Dear Parents and Friends

It is great to see the excellent start made by many students to the 2016 school year and the impressive manner in which they are presenting themselves and engaging in their studies.

The closing date for applications for Year 7, 2017 is Friday 26 February. A reminder that an application form must be submitted for sibling applicants.

An information morning, including tours, will be conducted at Notre Dame Campus at 9:00am and St Paul’s Campus at 10:30am, tomorrow, Saturday 6 February. For further information, or to obtain a copy of the College Prospectus and enrolment form, please contact the College Registrar.

At next week’s College assembly, Ali Noura will be presented with the College Brophy Scholarship following his outstanding VCE performance in achieving an ATAR score of 97.6. The scholarship provides $1000 per year for the three years of undergraduate studies. Best wishes to Ali as he prepares to commence his studies in the Bachelor of Commerce at Melbourne University.

Congratulations to member of the Class of 1980, Antoine Pace, who will be inducted into the College Roll of Honour at the assembly. Antoine completed a Law and Commerce Degree at the University of Melbourne. He has 30 years experience in law and is currently a partner with Gadens Lawyers Melbourne where he specialises in technology, media and telecommunications law.

Best wishes to Father Ian Ranson, farewell at the assembly. Father Ian has taken up his appointment as parish priest of East Brighton after 16 years as a Canonical Administrator of the College, including a number of years as President. Father Ian’s contribution to the College was acknowledged in the naming, last year, of the Ranson Arts and Technology building at Notre Dame Campus.

Best wishes for this term’s interschool competition to our senior ACC teams in Cricket, Volleyball, Tennis and Athletics, and SACCSS teams in Senior Cricket and in Year 10 Premier League: Basketball, Volleyball, Netball, Cricket, and Soccer. Best wishes also to our swimming teams in training for inter-school carnivals to be held later in the term.

On Friday 19 February at 10:30am our Opening School Mass will be celebrated at St Patrick’s Cathedral in East Melbourne. Parents are most welcome to attend and are asked to confirm by email to Chris O’Malley at comalley@ecmelb.catholic.edu.au if attending. More details regarding arrangements for student attendance at the Mass will be sent to parents in coming weeks.

We are called to be ‘salt of the earth and light to the world’ – may the Lord strengthen us in this work of being people of joy and peace for our families and the communities of which we are part.

Christopher Stock
Principal

Car Parking

A reminder that car-park access is not available at the start and end of the school-day, to ensure student pedestrian safety. Parents are requested to observe parking and traffic regulations during these times.

Stephen Lundardelli & Vince Crimi
Campus Organisers
News from Campus Leaders

The first day back at school for the students, parents and teachers at both campuses was very exciting. Watching the young men and women of Year 7 arrive at Notre Dame Campus with their mums and/or dads walking in the gate for the first time, full of anticipation and at times apprehension, highlighted the special journey we are all about to embark upon.

The young men at St Paul’s Campus demonstrated their confidence and connection with the College by bowling into the hall, many without their parents, and sitting quietly until the morning commenced. They then moved to their homerooms with students they had met at Orientation Day. We are confident that you will find Emmanuel College to be a supportive community where each student will continue on their learning pathway. We look forward to a long and happy association with you, and meeting with you at the various school activities throughout the year.

The Year 7 Orientation days proved to be of great value for the students. As well as a scavenger hunt to familiarise themselves with the campus, they spent time getting to know their new class-mates and teachers, learning about college procedures and how to access the technologies available at the campus. I’m certain the two days have been most beneficial in facilitating a smooth start to the year.

**Camps**
The venues for camps during this term are as follows:

- Year 7 – Portsea: SPC 10-12 February and NDC 2-4 March

More information regarding these events will be sent home shortly.

**Polo Tops/ Sports Uniform**
A reminder that students are required to be in the correct colored polo top, a uniform pass will not be issued for incorrect sports uniform. As outlined in the student handbook, students are to wear formal uniform and bring alternative clothing to change into for sport or physical education class.

**Piercings**
Students and families are reminded that students are only permitted to wear a single stud in the ear lobe only. All other piercings are to be removed or they will be confiscated. Please refer to the student handbook for further clarification.

**Canteen**
The College canteen is now in full swing. Students can access the canteen before school and at recess and lunch time. Students will be informed of yummy specials via the canteen noticeboards at each campus.

