 10 girls were invited to attend the ‘Young Inspiring Women’ event on 14th May at the Waratah Restaurant. The evening linked the students with successful women in the community, giving them an insight and information about specific careers or general career journeys.
Spark Engineering Camp
It’s an experience of a lifetime!

So what will we be doing during the time at Spark?

Every activity at Spark is based around engineering, whether we are building bridges or walking over them. Throughout the week students will attend lectures, take part in hands on practicals, and socialise, similar to a University student.

Some of the most popular activities in 2013 included the Story Bridge Climb, keynote speeches from prominent engineers, the disco, and a the powering cities workshop in which teams of students were given the opportunity to put their skills to the test in constructing an electrical network for a suburb.
Applications. Now OPEN!

Spark Engineering Camp student applications are now open!

This year a Spark Engineering Camp will be held in both Brisbane and Melbourne meaning you have double the chance of being selected to attend. Every student selected will receive a full Spark Engineering Camp Scholarship which covers the cost of the camp including travel to and from whichever camp you are selected to attend!

Melbourne Spark Engineering Camp: 7th July – 12th July
Brisbane Spark Engineering Camp: 30th June – 5th July

Apply in two easy steps!

Step 1 - Have a teacher or another appropriate adult sponsor fill out the nomination form.
Step 2 – You! The student needs to complete an application form.

Both forms must be submitted to studentapplications@spark.ywb.com.au for your application to be considered. This email address is for applications only.

Applications close: Friday 30th May 2014 at 5pm

If you have any queries about the application process, please contact us at the details below.

Bianca Goebel
National Student Coordinator
E: students@spark.ywb.com.au.

Tahnee Saunders
Victoria Student Coordinator
E: students.vic@spark.ywb.com.au.
To ensure the smooth organisation and running of camps and excursions we request that permission forms and payments be returned to the school by the due date on the permission form. This enables the purchase of train tickets, food and venue tickets, etc, in a timely manner.

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Amount</th>
<th>Date Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 10 Animal Studies</td>
<td>18/3/14 to 24/6/14</td>
<td>$NIL</td>
<td>Ongoing</td>
</tr>
<tr>
<td>Glee Club</td>
<td>28/2/14 to 12/12/14</td>
<td>$NIL</td>
<td>Ongoing</td>
</tr>
<tr>
<td>Year 9 Salvation Army Op Shop</td>
<td>25/2/14 to 12/12/14</td>
<td>$NIL</td>
<td>Ongoing</td>
</tr>
<tr>
<td>Year 9 Mid Valley Kinder</td>
<td>1/5/14 to 5/12/14</td>
<td>$NIL</td>
<td>Ongoing</td>
</tr>
<tr>
<td>Year 9 Primary School Visits</td>
<td>2/5/14 to 5/12/14</td>
<td>$NIL</td>
<td>CLOSED</td>
</tr>
<tr>
<td>Year 9/10 Football</td>
<td>16/5/14</td>
<td>$7</td>
<td>CLOSED</td>
</tr>
<tr>
<td>College Athletics</td>
<td>20/5/14</td>
<td>$NIL</td>
<td>Before 2pm 16/5/14</td>
</tr>
<tr>
<td>Year 9 ’1984’ Theatre</td>
<td>29/5/14</td>
<td>$18</td>
<td>Before 2pm 27/5/14</td>
</tr>
<tr>
<td>Wilsons Prom Cultural Centre</td>
<td>30/5/14</td>
<td>$NIL</td>
<td>Before 2pm 28/5/14</td>
</tr>
<tr>
<td>Rotary Club Debate</td>
<td>5/6/14</td>
<td>$NIL</td>
<td>Before 2pm 5/6/14</td>
</tr>
<tr>
<td>Year 9 Mitchell House</td>
<td>5/5/14 to 1/12/14</td>
<td>$NIL</td>
<td>CLOSED</td>
</tr>
<tr>
<td>Year 7 Camp Coolamato-  tong</td>
<td>10/6/14 to 13/6/14</td>
<td>$245</td>
<td>Final instalment $65 16/5/14</td>
</tr>
<tr>
<td>Year 10 Central Australia Camp</td>
<td>10/9/14 to 19/9/14</td>
<td>$855</td>
<td>Deposit $200 22/5/14 then $200 payments 5/6/14, 19/6/14, 17/7/14 &amp; final $55 31/7/14</td>
</tr>
</tbody>
</table>
PBS Postcards

