Message from our Campus Principal - Michelle Reid-Metcalf

Welcome to Term 2

I hope all in our learning community have had a great break from the routine at school, and everyone is back on track for Term 2.

This term we have NAPLAN for Years 7 and 9 students coming up in May. We value the data we gain from NAPLAN as it helps to adjust our teaching programs to fit our students more appropriately. While all students are expected to complete NAPLAN, parents and carers can ask for an exemption. This will always be granted, however we MUST have a completed and signed form. Please contact me or Di Billingsley (NAPLAN Coordinator) so we can send the form home with your child.

Included in this bulletin is some information from renowned child psychologist, Andrew Fuller, who is supporting Morwell Campus in developing the resilience or ability to cope with all situations. He talks about what to do when you feel stressed. This information applies not just to NAPLAN, but to all aspects of all of our lives, whether in school or at home.

Supervision Outside of School Hours

Please be reminded that the school provides supervision from 8:20 am – 3:00 pm. We appreciate your help in ensuring that students do not arrive outside these hours, as we are unable to provide supervision due to staff meetings and other commitments that occur before and after school.

Athletics Sports

Earlier this week the College Athletics Carnival was held at Joe Carmody Athletics Track in Newborough.
Athletics Day
What a fantastic day was had by all who attended the annual Kurnai College Athletics sports day.
The weather was fantastic, which encouraged many students to participate and "have a go" at an assortment of events.
Many students came dressed in a variety of different outfits, from bright shirts and fairies, to those who wore more daring full body suits. It was terrific to see so many students dressed in house team colours and encouraging each other to participate.
One of the highlights of the day was the house team relays, and the annual teacher student relay. Students gathered around the track to support, encourage and motivate each other to run that little bit faster.
However in the student teacher relay, the teachers entered two teams, but were still unable to come away with the 1st place. So congratulations to the students for winning the relay.
It was also fantastic to see a new winning house team and the first to win the Swimming and Athletics sports double.
A wonderful achievement and congratulations to the winning team Freeman, winning by the slightest margin of 50 points, in 2nd place was Siddle, 3rd Forsyth and 4th Thorpe.
These type of events are a fantastic way to bring our College staff and students together. They assist in building a stronger learning community and builds relationships within our school.
A successful day was had by all and we are all excited and looking forward to our 2017 student teacher relay.
Nadia Smith
College Sports Co-ordinator
Year 7 News ..........

The term has started in a busy way, and we've got so much ahead!

Last week, we had the pleasure of taking half the year level into Melbourne to see 52 Storey Treehouse at the Arts Centre. This was a heavily subsidised excursion, with the Arts Centre covering the cost of the tickets and half the cost of the buses. For many of the students, it was an experience to see live theatre and they really enjoyed being in the city and seeing the inside of the venue. The excursion also paved the way for valuable discussions about some of those around us that are less fortunate, as well as other discussions about art and the way that we treat and respect it. The students were all very well behaved and I look forward to taking them out on another opportunity down the track.

The 52 Storey Treehouse

The 52 storey treehouse was a magnificent play in Melbourne; even the teachers enjoyed it. It was a musical. The play was funny and everyone enjoyed it! It was a play about the character Andy and Terry trying to publish a book for the character named Mr Big Nose. The actual play went for an hour. The actors were amazing throughout the act. When we entered the Arts Centre I honestly think there could be less singing and more acting from my perspective, but everything else I guess was ok.

Emma Thompson
Year 7 PBS Student Leader

This week we have had our College Athletics Day and I was really pleased to see the Year 7 students getting in and having a go in many of the activities. They interacted really well with students from our other campuses and again demonstrated fantastic behaviour on the day.

Our major activity for the term is the Year 7 Camp. The opportunity for returning forms for this has long passed, and unfortunately a couple of students have missed out, but it is great to be taking record numbers with us. The camp is highly engaging and we always come back with great stories to share with families. Please make sure that you are keeping to the payment schedule for the camp, and remember that if you qualify for the CSEF then the money for this can be used to pay for camp. Speak with our helpful office staff for more information.

Athletics

On Tuesday, we hopped on the buses and headed to Moe for athletics. It was nice weather to compete in since it was so sunny. A highlight of the day was a sausage sizzle. It was nice to meet other students from the other campuses. There were a lot of races that the majority competed in, such as 1500m, 100m sprint, shot-put, discus, high jump, 200m, caterpillar run, 400m, 800m and even more events. By the end of the day almost everyone was super tired. Overall Freeman came first, Siddle came second place, Forsyth came third and Thorpe house came last. I enjoyed running and participating in most of the events.

Olivia Mitchell
Year 7 PBS Student Leader
Year 8 News ..........

Year 8 have settled well into Term 2 and are making some steady progress with their learning.

This week has seen our participation in the house athletics with a large number of Year 8s attending. It was wonderful to see the students dressing in their house colours to participate in the events and getting into the spirit of the occasion. We had awesome weather on the day and the Year 8s were incredibly enthusiastic about the events.

Letters will be going out shortly for our Year 8 camp which is running this year in the first week of Term 4. The cost of this trip is roughly $450. If you wish to set up a payment plan, please speak to our office staff to organise this for you. Camps are a great way for children to build relationships and attempt challenges that they may not experience in school so it is important that your child attends if possible. If you have any difficulty with payment for this then please contact me as some support may be able to be arranged.

On Wednesday the 11th April, Year 8 will be going on an excursion to AGL. We encourage all the Year 8s to attend as the purpose is to develop awareness of career opportunities in the local power industry. Please return permission slips so your child does not miss out. This is a free excursion so we would expect that all students will attend.

A reminder about Year 8 behaviour;

⇒ No phones in class unless it is your only device and you have permission from the teacher to use it.
⇒ No hooded tops to be worn outside of Kurnai t-shirts.
⇒ Correct basic equipment to class (pen, writing book, device).
⇒ Reading book for 10 minutes to read in form group.
Welcome Back

Welcome back to Term 2. There are a number of events for Year 9s this term including the Jobs Skills Expo, The National Assessment Program for Literacy and Numeracy (NAPLAN) and mid-year exams. More information will be provided as the time draws near.

The importance of punctuality

During team time last week, we discussed the importance of being punctual and the possible negative impact being late can have on staff and students. If students are late to class without a valid reason, they will be required to make up the time during the school day. If they continue to be late, an after school detention will be arranged. To assist students in being on time, we have five minute warning bells before each class and all students can access their timetables on compass or consult the paper copy inside their lockers.

Year 9 Projects

All Year 9 students are enrolled in a Project class which runs for either a semester or across the year. This semester we have Human Powered Vehicle (HPV), Game Maker, Master Chef and Community Spirit. Students focus on completing a Project by the end of the class and this will be showcased at our Presentation afternoon. Formal invitations will be sent to all families, however it would be good to note 6th June from 3.30-6.30pm, in your diaries. More information will follow in future newsletters.

Human Powered Vehicle

On the weekend of the 18th to 20th of March Kurnai Year 9 HPV team competed in the 24 hour race at Wonthaggi. Later down the track we will be competing in the main race, in Maryborough. In order to be prepared for these two races we have been working extremely hard to accomplish multiple goals. These include: Raising a certain amount of money, fixing two HPV cars to meet the requirements of the race, creating a banner, logo and team name and finding the required equipment to be able to participate in the races. We have divided into teams to get the work done faster, our sponsorship team has raised approximately $1000 through sponsorship so far and we have well achieved our ideal amount for the first race but have a long way to go to fulfil the expenses for Maryborough. The scrutineering team has pushed themselves to the limit, working several hours to get the HPV bikes looking as great as they do.
Year 10 News ..........

Welcome Back

Welcome back to what is shaping up to be a busy term for Year 10s. Along with a number of other activities this term, our students go out on Work Experience, we had the College Athletics day and there will be a presentation from the Keys Please program. In addition, students will be completing mid-year exams for their VCE and core classes and will select their non-core classes for Semester 2. There is a lot going on, so it is important that students attend regularly to receive important information that will be given each day.

University Taster days

The University taster days are continuing at Federation University. Due to large numbers of interest across the region, the Health and Nursing day has been moved to 5th May. A new permission form will need to be signed for this.

Students are reporting that the taster days are providing real hands-on experience and an opportunity to see what the course will be like, post-secondary school.

The importance of punctuality

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Camp

The Year 10 Central Australia Camp is a ten day trip from 7th to 16th September. Itineraries and permission forms will be distributed soon. If you have any questions, please do not hesitate to phone me on 5165 0600.

A reminder to call our ABSENCE HOTLINE 5132 3711 preferably before 9am 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.
Exchange Students

Host an Italian, Dutch, Brazilian or French-Speaking Exchange Student this Year!

Imagine knowing someone who:
- runs around in shorts and t-shirt in the middle of an Australian winter because the temperature is equivalent to summertime in the student’s home country,
- takes a photo of a meal you have prepared to send overseas because it looks so different,
- is amazed that we can travel for hours and still be in the same state of one country.

World Education Program (WEP) is looking for volunteer host families for our Italian and French-speaking exchange students arriving in July 2016 for a term, semester or year.

It’s easier than you think & a fantastic experience for all!

Alice (Italy): “I love cooking! I especially love to bake bread, cakes and biscuits! I am part of a youth group where I help organise weekly activities for 130 children! When I'm older I'd like to study medicine. I am really excited to meet my host family!”

Louis (France): “I'm a very active and open minded person who lives to move and see the world! Although I am Belgian I actually live in France. I enjoy skiing, surfing swimming but especially playing golf. I am very passionate about human rights and hope to work for the UN in the future.”

How does it work?
Simply jump online or contact WEP today to receive a free information pack in the mail.

Sylvia Kelly
World Education Program
For the cost of a local call: 1300 884 733
Email: info@wep.org.au
www.wep.org.au

Host families choose their student and are only responsible for providing the exchange student with a room (can be shared with sibling of same sex and similar age), meals and a welcoming family environment. In return, they will gain a new family member and friend for life. All WEP students come with their own spending money and insurance.

Add a family member from overseas, share your way of life and most importantly form loving, life-long relationship with your new European family member.
Let's start by letting you know what NAPLAN is not. It is not a measure of how intelligent you are. It is not a measure of what you are capable of. Your results on NAPLAN don't affect you if you pass the year or not.

I could tell you as a psychologist that your results on NAPLAN aren't worth worrying about, but I'm not sure you are going to believe me. So if you have ever felt butterflies in your stomach or a headache whenever you think of a coming test or NAPLAN, the ideas in this paper are for you.

Everybody gets stressed. Everyone gets stressed during tests and exams, even the people who say that they don't. Look around in a room where people are doing a test or exam. Even those people who are yawning, looking bored or stretching and looking as cool as cucumbers, are stressed.

That means everyone has to learn how to cope with these feelings. It is not just you!

Stress can block your memory, give you a queasy tummy, make you lay awake at night, give you a dry throat or a headache- these aren't nice feelings to have.

Get Stressed
The first strategy to dealing with stress is to get stressed. Huh? Makes no sense? Let me explain.

Stress feels yucky but it is actually your body's way of preparing you to perform at your best. Blood gets pumped to your arms and legs, your heart speeds up, and non-essential services like your digestion slow down- you are ready to take on the world. So stress might feel unpleasant but realising that it is your body's way of revving you up and helping you to perform at your best, will help you to keep these feelings in perspective.

Write Out Your Worries
The second strategy to deal with the stress of an upcoming test or exam is to grab a piece of paper one or two days before the test and write down all your concerns about it. Write out an answer to the question, “What would happen if I fail this test?” (Even though you can't fail NAPLAN). Then write out an answer to the next question, “If I did fail what would happen then?” Read your written answers aloud to yourself.

Even if doing well is really, really important to you, knowing your fears will calm you. Answering the question, “If I did fail, what would happen then?” helps you to make a back up plan.

Chew Something.
Ok you've done all of that and you still feel nervy. The third strategy is to eat or chew on something either before or during the test or exam. Check with your teacher that chewing something is allowed in test and exam rooms. If chewing is not allowed, at least chew something just before entering the test. Some jellybeans or fruit would be ideal.