**Student Handbook**
All students have received their student handbook. Please ensure you have read and signed the front section to acknowledge you are aware of the expectations and responsibilities of belonging to the Emmanuel College community. It is important that this is done annually because while some things are unchanged, there are always some changes, developments or additions. We ask that all families have signed this section by Friday 19 February.

**Information Meetings**
An information evening session is planned at both St Paul’s and Notre Dame Campuses for Monday 8 February for Year 7 and 12 parents, as well as new parents to Emmanuel College across the other year levels. This session will provide the opportunity for parents to meet with their child’s Homeroom Teachers/House Leaders and hear details of what is in store for their child in the year ahead. Please mark this date on your calendar now and use this time to make a positive start to the year ahead.

**Year 11 and 12 2017 Orientation**
Please note in your diaries that there is a change in the structure for 2017 Orientation held after the final exams. Year 12 Orientation will commence on Thursday 17 November 2016 and conclude on Thursday 24 November 2016. Year 11 Orientation will be held on Friday 25 November 2016 and Monday 28 November 2016. Please note that this is a compulsory program and all students are required to attend.
Student Support Team
We welcome three new members to the student support team. Our two new interns in 2016 are Alyce Galea, who will be at NDC on Tuesday and Thursday, and Nathan Trevitt, who will be at SPC on Thursday and Friday. Tori Etherington is a new team member who will be located at the NDC Campus 5 days a week. Mel Kelleher, Allison [Ally] Matheson and Mr John Kalka continue in their roles. Mel will be at NDC 2 days a week – Monday and Tuesday and at SPC 2 days a week - Wednesday and Thursday. Ally will be working 5 days a week and is replacing Sarah van Ree who goes on maternity leave. We wish Sarah many blessings as she embarks on this next stage of her life journey. Ally will be at SPC on Monday, Tuesday and at NDC on Wednesday, Thursday with Fridays alternating between the campuses. John will be at NDC on Mondays. The College continues to work in partnership with Catholicare to provide these services to the College. The College has also been the recipient of state government funding for the chaplaincy program and Jennifer Webster will work with the Counselling and Support Team to enhance the connectedness and resilience of all members of the College community.

Drop Off and Collection of students at NDC
In order to improve traffic flow at the start and end of the day in Foxwood Drive, the Council has installed No Parking signs on the eastern side of the road. This means that you can still drop off and collect your son or daughter, however you cannot park and leave your vehicle. If you have an appointment or need to visit the office, please park in the College carpark, Dunnings Rd or Inverloch Drive.

As we begin the year, it is timely to reflect on ingredients for success with these two Michael Grose articles which we attached for your consideration and reflection:-

- Creating good study and work habits in secondary school
- 10 confidence-building strategies every parent and teacher should know

Finally, we would like to thank the students, parents and staff at Emmanuel College for the great start to the year, and we are looking forward to your continued support into the future. We also welcome all students new to the College in 2016 and hope their time with us brings friendship, fulfillment and growth.

David Barr & Jennifer Webster

Financial Assistance Information

Attached to this letter is an application form for the Camps, Sports and Excursions Fund (CSEF) with details of who is eligible to apply. You can get further information regarding this fund at www.education.vic.gov.au/csef and you can also download an application form from this website. Applications are also available from reception at the College should you require to collect one in person.

Mario Puopolo
Business Manager
News from Leader of Faith Development

I am the light of the world, whoever follows me with never walk in darkness, but will have the light of life. (John 8:12)

Welcome to our new members of Emmanuel College
I would like to take this opportunity to welcome our new Year 7 students to the College. Although a very daunting time for you all I have no doubt that you will settle in extremely well before too long. It is equally important to welcome our new staff and teachers to our College as well, as it is often easy to forget that for them this is a new community as well, and it is very important that we make them feel welcome too.

Opening College Mass
Just a reminder that we will be celebrating our Opening College Mass at St Patrick’s Cathedral on February 19 which is an opportunity to bring us all together as a community of faith, in the presence of God. I would like to extend a warm welcome to all parents and families to join us at the cathedral for mass a 10.30am. If you would like to attend please contact me so we can ensure adequate seating for all.

Ash Wednesday
Ash Wednesday marks the beginning of the Season of Lent. It is a season of penance, reflection and fasting which prepares us for Christ’s Resurrection on Easter Sunday, through which we attain redemption. Our foreheads are marked with ashes to humble our hearts and remind us that life passes away on Earth. Ashes are a symbol of penance made sacramental by the blessing of the Church, and they help us develop a spirit of humility and sacrifice. In order to commence this significant time in our tradition, there will be no meat products sold through the canteen on Ash Wednesday, 10 February.

Cambodia – Catholic Mission
Congratulations to all those students who participated in the 2015 Catholic Mission Immersion to Cambodia at the end of last year. This trip proved to be an amazing experience to all students who participated, working with school children in local communities. Not only did they have the wonderful opportunity to immerse themselves in the culture and experience all that this wonderful country has to offer, the staff and students worked in two difference parish communities supporting and assisting where needed in the daily running of activities in these schools. Thank you to the staff of Catholic Mission for assisting our staff and students, and in particular thank you to those who gave so generously of their time to make a difference.

2016 Immersions
We are once again very pleased to have our Social Justice Teams working very hard and really trying to make a difference. This year we will be running Friends of Alice working with Indigenous in Central Australia for Year 11 students, we will be sending three students to Poland for World Youth Day, and we have fifteen students heading to Cambodia again at the end of the year to make a difference. If you think you would like to get involved in any of these activities please see Mrs Mills or Mr O’Malley

Rest in Peace

We trust our students will have: the passion for learning, the wisdom for understanding, the strength for enduring, the gentleness for giving and receiving, the capacity for living and loving, the courage for daring and hoping, the freedom for growing and changing and the trust for believing.

Amen.

Chris O’Malley
Winters House Report

It’s been a great start to the year. Coming off our second House Championship year in a row we had a lot to celebrate at the opening House assembly and with the Student Leaders setting their sights firmly on a ‘three-peat’ we should have exciting times ahead of us.

Starting off the year on an active and participatory note we are commencing our first House Competition in week 1 – which will be a dodgeball competition. It will be good to see our students come together again over a mutual love of ducking and weaving foam balls. Hopefully plenty of the new students can join in and feel like part of the team.

The direction of the House this year will be a little different to previous years, with a two tiered focus. The first goal we will be focusing on is to give Full Effort in everything we do. The inspiration comes from Ghandi, who said, “Satisfaction lies in effort, not in the attainment: full effort is full victory.” The leadership team decided that this would be a great goal as there is clear evidence that effort overrides talent in so many things we do, and that when we put in full effort we can achieve great things. To this end ‘Full Effort is Full Victory’ will be our key slogan for the year. I feel this is fitting as in Winters we have always regarded participation and effort as being more important than any other measure of victory.

The second aspect of our goals is to be our best selves. Three key aspects have been identified to help us be better people. These are Gratitude, Mindfulness and Kindness. There is a body of evidence that suggests that people who can turn these words into action on a regular basis are happier, healthier and more successful people. As such in homeroom we are committing to keeping a ‘gratitude/what went well’ diary, a ‘good deed’ diary, and completing mindfulness activities such as meditation. At first this may sound a little strange but consider this:

- After 21 days in a row of recording three things that we can be grateful for in our lives, we can reprogram the neurons in our brain to be more positive
- 7 minutes of meditation a day in which we simply focus on our breathing can help us be much calmer, less anxious and more successful when things get overwhelming

Completing acts of kindness releases oxytocin – the chemical in the body that is associated with love – doing good deeds makes us happier. It is the homeroom teachers and student leaders wish that if we can work on these aspects of our lives we will be successful both as a House team and as individuals, both in the short term and the long term. And of course if we can become the first House in Notre Dame history to win three championships in a row that would be great too.

Andrew Damon
Winters House Leader NDC

Students in Winters House have settled into the 2016 school year, very capably assisted by their homeroom teachers; Daniel – Ms McKeegan, Exodus – Mr Robertson, Joshua – Ms O’Keefe, MacKilop – Mr Collins and William – Ms Wolan. Additionally, Ms Priori, Mr Park and Ms Penfold have been on hand to assist the students.

I am looking forward to working with the student leaders in 2016. Already our Year 12 leaders Simon Bugeja, Alex McPherson and Nathan Malkoun have played a major role in the first Winters House Assembly with a Q&A about themselves and their hopes and aspirations for themselves and Winters in 2016.

The Winters student leaders for 2016 are:

Year 12: Simon Bugeja (House Captain), Alex McPherson (House Vice-Captain), Nathan Malkoun (House Sports Captain)
Year 11: Dragan Gagovic, Thomas Myyrylainen
Year 10: Filip Bjelosovic, Andy Dinh
Year 9: Trent Borg, Khaled Abdou
Year 8: Khyle Aquilina, Kristian Mihos
Year 7: Application forms for leaders will be distributed after the Year 7 camp

I look forward to hearing from our Year 7 students at the next House Assembly about the new friends that they met and the great times they had on their Year 7 camp, which is in week 2.

Mark Turner
Winters House Leader SPC
McCluskey Homeroom Report

Firstly I would like to extend a warm welcome and welcome back to all McCluskey students for the 2016 school year and look forward to working with McCluskey students teachers and parents in the coming months.

Homeroom teachers for this year are McCluskey A: Ms Siera Cortez/Ms King, B: Ms Croft, C: Ms Sue, D: Ms Slocombe, E: Ms Lyons, F: Mr Harris G: Ms Stokie, H: Ms Hall, I: Mr Davis
Non Homeroom McCluskey staff: Mr Evans, Ms Simmons, Ms Mills, Mr Mitchell, Ms Rushbrook, Mr Takano, Ms Sarpi, Ms Ridge, Ms Brazatis

I am sure all of the above look forward to working with your child this year in homeroom, and in many instances as classroom teachers.

If you have any questions or concerns regarding general school matters, homeroom teachers are the initial point of contact with the school. On matters relating to a particular subject I encourage you to contact the subject teacher directly and of course please feel to contact me with any concerns you may have.

There is quite an amount of paperwork to be completed in the first month of 2016. The Student Handbook needs to be signed on Page 30, and then needs to be signed on a weekly basis thereafter. Laptop user agreements and Internet user agreements need to be signed where relevant and returned to school if you have not already done so. In the near future permission forms will need to be completed on Care Monkey for the Year 7 Camp and Opening School Mass respectively. Could I please ask that these be attended to at your earliest Convenience.

Year 8 to 12 students are role models for our new Year 7s, particularly in homeroom. As such it is very important that all uniform requirements are adhered to as per the details in the handbook (pg. 10-12). Should your child consistently present in incorrect uniform, contact will be initiated by the Homeroom Teacher.

It is also very important that students follow the proper procedure for arriving late to school, leaving early and absence (details are available on p.17 of the planner). In short, a written note is required on return from being absent and is to be presented to your child’s homeroom teacher, and a late pass must be provided when arriving late. Students must also sign in or sign out (and present a note when appropriate) at the front office when arriving late or leaving early.

I also look forward to meeting new parents to McCluskey at the information evening scheduled for Monday 8 February starting at 7.00pm. This is a wonderful opportunity for parents new to the school to touch base with me as a House Leader, and to meet all of the hard working McCluskey Homeroom Teachers.

Graeme Briggs
McCluskey House Leader NDC

There are many amazing homeroom events coming up and they are as follows: Homeroom sports, homeroom quizzes and athletics carnival. The homeroom sports consist of soccer, volleyball and kickball where homerooms compete against each other to see which homeroom comes out victorious. Homeroom quizzes will be quizzes about general knowledge and the homeroom who gets the most questions correct will win points for their homeroom.

The Year 7s are all new to the school so we decided to ask them how the transition from Year 6-7 has been. They said the transition was very easy between the two years, they said high school is a lot more organised, they feel more independent, and they even said it was kind of enjoyable. They also mentioned that having a locker is stressful each morning, and the amount of homework has increased and is harder.

We are looking forward to a great year in McCluskey House.

Daniel Velardo
McCluskey House Leader SPC
College Captains Report

I would like to offer all the students and teachers a sincere welcome-back to the school year. There is a great energy buzzing throughout the corridors, from everyone from the new Year 7s to the current Year 12s, no doubt owing to the new faces of staff and students, as well as some changes to the College which are fantastic and the expectation of coming changes which looks promising. One of the changes most near and dear to my heart is the renovation that has taken place to the bathrooms, with new tiles, mirrors, and other appliances, raising it to the level of pristine perfection, an increase in standard which only pales when compared with the increase in moral fibre and positive energy that radiates from each of the students within the corridors. Another architectural change worth a mention is the relatively recent opening of the school’s walk of fame, which from my perspective adds significantly to the heritage of the College as well exemplifying the length of time in which the value of “life to the full” has been instilled into the students within its walls.

It is with the example of these practical and aesthetic changes that I will once again take the opportunity to welcome, and welcome back, all to the College, and also to remind everyone: as amazing that the changes are that have occurred thus far, they remain only a benchmark for what we are yet to achieve.