Every week staff at Kurnai College identify students who they feel are reflecting the four pillars of Kurnai College and send them a postcard. The pillars are Relationships, Work Ethic, Excellence and Engagement. Congratulations to the following students who received a postcard recently.

<table>
<thead>
<tr>
<th>Relationships</th>
<th>Engagement</th>
<th>Work Ethic</th>
<th>Excellence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jaynai Caldwell</td>
<td>Tomas Raines</td>
<td>Alisha Brabazon</td>
<td>Emily Brabazon</td>
</tr>
<tr>
<td>Kayla-Joy Taylor</td>
<td>Darcy Shanks</td>
<td>Brohdie Thorp</td>
<td>Miranda Sayle</td>
</tr>
<tr>
<td>Paige Towers</td>
<td>Jordan Wilson</td>
<td>Jessica Speake</td>
<td>Abbey Brabazon</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Caiden Gill</td>
<td>Lyndsay Bennett</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Taria Dykes</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Lachlan Clasby</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Brayden Smart</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Kaylie Hannford</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cheyane Dalia</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Emma Darling</td>
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</tr>
</tbody>
</table>

PBS Leaders attended the SRC (Student Representative Council) Regional Conference

Last week (May 6th) our School Captains, Jade Smith and Brandon Welsh, and Year 9 PBS Student Leaders, Abbey Brabazon and Dante’ Brown, attended a full day SRC workshop at Yarram Secondary College. The students were engaged throughout the day, identifying issues that were common in all schools, then narrowing it down to the issues in our own school. Our students began an action plan and will share their thoughts with the whole school soon.

The PBS Student Leadership team have had 2 meetings so far and are keen to make some positive changes. They are currently in the process of surveying the students about what improvements the students would like to see around the school. We will let you know what is decided.
BYOD (Bring Your Own Device)

As of 2014, students attending Kurnai College may make use of a variety of devices to access the College curriculum resources using WIFI. This includes iPads, tablets, Netbooks and laptops. This will provide a series of opportunities for students to learn more efficiently and effectively. The number of skills that are needed in an ever-changing world means that, as a school, we need to adapt and meet demands of society and implement a system that better reflects the way in which students learn. For these reasons students need to have their own device that they can rely on to get their work done.

Why are we going BYOD?

With the cuts to the National Secondary School Computer Fund, the College can no longer provide netbooks to students. Students who received netbooks under the old program will continue to be supported until they complete school. All other students will need to supply their own device from 2014.

Recommendations

The following table summarises the Minimum Specifications to consider when shopping for a laptop/tablet device for BYOD:

<table>
<thead>
<tr>
<th>Device</th>
<th>Operating system compatibility</th>
</tr>
</thead>
<tbody>
<tr>
<td>iPad</td>
<td>iOS 4 or higher</td>
</tr>
<tr>
<td>Android</td>
<td>Versions 4 (Ice-cream sandwich) and higher</td>
</tr>
<tr>
<td>Macbook</td>
<td>OS 10 or higher</td>
</tr>
<tr>
<td>Microsoft Windows</td>
<td>Windows 7 or higher</td>
</tr>
<tr>
<td>Chromebook</td>
<td>Any</td>
</tr>
</tbody>
</table>

*Please note that 10 inch devices or bigger are recommended, as smaller devices have less benefit to students and can cause more problems than benefits.

**Accessories recommended with tablets and laptops.**
Highly recommended devices

With the huge number of devices on offer there are a few we recommend. Please note that devices change very frequently.

