

## MESSAGE FROM THE PRINCIPAL



As we farewell Summer and transition to the cooler weather I reflect on the passing of an incredible Term 1 with some outstanding achievements from students with the help of the great teachers that support them. We have celebrated victories and achievements in academic, arts, sporting and citizenship arenas and I have been continuously impressed with the talent and authenticity of the young people at Erindale College. Our Year 10 program continues to expand and we commend students for the positive ways that they have transitioned to Erindale and immerse themselves in College life.

Senior school can be tough for students and their families and you may be wondering how to best support your young people at this stage of their education. I have collated the following information from internationally renowned clinical psychologist, Andrew Fuller with some tips for parents on how to help young people navigate the college experience:

*When you have a student completing the senior years of school, everyone in the family is doing Year 11 or 12. Here are a few ideas for coming through these years flourishing and having everyone's dignity intact.*

*Parents have a vital role in helping students:*

*Manage time*

*Manage energy*

*Manage stress*

*Manage to get everything in at the right time and in the right place.*

*In addition to this you have to manage yourself.*

### **Developing the System**

*Regular planned times for study throughout the year creates better results. Short regular sprints of learning are more effective than long study marathons. To create this you need to work out a system.*

*Sit down with your student and map out an ideal week including:*

*Times for sleeping (at least 8 hours a night)*

*Times for unwinding and relaxing*

*Best breakfast foods*

*The best times for study*

*The best time of the week for consolidating notes and extending memory*

*Time to catch up with friends*

*Required school hours*

*Time for part time work (less than 10 hours a week)*

*How to handle invitations around exam times*

*Without a plan, you are simply left with doing what you like when you feel like it and often feeling like studying is not the most likely emotion in teenagers' lives.*

*Study sprints should be ideally 20 minutes long and never longer than 50 minutes with a ten-minute break between study sessions.*

*Usually on the weekend, have some time set aside for organising information and testing memory of new information.*

*Patiently, talk through the system until you all feel that you have the best plan. Ask them how often you should remind them of the system when they don't seem to be following it.*

*You may also need to discuss minimizing distractions- excessive social media use, listening to music while studying, multitasking or chatting with friends online is not compatible with studying. Multi-tasking is just splitting your attention and means you'll need to study four times longer than you need to.*

*As a parent of a senior school student, keep yourself informed. Come to information sessions and parent-teacher meetings yourself. Stressed students don't always store detailed information well so take notes of key dates and requirements.*

### **Steering students back to the system**

*It is hard to get through Year 11 or 12 without some meltdowns. When a meltdown occurs, rather than starting a long conversation about it or providing a motivational pep talk, think about what your student needs- Food? Rest? Exercise? Some social time? Try to quietly arrange for this to occur.*

### **How to deal with the catastrophic thinking**

*Pacifying or reassuring the unsettled senior school student is a fine art. Acknowledge to yourself in advance that anything you are likely to say is probably going to be heard as the "wrong thing". Generally, what you do is more important than what you say. Providing meals, comfort and for some, reassuring hugs is often more powerful than words.*

*Some teens "freeze up with fear" and want to avoid schoolwork completely. Try to avoid getting into lengthy debates about the merits of the current educational system or their own intellectual ability. Instead, go back to basics. Feed them. Hydrate them. Rest them. Then gently bring them back to the topic. Ask them to tell you what they do understand about an issue. If they will initially reply with, "I know nothing" say, "Well, tell me what you think you know". Slowly rebuild confidence.*

### **What to do when the system breaks down**

*When you are planning the system develop a rule of "never miss twice". We know there are days when even the most well thought through system falls into tatters. Accept this but also plan never to miss twice. For example, I can take a complete break from my study routine for one day but not for two days in a row. Around August is the most common time for students to become disheartened and lose motivation. However, the work done in August and September probably adds more to the final results than any other stage of the year. The reason is that by this time most of the basics have been covered and we are now able to add the higher order thinking and deepen understanding. If taking on new information seems too much at this time, go through the process with them of organising information, drawing up flow charts, making memory aides and consolidating notes.*

### **What if my teenager won't listen to me?**

*Have a confidential chat with one of their key teachers so that they can have a conversation with your student directly about their progress and study strategies.*

### **How to deal with the build up to exams**

*Here is the time to trust the system. Keep things as calm and consistent as you possibly can. Ensure that your student has enough sleep, good food, exercise and social time. Consider ceasing part time work in the lead up to exams. Also discuss not using or at least, lessening the use of social media sites. If your family has major birthdays during this period it may be worth delaying celebrations until after the exam period.*

### **It is not the end of the world**

*Your student's Year 12 result is not their future. There are many other more important and powerful determinants of success and happiness in life. Many people who did not get the Year 12 results they wanted find careers where they thrive. Above all, remain calm and believe in your student. Adding an anxious parent to a panicking teenager is always a recipe for disaster.*

Andrew's recent book is "Unlocking Your Child's Genius" (Finch Publishing, 2015)

Parent teacher night is approaching on Thursday 11 April and I strongly encourage parents and carers to come and discuss your child's progress with teachers, and to hear about the exciting teaching and learning that has taken place this year. If you are unable to make it, alternate times can be arranged by contacting the school office.