Ethan S.Y. Harkins
College Captain SPC

Sports News

Welcome back to another school year! Things kick off immediately with the ACC Swimming Championships, to be held on February 19 at MSAC. Training is underway first Wednesday back, and the squad is listed in student notices. If you would like to be a part of this and aren’t in the squad, please come and see me. Triathlon is also on the agenda this year, in mid Feb. Please come and see me for more info. Senior ACC is straight back into it with Cricket, Volleyball and Tennis continuing the season began last year before the holidays. If you aren’t already, get involved!! If you are still thinking about applying for sports captaincies come and see me ASAP.

Brad Robertson
Sports Leader SPC

Careers News

Year 12 News

Year 12 is an extremely busy time especially in the careers department. Over the year all Year 12 students will have a minimum of 2 Careers Meetings (one in term 1 and one in term 3). These meetings will assist students to plan their transition out of school and a successful pathway for 2017, whether that be university, TAFE, pre-apprenticeship/apprenticeship, employment, a GAP year or something different.

Students will also attend the Tertiary Information Service (TIS) held at Victoria University early in term 3. TIS will help students understand further the processes involved in applying for courses and jobs as they come to the final part of their Year 12 schooling.

Along with the school newsletter and student notices, year level meetings and assemblies will also be held to give students valuable information about upcoming events, dates and programs available to them.

Year 10 Work Experience: June 20-24, 2016—All year 10 students need to organise their placements by the end of week 5, term 1.
- Work experience is a valuable part of the year 10 careers program.
- It is a time for students to start thinking about possible career pathways and getting some hands on experience of different workplaces.
- If students need assistance they need to see their Careers Leader ASAP.
- Additional Work Experience Arrangement forms are available from respective Careers Leaders

How to go about securing a work experience placement?
- Use your contacts:
  - Parents
  - Friends parents
  - Teachers
- Look online to find a job/career that you find interesting
- Look up specific companies or businesses you would like to work at
- Make a phone call or go into the workplace to meet them in person
- We can help you make a phone call and the school phone will be available for your use

Once completed, the Work Experience Arrangement form must be returned to the Careers Leader.

Sol DiMaggio, Amanda Silipo
Year 7 Camp at Emmanuel College—Then and Now
### Calendar Term 1 Weeks 2b & 3a

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>8 February</td>
<td>Year 7 and Year 12 parent Meeting @ 7pm at both campuses</td>
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<td>9 February</td>
<td>NDC Year 8 Medieval Day Humanities</td>
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<td>10 February</td>
<td>ASH Wednesday</td>
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<td>SPC Year 7 Camp to Portsea</td>
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<td></td>
<td>SPC ACC senior cricket EMM v WFD</td>
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<td></td>
<td>SPC ACC Senior Tennis, Volleyball EMM v MAZ</td>
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<td></td>
<td>NDC SACCSS senior cricket Emmanuel v Salesian</td>
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<tr>
<td>11 February</td>
<td>SPC Year 7 Camp to Portsea</td>
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<td></td>
<td>NDC Year 10 HPE Life Saving Excursion Group 1</td>
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<tr>
<td>12 February</td>
<td>SPC Year 7 Camp returns from Portsea</td>
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<td>NDC Year 10 HPE Life Saving Excursion Group 2</td>
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<tr>
<td>15 February</td>
<td>SPC Year 8 Medieval Day Humanities</td>
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<td></td>
<td>SPC Year 10 HPE Life Saving Excursion</td>
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<tr>
<td>16 February</td>
<td>SPC Year 12 English Excursion @ ACMI</td>
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<tr>
<td>17 February</td>
<td>SPC ACC senior cricket MAZ v EMM</td>
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<td></td>
<td>SPC ACC senior tennis, volleyball EMM v SBE</td>
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<td></td>
<td>NDC Year 12 English Excursion @ACMI</td>
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<td>18 February</td>
<td>NDC Year 10 Premier League Rd 1 EMC v MACK</td>
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<tr>
<td>19 February</td>
<td>Opening School Eucharist @ St Patrick’s Cathedral</td>
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<tr>
<td></td>
<td>SPC ACC swimming carnival @ MSAC 7pm—10pm</td>
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<tr>
<td></td>
<td>NDC Year 7 swimming trials</td>
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BECOME FOSTER CARER

All sorts of people make great Foster Carers and offer a home for a vulnerable child. They are tradesmen, nurses, sales reps, shop assistants, teachers etc. They are couples, singles, from different cultural backgrounds, with or without their own children. They are people who have the desire to give a child a safe and welcoming place to stay.