Tablet computers such as;

- Microsoft Surface RT and Pro tablets.
- Windows 8 tablets
- iPad
- Top branded Android tablets (ask in store or school).

Any Laptop that has been made in the last 2 years will be effective regardless of their specification, power etc. Battery life will need to be considered as laptops run out of power much faster than tablets.

Must Haves

Devices will need to have an up-to-date anti-virus protection program installed. If a device is considered to be a threat to the network then it may not be allowed access.

Where to buy?

Currently Kurnai students will be able to receive a discount from Harvey Norman Traralgon store only. Proof of enrolment is required.

More devices can be readily found and purchased through most electronic stores or online.

Parent involvement

It is important that parents be involved in checking students’ devices consistently to make sure they are maintained and up-to-date. Students will load games, music and video on the devices which can take a lot of power away from the machine and slow it down.

Student Responsibilities

Students need to ensure their device is fully charged before they come to school and maintain their devices in good working order. When at school the required safe and effective use of IT devices needs to be followed.

For further information

If you have any further questions please email your query to one of the emails below;

Gowing.dean.d@edumail.vic.gov.au  garth.joshua.p@edumail.vic.gov.au
WHAT TO DO IF YOU ARE BEING BULLIED

You have a right to feel safe and be safe. If you are being bullied here are some ideas about what you can do.

Talk to someone about it. Find a trusted friend, teacher or carer who will listen to how you feel, be supportive, and perhaps even help you work out what to do.

- Talk to your friends - they can help you tell a teacher or your parents or just to feel better.
- Talk to your parents - tell them all about what's been happening.
- Talk to your teacher or another staff member - tell them all about what's been happening. If you don't want to do this in public, make an excuse to see the teacher about something else, for example your homework.
- If you can't talk to someone face-to-face go online at Kids Helpline http://www.kidshelpp.com.au or call a Kids Helpline counsellor on 1800 55 1800.

Try a few of the strategies that have worked for others. Only try these strategies if you are not in any immediate danger of being physically hurt and you feel confident you can do them.

- Ignore the bullying - turn your back and walk away.
- Act unimpressed or pretend you don't care what they say or do to you. You could say 'okay, whatever' and walk away.
- Use strong, assertive statements, starting with the work 'I'; tell the other person 'I want you to stop that' in a strong confident voice. Practice this with your friends.
- Use 'jogging' which means making a joking or funny comment that makes the other person think you don't care about what they say.
- Ask your friends to speak up for you. And remember to do the same for them!

Try to stay positive. Focus on all the things that you do well, the people who like you and care about you. Write down your thoughts and feelings about the bullying to help you think clearly about what you can do.

Hang around with your friends and be with people who help you feel good about yourself. Good friends respect, encourage and support you. They care for your wellbeing and are fun to be around. You'll make new friends by respecting, encouraging and supporting others.

Try to sort out the problem behind the bullying. If you feel safe to do so, talk with the other people involved and ask them how you might be able to sort out the problem together.
Latrobe Skatepark Series Workshop

Sat 17th and Sun 18th of May 2014 (11am to 4pm)
Latrobe City, 141 Commercial Rd, Morwell

film/photography • event set ups • judging • emceeing • promo
The workshop will provide training and experience in how to become a judge and event
manager at your local skatepark as well as allowing your direct input into the Latrobe
Skatepark Series.

For bookings and enquiries contact Kieran Ryan:
kieran.ryan@ymca.org.au

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kieran.ryan@ymca.org.au
Fact sheet 34

Bullying and young people – what family and friends can do to help

Raising sensitive issues and working out what to do can be challenging when you think a young person you know may be being bullied. It can be difficult to know when to give advice, when to push an issue, when to back off and when to seek help. Family and friends play a critical role in supporting young people involved in, or experiencing bullying. It’s important to manage your own feelings so you can work through the issues together in a constructive manner.

Four key ways you can help

1. Be supportive: be consistent, ask questions and cultivate trust
2. Be Involved: show that you are interested in young people’s life, friendships, hobbies
3. Establish and maintain good communication: ask open ended questions and listen
4. Be prepared to seek help: establish a support system and remember that help is available

What is bullying?