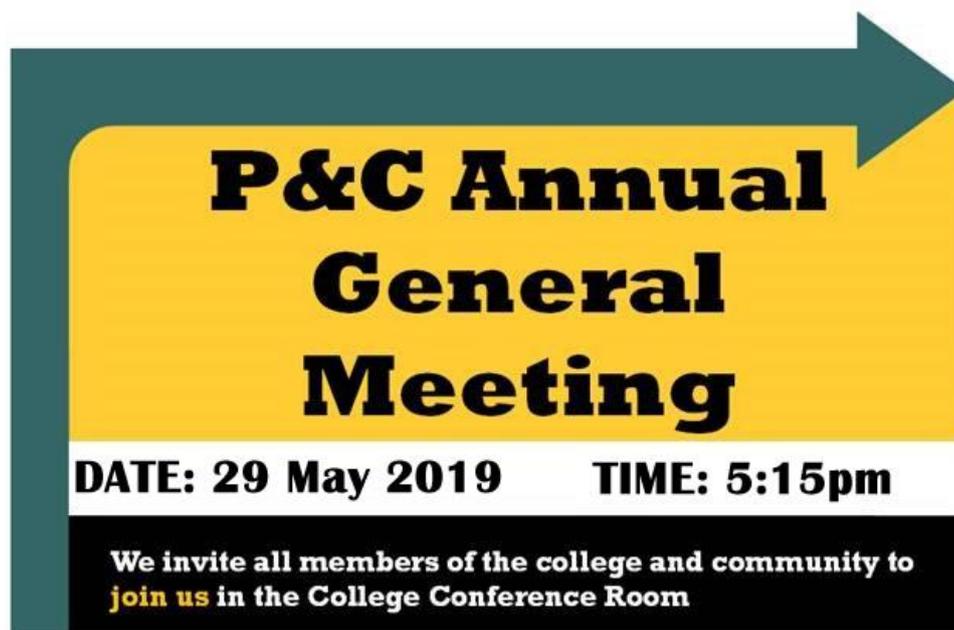
Yours in education,

Jessie Atkins

# NEWS

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## Annual General Meeting



**P&C Annual  
General  
Meeting**

**DATE: 29 May 2019      TIME: 5:15pm**

**We invite all members of the college and community to  
join us in the College Conference Room**

## NEW TRANSPORT NETWORK

As you may be aware, the ACT Government is introducing a new integrated public transport network including bus and light rail services for Canberra for the beginning of Term 2, 2019. The Government has recently released timetables for the new network, which will commence on Monday 29 April 2019. I would encourage all parents and students to find out how they can use the new services from Term 2 by:

**Canberra's New Public Transport Network starts on Monday 29 April 2019**

Check your timetables and start planning your journey!

- Planning their journey to and from school in the improved Transport Canberra journey planner at [www.transport.act.gov.au](http://www.transport.act.gov.au) which includes dedicated school services for the first time; or
- Using the school pack that shows all the different services available for your school at [www.transport.act.gov.au/getting-around/new-network/schools/schools-a-z-listing](http://www.transport.act.gov.au/getting-around/new-network/schools/schools-a-z-listing) . You can also find other information about the changes at [www.transport.act.gov.au](http://www.transport.act.gov.au) to help parents and students understand how to use the new integrated public transport network, including information about student safety, fares and ticketing and maps.

## Year 10 Vaccinations

In 2019 the ACT School Immunisation Program will be including the new Meningococcal ACWY vaccine for all **Year 10 students**. This vaccine will be administered at Erindale College on **Monday 29 April 2019**. The first day back in Term 2.

## Mobile Phone Abuse

### The School's Code of Practice for Students



All Erindale College Students have agreed and signed to the policy. Included in the policy is the mis-use of Mobile Phones below:

I will not send, produce, show or search for things that might upset others (4).

I will not send photographs or publish the full names of others or myself to unknown people without permission.

I understand that disciplinary action may be taken if I do not follow this Code of Practice, which may include loss of access to the internet, email or networks for a period of time determined by the Principal.

#### **Students need to be aware of:**

ACT Department of Education's *Information Communication and Technology (ICT) Procedure* contains *Advice for Schools on Acceptable Use of ICT Facilities and Devices*.

The policy outlines appropriate use of mobile phones or other recording devices by students in schools.