To receive an information package please call Liesl Trenfield on 93967400 or email liesl.trenfield@anglicarevic.org.au

It is easy to become an Anglicare Foster Carer, call us NOW to talk about how. You will make all the difference!

VOLUNTEER COOKS WANTED

Our community hub operates 2 days per week
Wednesday @ Laverton Hub and Friday @ Altona Meadows
We are looking for additional volunteer head cooks to join our team on either day.

Kitchen Supervisor Certificate II is required

For more information contact us via warren@icis.org.au

CALISTHENICS

AT LAVERTON COMMUNITY HUB

For more information contact Vanessa on 0422 095 018
Enquiries at www.newportcc.com.au

POINT COOK FOOTBALL CLUB REGISTRATION

SUNDAY 14TH FEBRUARY
11:00 – 1:00pm
Saltwater Reserve, Cnr Point Cook Rd & Saltwater Promenade, Point Cook

For more information contact www.pointcookfc.com.au

SANCTUARY LAKES FOOTBALL CLUB REGISTRATION

SUNDAY 21ST FEBRUARY
12PM—3PM
Featherbrook Oval, Windorah Drive, Point Cook

YARRAVILLE GLORY FOOTBALL CLUB

For more information go to our website

www.yarravillegloryfc.com.au

CARER EDUCATION WORKSHOPS

FIRST WORKSHOP ON BUILDING CARER RESILIENCE 13 FEB

Venue 97-99 Osborne Street Williamstown VIC 3016
RSVP 11 February 2016
Cathleen Walters
Mind Australia
97-99 Osborne Street, Williamstown VIC 3016
CAMPS, SPORTS AND EXCURSIONS FUND (CSEF) APPLICATION FORM

School Name      School REF ID

Parent/legal guardian details
Surname
First name
Address
Town/suburb    State    Postcode
Contact number

Centrelink pensioner concession OR Health care card number (CRN)
OR
Foster parent* OR Veterans affairs pensioner

*Foster Parents must provide a copy of the temporary care order letter from the Department of Health and Human Services (DHHS).

Student details

<table>
<thead>
<tr>
<th>Child’s surname</th>
<th>Child’s first name</th>
<th>Student ID</th>
<th>Date of birth (dd/mm/yyyy)</th>
<th>Year level</th>
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I authorise the Department of Education and Training (DET) to use Centrelink Confirmation eServices to perform an enquiry of my Centrelink customer details and concession card status in order to enable the business to determine if I qualify for a concession, rebate or service. I also authorise the Australian Government Department of Human Services (DHS) to provide the results of that enquiry to DET.

I understand that:

• DHS will use information I have provided to DET to confirm my eligibility for the Camps, Sports and Excursions Fund and will disclose to DET personal information including my name, address, payment and concession card type and status.

• this consent, once signed, remains valid while my child is enrolled at a registered Victorian school unless I withdraw it by contacting the school.

• I can obtain proof of my circumstances/details from DHS and provide it to DET so that my eligibility for the Camps, Sports and Excursions Fund can be determined.

• if I withdraw my consent or do not alternatively provide proof of my circumstances/details, I may not be eligible for the Camps, Sports and Excursions Fund provided by DET.

• information regarding my eligibility for the Camps, Sports and Excursions Fund may be disclosed to the Victorian Department of Health and Human Services and/or State Schools Relief for the purpose of evaluating concession card services or confirming eligibility for assistance.

You are able to request access to the personal information that we hold about you, and to request that any errors be corrected, by contacting your child’s school.

Signature of applicant ________________________________ Date __ / __ / __
CSEF ELIGIBILITY

Below is the criteria used to determine a student’s eligibility for the Camps, Sports and Excursions Fund (CSEF).

Criteria 1 – Eligibility
To be eligible* for the fund, a parent or legal guardian of a student attending a registered Government or non-government Victorian primary or secondary school must:
• on the first day of Term one, or;
• on the first day of Term two;
  a) Be an eligible beneficiary within the meaning of the State Concessions Act 2004, that is, be a holder of Veterans Affairs Gold Card or be an eligible Centrelink Health Care Card (HCC) or Pensioner Concession Card (PCC) holder, OR
  b) Be a temporary foster parent, and;
  c) Submit an application to the school by the due date.

* A special consideration eligibility category also exists. For more information, see: www.education.vic.gov.au/csef

Parents who receive a Carer Allowance on behalf of a child, or any other benefit or allowance not income tested by Centrelink, are not eligible for the CSEF unless they also comply with one of (a) or (b) above.

Criteria 2 - Be of school age and attend school in Victoria
School is compulsory for all Victorian children aged between six and 17 years of age inclusive.

For the purposes of CSEF, students may be eligible for assistance if they attend a Victorian registered primary or secondary school. Typically, these students are aged between five and 18 years inclusive.

CSEF is not payable to students attending pre-school, kindergarten, home schooled, or TAFE.

Eligibility Date
For concession card holders CSEF eligibility will be subject to the parent/legal guardian’s concession card being successfully validated with Centrelink on the first day of either term one (27 January 2016) or term two (11 April 2016).

Closing Date
Parents are encouraged to lodge the application form by 29 February 2016, so that payments can be made from March 2016. However schools can accept parent applications up until 03 June 2016.

PAYMENT AMOUNTS
CSEF payment amount
The CSEF is an annual payment to the school to be used towards camps, sports and/or excursion expenses for the benefit of the eligible student.
• Primary school student rate: $125 per year.
• Secondary school student rate: $225 per year.

The CSEF is paid directly to your child’s school and will be allocated by the school towards camps, sports and/or excursion costs for your child.

For ungraded students, the rate payable is determined by the student’s date of birth. For more information, see: www.education.vic.gov.au/csef

Year 7 government school students who are CSEF recipients are also eligible for a uniform voucher. Secondary schools are required to make applications on behalf of parents so please register your interest at the school.

HOW TO COMPLETE THE APPLICATION FORM
1. Complete the PARENT/LEGAL GUARDIAN DETAILS section.
   Make sure that the Surname, First Name, and Customer Reference Number (CRN) details match those on your concession card. You will also need to provide your concession card to the school.
   If you are claiming as a Foster Parent or a Veteran Affairs Pensioner, you will need to provide a copy of documentation confirming your status as a temporary Foster Parent or provide your Veterans Affairs Pensioner Gold card to the school.

2. Complete the STUDENT/S DETAILS section for students at this school.

3. Sign and date the form and return it to the school office.

CSEF payments cannot be claimed retrospectively for prior years.

Queries relating to CSEF eligibility and payments should be directed to the school.
Building parent-school partnerships

WORDS Michael Grose

10 confidence-building strategies every parent and teacher should know

Instilling confidence takes more than heaping praise on kids. Here are 10 practical confidence-building strategies for parents and teachers of children and young people.

Children with healthy self-esteem and self-confidence learn more, achieve more and are generally happier than those with low confidence levels. Building children's and young people's confidence is complex. It's more than being a praise robot and heaping positive comments on a child at the first sign of them doing something well. Confidence building requires a number of approaches that impact on how they think, how they feel and what they can do.

Here are ten practical strategies that you can use to build real self-confidence in kids of all ages:

1. Model confident thinking
   Kids soak up the language, thinking and behaviour of those closest to them in their environment. Parents and teachers play a part in modelling confident thinking and behaviour particularly when it comes to tackling new activities. In particular, let kids hear positive self-talk when you tackle something new. They should hear something like, "I'll have a go at this. If I don't do so well then I can try again tomorrow." This is far more effective than "I'm no good at this. I'll probably stuff it up."

2. Focus on effort & improvement
   Current thinking shows that people who believe that they can increase their intelligence through effort and challenge actually get smarter and do better in school, work, and life over time. One way to develop a growth mindset is to focus your language on effort and improvement rather than on the results of what they do. By linking success with effort you are teaching them success comes from something other than purely their ability, talents or smarts.

3. Praise strategy
   While effort is key for achievement, it's not the only thing. Kids need to try new strategies and seek input from others when they're stuck. They need this repertoire of approaches – not just sheer effort – to learn and improve. It helps too to focus language on better and smarter ways on improving. Comments such as "That was a smart idea to tackle the hardest task while you were fresh!" (strategy) and "You recognised the first few steps were the most important but then after that you were right" are descriptive statements that have significant instructional value for kids.

4. Develop self-help skills from an early age
   A child's self-esteem comes as a result of his or her successes and accomplishments. The most important competencies to build confidence are basic self-help skills. These form the building blocks upon which other competencies such as organisational skills and many social skills are formed.

5. Give them real responsibility
   From a young age start giving children responsibility for some aspects of their lives. By giving kids responsibility we are sending a powerful message that we think they are capable. Also they are learning the skills necessary to care for themselves.

6. Practise unconditional acceptance
   Your ability to accept children and young people's best efforts in any area of endeavour, irrespective of the results, will go a long way toward determining their self-esteem and confidence.