Stress happens when we feel we are in a dangerous situation. It is an automatic process that we can't completely control. Eating or chewing on something sends a signal to your body that says, “Well, if I'm chewing something I can't be in total danger, so relax a bit.”

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Focus on now.
Stress can spin your head. It can have you thinking all sorts of weird ideas. Stress can have you remembering that time you failed all those years ago or that time you were so embarrassed by something. Stress can also blow things out of all proportion and have you predicting bad things in your future.

The past is no longer with you and the future hasn’t happened yet. Worrying has never changed anything in the past and predictions about the future are usually wrong.

Doing well on a test or exam means you need to focus on the question in front of you now. Keep reminding yourself, “What do I need to do right now?”

Build Momentum
Answer a question that feels easy first off in a test or exam to build up your confidence.

Breathe Out - S L O W L Y
When you feel stressed one of the fastest ways to calm down is to breathe out slowly. We all have a calm down system that is controlled by our breathing. If you breathe out and count silently to yourself, “one thousand, two thousand, three thousand”, you will start to feel calmer.

Stand tall walk proud
Your brain is incredibly intelligent. In fact, you possess at the top your neck, humanity’s latest upgrade- the most intelligent brain in all of history.

But! Your brain is also incredibly stupid. It believes what you tell it. This means if you stand-up and maintain a powerful posture your body sends a signal to your brain that tells it you are feeling in charge of things and it can reduce your stress hormones.

Look after yourself
Breakfast- eat “brain food” the morning before. Have a higher protein, lower carbohydrate mix at breakfast. That means less toast and more eggs.

Drink water- water lowers your levels of cortisol that causes stressful feelings. Avoid energy drinks as they rev you up and may interfere with your levels of concentration.

Sleep well- try to get a good night’s sleep the night before. If you are feeling really worried, set an alarm so you can wake up early and feel awake and early .

Make yourself smarter
The biggest obstacle you face in doing well at a test or exam is not your brain. You have plenty of intelligence. The big issue is your level of anxiety.

If you take the time to prepare for the test or exam and use the strategies suggested in this sheet, you will perform at your best.

Keep Calm and Carry On
You have many, many skills that will NOT be assessed by NAPLAN. Tests and exams are important, but they are not the big predictors of life success.

Do your best and prepare as well as you can but don’t make the mistake of thinking that your score on NAPLAN is a measure of your intelligence or predicts your future.

Andrew’s most recent book is “Unlocking Your Child’s Genius” (Finch Publishing, 2015).
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Careers & Pathways

Austin Health Open Day

Year 9 and 10 Koorie students from Morwell and Churchill campuses attended the Austin Health Open Day.

The students participated in rotating tours through the specialised areas of the hospital. The tour ended with students interacting with Austin Health Aboriginal staff learning about their life and background, and why they chose the health industry as a career.

One of our students stated, “The open day gave me the opportunity to see and learn more about hospitals and how there are different roles and opportunities available. I have never been past the Emergency Ward of a hospital and I was surprised by all of the jobs required there.”

The highlight of the day was the simulation laboratory, students said it was so interesting and it was like working on real life people. The labs gave the students a unique ‘hands on’ experience that was enjoyed by all.

The Austin Health Open day was a very valuable opportunity for our students and we hope the knowledge they have gained will support them with making informed career choices in the future.

Federation University Experience Days

All of our Year 10 students have been offered the opportunity to participate in different themed experience days at Federation University. At each day students are able to engage in hands-on experiences led by University staff and speak with current students and industry representatives.

The experience days are a fantastic opportunity for our students to explore their future career and training pathways and build a greater understanding of the roles and employment opportunities further education and training can lead to.

The themed days are:
- Outdoor and Environment Education and Physical Education
- Arts and Education
- Business
- Engineering and IT
- Nursing, Health Science and Psychology
- Art and Design

Feedback from students has been very positive with some saying, “It was a great day and the activities were good fun. Learning about all of the different jobs and pathways into University was really good too.”
Whilst Kurnai College is happy to include Community Announcements in our newsletters, please understand Kurnai College is not involved in the organisations or the running of any of these community events.