Bullying is the intentional (often repeated) intimidating behaviour by an individual or group against another person or group. Bullying is not simply “part of growing up”; it is a destructive issue that can have serious effects on a young person’s physical and mental health.

Bullying takes many forms and can occur in a real (face to face) or virtual (online) environment. Face to face bullying can be verbal, physical, relational (social), or indirect (involving a third party). Cyber bullying involves intimidating/degrading behaviour via technology such as text messages, email, chat rooms, and social networking sites such as Facebook and Tumbler. This enables the bullying to occur outside of the school yard, 24 hours a day, seven days a week.

Bullying is a complex and dynamic issue and individuals may at different times (or in different situations) be the target, the perpetrator or the bystander in relation to bullying behaviour.

Parenting and bullying: what helps?

Warm and positive family relationships can help buffer young people from the negative consequences associated with being bullied (Flowers et al, 2010). Young people who receive high parental support, report fewer depressive symptoms than those receiving low parental support, regardless of whether they are the ones engaged in bullying behaviour or the target (Connors-Burrow et al, 2009).

If you know bullying is occurring

If bullying is occurring or suspected, don’t ignore it – the consequences can be serious – ask your young person how they are, listen and take their feelings and fears seriously. You can:

- Normalise any feelings of embarrassment, hurt or fear
- Reassure them that bullying is not their fault and that they are not responsible for what is happening to them
- Make sure they are safe. Sometimes this may require taking action they are not happy with. Have a conversation if this might be the case

- Try to give them as many options as possible to find solutions so they feel more in control. Solving problems, with your support, can increase self-esteem
- Work on improving the young person’s confidence by building on the things they do well
- Help them feel good about other things in their lives
- Reassure them that they are not alone, it shouldn’t be the responsibility of your young person to ‘do something’ about the situation by themselves. (Adapted from Parenting Q, 2010)
Finding out if someone is being bullied

Knowing if someone is being bullied can be difficult. Often parents and carers do not know, or underestimate its frequency and/or severity (Fekkes et al., 2005; Goodman et al., 2010; Holt et al., 2008). Family and friends are often in a good position to notice changes in behaviour, mood and general wellbeing as well as early signs of mental and physical health issues. Not all young people will ask for help and it may take time for a young person to speak about their experiences. Always ask your young person how they are, especially if you suspect they are being bullied.

Try open-ended questions:
• Have you ever seen kids at school call each other names or hitting or pushing each other?

The importance of a young person’s support network

Research suggests that social support may help buffer young people against the negative impacts associated with bullying (Rothol et al., 2011). Support your young person to make new friends and maintain existing friendships — encourage them to engage with others outside of the school they attend (or away from where the bullying is happening). Identify their strengths as well as things they enjoy and find ways to develop these, especially in a social context.

Other things to consider

• Documentation will be useful if the issue needs to be taken further (e.g. with the school, police or support services) so keep a record of events including; when it occurred, who was involved, what happened, where did it happen, did anyone else see it happen, what type of bullying occurred (physical, verbal, cyber bullying?). Did anyone intervene? Has it happened before?
• Get to know the websites and social networking tools that young people use and talk to them about how to use these safely.
• If the bullying is occurring in or around the school, approach the school to discuss your concerns or seek advice as how best to proceed. It may be helpful to discuss the process with your young person before you begin.
• If you’re concerned that your young person may need more help than you can provide, seek professional help.

Other useful websites:

Help lines and support:
• Lifeline www.lifeline.org.au
• Kids Help Line www.kidshelp.com.au
• There are parent helplines in every State and Territory of Australia; Google “Parentline” along with your State or Territory.

Websites and further information:
• Bullying No Way — www.bullyingnoway.com.au
• The Australian Psychological Society — www.psychology.org.au/publications/bp_sheets/bullying/
• Cybersmart — www.cybersmart.gov.au

For more information, and to find out how to get help, visit the headspace website: headspace.org.au

References: