North Talk
Thursday, 8 May, 2014

Principal's Report

Dear Parents/Guardians

Welcome to Term 2. I trust that the holidays were enjoyable and restful.

Open Night
Our annual Open Night for prospective new students and their families which was held last week was an outstanding success. In spite of the dreary weather, it rained for most of the day and night, we had many visitors who made the effort to attend this event.

Our staff and students provided outstanding displays, interactive sessions and presentations. The DVD which showcased a day in the life of a Year 7 student at Lalor North College was highly entertaining and informative.

Our music students and staff again entertained the audience which included a marvelous rendition of "Advance Australia Fair". The scones produced by Year 7 students and their staff in Food Technology ensured that supper was scrumptious.

School Review
We have been allocated a Peer Review by DEECD, which will be conducted this term as part of a process to develop a new Strategic Plan. This Peer Review includes a process of "Self Evaluation" as a starting point. We want to include staff, students, parents and members of the wider community in this process. Therefore, we invite all parents to take up this opportunity to have a say in what we are doing well at Lalor North College and how we can do better. We have selected the following dates and times for sessions with you, our parent members of the Lalor North College community:

Tuesday, 20th May 10.00am to 12.00 noon, or Tuesday, 20th May, 5.30pm to 7.30pm.

Please return the slip below to confirm your attendance at one of these sessions/workshops.

Middle School Students
Our Middle School students have been participating in community learning projects. Year 9 students spent last week in the City School program, while our Year 10 students have been experiencing the world of work as work experience students. I look forward to hearing about their experiences, their successes and their learning.

Denise Veltre, Principal

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A reminder to ALL parents and guardians. Please, in the interests of student safety do not drive into our car park before and after school.

Denise Veltre, Principal

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Request to Participate in Process of "Self Evaluation" of Lalor North College, Tuesday, 20th May

Parent Name ……………………………………………………………………………………………..

Student Name ……………………………………………………………………………………………..

I will attend the 10am to 12 noon session □ I will attend the 5.30pm to 7.30pm session □
Assistant Principal Matters

Uniform

Students are expected to wear the uniform neatly and appropriately whilst at school and in transport to and from school. Wearing the appropriate uniform is an indication of pride in the school and being a member of the Lalor North community.

With the change of season and cooler weather this is a reminder that all students need to be in the appropriate school jumper or weather proof jacket. Uniform passes will not be given to students to wear windcheaters or hoodies. Should your child need a uniform pass, please write a note in your child’s study planner.

We have noticed that there have been some variations to the style of the uniform over first term this year. For example, some girls are wearing black pants made from elastic/stretchy material. Staff have voted to reinforce that girls who choose to wear pants, tailored pants from the uniform provider should be worn. Similarly, boys should also be wearing pants provided from the uniform provider. We are requesting that all students be in appropriate school pants by the beginning of term 3.

Additionally, where students wish to wear a singlet or t-shirt under their shirt, it must be plain white. Please note that school shoes need to be black leather. Leather sports shoes are not acceptable variations of school shoes.

Should you require any clarification re uniform please do not hesitate to contact a relevant year level coordinator or sub school coordinator. We thank you for your support in demonstrating to the wider community the pride we have in the appearance of our school and its staff and students.

Open Night/Information Evening: Student Leadership

This year we have extended our formal student leadership program. This has meant providing students from Years 9-12 with the opportunity to nominate and be selected for a variety of programs. There are 39 formal student leaders. These formal programs are as follows:

- Yr 12: House Captains
- Yr 12 & 11: Principal Advisory Committee
- Yr 11: Peer Support: working with our Year 7 students
- Yr 10: Tomorrow’s Leaders: working with primary school students
- Yr 9: X-Age tutoring: working with primary school students

Whilst the junior school students are not involved in formal leadership programs, Year 8 students undertake an externally provided leadership program, ‘High Resolves’; the Year 7s explore leadership capacity in programs suited to their transitional needs. Students from all year levels are also provided with opportunities to demonstrate their leadership potential through participating in events such as Open Night/Information Evening.

This year 75 students participated in show casing our school at Open Night/Information Evening. We are extremely proud of how the students represented themselves and our school. We would like to extend our appreciation to the students, the staff and the parents for supporting student involvement. Thank you to all involved for making this a successful event on our school calendar.

Reporting & Redemption Cycle

The feedback from parents about our 3 weekly reporting cycle has been overwhelmingly positive. Please note that those students identified as needing to complete work will be required to attend redemption classes from Tuesday, May 13th to Thursday, May 15th. We appreciate your support in this initiative. We have begun trials with parents accessing our reporting process online through COMPASS. Our aim is to grant access to COMPASS for all parents by the beginning of 2015. This will assist parents in their communication with the college in matters related to student learning outcomes and attendance.

VCE Study Skills

VCE students are involved in fortnightly study skills sessions scheduled on a Wednesday afternoon. Attendance at these sessions is compulsory. The purpose of these sessions is to equip students with the necessary study skills so that all students are able to reach their full potential and perform to the best of their ability. Parental support in these initiatives is valued.

Simone Senisin, Assistant Principal
In a study, people were asked to talk about their memories. While they talked, they had to move marbles in an upward or a downward direction. Researchers found that when the people were moving the marbles upwards, they talked about happy moments. When they were moving the marbles downwards though, their memories became sadder.

We all start to feel a bit down as winter comes to an end so it is a good time to practise being happy. Happy people tend to do all kinds of things better because feeling happy helps us be positive and confident.

You can help make yourself feel happy by doing a few small, simple things that will lift your mood. For instance, spend more time with your happy friends. Their happiness will rub off on you. And when you are with your friends try to avoid talking about problems - yours or theirs. Remember your happy times together and make one another laugh.

Dislike and resentment take up too much of the happy space in our minds. If there is someone you don't like, find three of their characteristics you admire. Then you might find you are looking at them with new eyes.

Forgive the bad things; try to concentrate on the good. Analyse what makes someone else interesting and good to be with. Then try to build those qualities in yourself. You will find you start to attract positive, happy people.

And here are some tips that may sound odd but they will help you feel happy and banish the winter blues.

- Make your bed every morning. This will help you feel tidy and organised right at the start of the day.
- Make a list so you spend your time on the important tasks.
- Get the worst job done first so you can look forward to everything else.
- Spend time outdoors in the sunshine.
- Learn something. Learning stimulates all the good parts of our brain.
- Find things that make you laugh.
- Keep a smile on your face. Just the act of smiling can make you feel happy.

From Principals' Digests, Volume 16, Number 40
### Dates To Remember

**May**

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<th>Day</th>
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| Fri  | 9     | Yr 10 Work Experience Ends  
|      |       | Yr 12 Top Designs, Melb Museum |
| Mon  | 12    | Yr 11V Collingwood Children’s Farm |
| Tues | 13    | NAPLAN  
|      |       | Redemption |
| Wed  | 14    | Senior Study Skills Period 4  
|      |       | NAPLAN  
|      |       | Redemption  
|      |       | Yr 10 Mill Park Heights PS Student Leadership - FLC |
| Thurs| 15    | NAPLAN  
|      |       | Redemption |
| Mon  | 19    | Senior Sport - Netball  
|      |       | Senior Soccer  
|      |       | School Council 6.30pm |
| Tues | 20    | Yr 12 Tertiary Information Session |
| Wed  | 21    | Yr 7 Werribee Zoo Excursion |
| Thurs| 22    | Yr 12 Biology Immunology Workshop |
| Mon  | 26    | Yr 12 Chemistry La Trobe Uni  
|      |       | Yr 12 Synthesis of Aspirin SAC  
|      |       | Outdoor Ed 1000 Steps & Tree Adventure |
| Tues | 27    | Girls Football |
| Wed  | 28    | Senior Study Skills Period 4  
|      |       | Yr 10 Mill Park Heights PS Student Leadership - FLC |
| Thurs| 29    | Boys Netball  
|      |       | Yr 9/10 PISA |
| Fri  | 30    | Yr 12 Biology Immunology Workshop and Lecture |

**June**

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<th>Day</th>
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| Mon  | 2     | Yr 8 Winter Sport  
|      |       | Yr 8 Netball  
|      |       | Period 3 Whole School Assembly |
| Tues | 3     | Redemption |
| Wed  | 4     | Redemption  
|      |       | Science Competition |
| Thurs| 5     | Redemption |
| Mon  | 9     | **Public Holiday Queen's Birthday** |
| Tues | 10    | VCE PE Enhancement Program  
|      |       | Yr 10 & 11 Exam Period Starts  
|      |       | All Year Levels Badminton  
|      |       | Intermediate Soccer  
|      |       | Intermediate Netball  
|      |       | Yr 8 and Intermediate AFL |
| Wed  | 11    | Yr 10 Mill Park Heights PS Student Leadership - FLC |
| Thurs| 12    | Newsletter |
| Fri  | 13    | Yr 12 English Exam |
| Mon  | 16    | Report Writing Day |
| Wed  | 18    | Yr 7 Netball |
| Thurs| 19    | Dante Alighieri Poetry Competition  
|      |       | Australian National Chemistry Quiz |
| Tues | 24    | Australian Business Week |
| Wed  | 25    | Yr 10 Mill Park Heights PS Student Leadership - FLC |
| Fri  | 27    | **Out of Uniform Day**  
|      |       | Last Day of Term 2, Dismissal 2.30pm |