It states that **inappropriate** use of a mobile phone at school includes to *"invade someone's privacy by recording personal conversations or daily activities and/or the further distribution (e.g. forwarding, texting, uploading, Bluetooth use etc.) of such material"*.

There is a national law that makes it a crime to use a phone in a way that is menacing, harassing or offensive.

If you commit one of the crimes, the consequences can be very serious. You may be investigated and charged by the police, and if you are found guilty you could end up with a criminal record or even go to jail.

The maximum penalties for some of the offences are high (e.g. up to 3 years in jail for using a phone or the internet in a menacing or harassing way).

EVERYONE HAS THE RIGHT TO LIVE, WORK, STUDY AND PLAY IN AN ENVIRONMENT FREE FROM BULLYING, HARASSMENT, DISCRIMINATION AND VIOLENCE. NO ONE DESERVES OR ASKS TO BE BULLIED.

## ABSENCES

March 29 is the final day to submit term 1 absence notes. Please be reminded if you have been absent a note/email from a parent work address should be received within 5 days of your return to college. A Medical certificate is preferred whenever a visit to the doctor occurs.

### Attendance and Participation Policy

Students are expected to submit all assessment items and attend all classes, participate in a positive manner and seek support whenever it is required. Excursions, simulations and presentations by visitors (including lunchtime) may form part of classwork. **It is the student's responsibility to catch up on missed work when absent from class.**

**Failure to attend classes will have an impact on success. Unexplained absences may contribute to the awarding of a V grade.**

Unexplained Absences less than 90% for a unit may result in a V grade, points may not count towards your ACT Senior Secondary Certificate.

## Suspected Impetigo Reported

We have been advised of a suspected case of Impetigo and wish to advise parents/guardians of the following

### Infectious Conditions – periods of exclusion from school

The ACT Public Health Regulations 2000 assigns to parents a responsibility to exclude their child from school and to notify the school if there are reasonable grounds for believing that their child has an infectious disease or been in contact with a person with an infectious disease.

The ACT Public Health Regulations 2000 require children with the following condition, and children who have been in contact with the following condition, to be excluded from school, preschool as advised by your medical practitioner.

Personal hygiene measures such as hand washing, covering the mouth and nose when coughing or sneezing, covering weeping sores, not sharing food or drinks and not attending school when ill or suffering from diarrhoea are important means of limiting the transmission of several common infectious conditions.

Condition	Exclusion period of person with condition	Exclusion of persons in contact with condition
Impetigo (school sores)	Exclude until appropriate treatment has commenced and sores on exposed surfaces are covered with a watertight dressing.	Not excluded

## Physical Theatre Workshop



On Thursday 25 and Friday 26 February our Erindale students were lucky enough to spend two full days working with international director, performer and theatre educator, Noa Rotem. These workshops were open to students across the arts so that dancers, actors and musicians all had the opportunity to work together, exploring the possibilities of collaboration. Emphasis was on theatre as a physical and visual medium and the students developed the confidence to express and find story through their bodies without need of words. The work they created was truly extraordinary, but it was the connections made and the strong sense of ensemble that developed which was a joy to witness. As one student noted: "I think it's a rare opportunity to work with people who are all giving 110%".

Stay tuned for the original work that these talented students will create for Erindale's Term 3 production!

Jane Watson

## History Excursion to the Australian War Memorial



Jo Hann organised an excursion to take History and Global Studies students from Y10 and Y11 to The Australian War Memorial on 14 March. This was the first Erindale College excursion to the War Memorial in several years, and three of our attending students had never visited it before! The purpose of this expedition was to support all students by learning through objects and artefacts. Each student was able to select an item from the collection to use as part of their history research for their assessment task. In this way the work was personalised to each student's point of interest. Thank you, Jo, for providing this rich and valuable learning opportunity for our students!

## SPORT

### Sam Torley

This year, long distance runner Sam Torley competed at the Orange Running Festival, a competition that plays host to some of Australia's best distance runners. Sam ran fantastically finishing 3<sup>rd</sup> in the 10km event with a time of 00:38:23. In this event Sam competed in the open category and was the fastest runner in the U20 age group. Sam also competed in the half marathon event (21.1km) and the 5km race.

Congratulations Sam. Continue your hard work.



## RUGBY LEAGUE Canberra 9's



Carnival wrap: An awesome day of NRL being played between the colleges of Canberra.

Game 1: Erindale College defeated Gungahlin College Black 35-0

Game 2: Erindale College lost to Gungahlin College 14-11

Game 3: Erindale College defeated Melba Copland 30-14

Game 4: Erindale College defeated Lake Ginninderra College 20-17

Final: Erindale College defeated Gungahlin College 19 - 4

Man of the match in the final was Tristan Eldridge from Erindale College.

Co-captains Jake Arranz and James Atonio lead the team well and really showed what it takes to play and win at this level. Other stand out players on the day included: Farouk Kafalaj, Mitchell Rhodes, Xander Scarlett and Zane Thomson.

## South Coast Regional Futsal Championship

On Thursday 14 March – Friday 15 March I took two teams to Wollongong for the South Coast Regional Championships. Erindale Red was undefeated all day until the semi-final, losing 1-0. This goal was also the only one we conceded all day. A super effort from the girls. Erindale black had the hardest pool I've ever seen in the regional championships. They fought hard all day and continued to improve. The day had many challenging moments, but it was pleasing to see the girls represent themselves and Erindale with pride.



### Erindale Red



**Chloe Daisley (C), Ashlyn Lewis, Lillian Geale, Monique Mcglynn, Mackenzie Alcock (c), Paula Plamio, Tarah Manthongsy, Cat Twardochleb (Manager)**

**Game 1 vs Dapto: Won 1-0**

Goal by Monique, set up by Mackenzie off a corner.

**Game 2 Vs Lake Ginninderra Blue Won 4- 0**

Goals to Tarah off a lovely pass from Ashlyn. Great team goal to Ashlyn after being set up by Macca, Tarah and Chloe. Again, Ashlyn attacking space before beating a player to finish bottom left. Macca scored from a great ball from Tarah.

**Game 3 vs Illawarra Christian school Won 3 -0**

Great ball in from Tarah to Monique who scored bottom right. Chloe put a great pass down the line to Paula who scored in bottom right. Ashlyn scored from a corner after Chloe fed a great pass through to the back post.

### **Game 4 vs St John's Nowra Drew 0 – 0**

Very close game that saw Lillian working extremely hard. She was player of the match this game.

### **Quarter Final – Vs All Saints Grammar – Won 1 – 0**

Some brilliance from Macca when she got the ball over head and was 1v1 with the keeper and scored. Very tough game with Chloe and Lillian having great games.

### **Semi Final vs TIGS Lost 1-0**

With no break between quarters and semis we were struggling for energy. After conceding a goal early we never gave up. We had several close chances that didn't go our way. A fantastic team effort with many pushing on despite being exhausted. This was the only goal scored against us all day. What a great effort!

**Player of the Day:** Chloe Daisley with Lillian and Monique tied for 2<sup>nd</sup>.

### **Erindale Black**



**Abigail Taunton (C), Alyssa Bozinovska (C) Ella Whinfield Lilly Parrett Aaliyah Westerlund Toree Veamatahau Haylee Burgess, Foxy Mantinaos (Manager)**

### **Game 1vs WHSPA lost 10-1**

An extremely tough first game. We took a while to find our feet but were able to start finding some good combinations in the second half. Abi scored from a long shot, down the middle. Alyssa and Toree played well.

### **Game 2 vs Lake Ginninderra Red lost 9-0**

Lake G was all class in this game. We struggled to keep up. Abi was solid in defence and Lily provided some great runs down the side.

### **Game 3 vs Vincentia H.S Lost 8-0**

We started the game well. Ella made some great saves early on and Haylee and Toree combined down the right on several occasions. In the second half once we let a few goals in we struggled to hold our defensive line. The score doesn't reflect how well we played in this game.

### **Game 4 vs Illawarra Sports High lost 2-0**

This was an extremely physical game with Illawarra trying everything to put us off our game. We held out for most of the game with Ella, Abi and Alyssa strong in defence. Aaliyah created great chances down the side and we were unlucky not to score. A very close game right to the end.

Although an extremely hard pool to be placed in the girls learnt a lot. Their futsal improved throughout the day and they never gave up. So proud of their efforts and resilience in some tough circumstances.

**Player of the Day:** Alyssa Bozinovska, followed closely by Abi and Toree.

Thanks to Tracy Costigan for join us for the trip.

Tracey Marris

## AFL



On Friday 8 March our AFL squads were treated to a visit from GWS Giants players, Jonathon Patton and Ian Hill. Jon and Ian shared some of their story, from school student to AFL player, as well as joining in a training session.

In addition we want to congratulate Lachlan Squire who played for the Giants NEAFL team versus the Canberra Demons.

## Rugby Union



In Week 4 Erindale College travelled interstate to compete in two Rugby 7's tournaments. First up on Wednesday 27 February was the boy's rugby squad where two teams travelled down to Batemans Bay. They were both undefeated on the day only allowing the opposition to score one try for the entire day.

On Friday 1 March the girl's squad travelled to Cooma where they split into 3 small teams as the competition had some late withdrawals. Again, the Erindale squad was dominant with a mixture of experienced and new players combining for some amazing tries. It was an enjoyable couple of trips and an excellent start to the sporting season.

A big thank you to all the students from other squads who helped fill the teams. It allowed new and existing students to bond as well as try the ever-growing sport of rugby 7's.





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