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.

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... 10 confidence-building strategies every parent and teacher should know ...

If a child makes their bed to the very best of their ability, resist fixing it, even though it may fall short of your adult standards. Instead remind them next time of how to do it well.

7 Expand their horizons
Some kids are confident and capable at home but are fearful and nervous when it comes to new social situations and unfamiliar environments. Children today have less opportunity than those in the past to negotiate and explore unpredictable situations. Wherever possible look for opportunities to expand children’s horizons to include unfamiliar places and unfamiliar locations including catching public transport and walking to friends’ places unattended when capable.

8 Recognise improvement
Focus your comments on children’s effort and improvement rather than on winning the game or getting top marks. Help kids set realistic goals in line with their capabilities and interests. Learning five new spelling words a week maybe more realistic than 20 words that school may require.

9 Put the training wheels on to support learning
Putting training wheels on a bike is a great way to teach a young child to ride. They keep them upright and mobile while they are getting the knack of balancing. We can use the same principle to support kids learning while they develop independence in many areas of life. For instance, we can accompany anxious kids to birthday parties and stay for a short time so they become comfortable before leaving.

10 Build teaching and training into your day
Teaching and training needs to be part of the every day repertoire of a parent. This means we need to add a little extra time to many of our interactions so we can help children acquire many of the basic skills of living, whether it is a young child learning to do up his or her shoelaces or a teenager learning how to fill out his or her tax form for a part-time job. When adults are busy it is often easier to do things ourselves.

Ask children for help
Doing things together is a great way to build competency and build the confidence that mastery brings. A simple way to initiate joint activity is to ask your child or young person to give you a hand with something. Better still, get them to teach you or show you how to do something you are unfamiliar with. Being a teacher rather than the learner is a great confidence-builder particularly for those kids who struggle with activities that others find easy.

Most importantly, great parents and teachers have a knack of communicating confidence in kids. They find ways to let kids know that they believe in them – that they know their kids will perform and succeed, that they have faith that they can deal with life’s challenges and know that they can become more independent.

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.
Creating good study and work habits in secondary school

Natural smarts is not the only factor that will impact on your young person’s success at school this year. A positive attitude, a sense of resilience and a willingness to persist and work through difficulties will help. Perhaps more importantly, it’s your young person’s work and study habits that will have the most potent impact on the marks they receive at the end of the year. It’s worth keeping in mind that the study habits they develop in school also impact on their success in life beyond school.

Here are seven ways to develop healthy, strong study skills that will serve your young person well this year and throughout their lives.

1. Establish a thorough homework process
   Doing the homework is one thing, but there are many steps in the process before handing an assignment in. Encourage your young person to:
   • Write down an assignment when it’s given orally
   • Ask the teacher clarifying questions if he doesn’t understand anything
   • Use a planner or some other organiser to plan his or time
   • Place his homework in a designated place as soon as its finished.

2. Establish a Study Zone at home
   Choose a consistent study or homework space that’s conducive to working. Encourage your young person to stick to this space. Some young people need absolute quiet when doing homework, while others work better with soft music. Contrary to the opinions of many teens, studies consistently show that loud music and/or TV are highly distracting to students. Don’t let your young person develop the habit of working in bed as this will make it difficult to go to sleep. Keep work and sleep spaces separate.

3. Establish a regular study time
   The establishment of a consistent and specific time to do homework has been linked to academic success. Help your young person work out the best time for him or her to crack the books – before or after dinner, or both. Encourage your young person to take regular breaks to keep their brain alert. Every hour – or whenever she feels frustrated or angry – she should get up and walk around, get a snack and let her brain recover.

4. Establish a way to stay organised
   Getting organised reduces stress levels and improves the chance of success. Consider a colour-coding system to keep assignments organised by selecting a single colour for each class (like science or history). Use that colour for that subject’s folder, highlighters, sticky notes, etc. The colours will not only keep your teen organised but will also enhance his or her recall of the subject.

5. Establish good time management skills
   The best way to help your young person organise their time is to use a large wall calendar so they can jot down study, leisure, family and other activities. The visual nature of the wall calendar will enable you as a parent to help them stay on track as well.

6. Eliminate time robbers
   Many teens work inefficiently wasting time on mobile devices and other activities. Help your teen recognise time robbers and eliminate them so they can finish homework quickly and have more time to do other things.

7. Conduct a regular extracurricular audit
   Take a hard look at your young person’s overall time commitments. Help them reprioritise their commitments if much of their time and energy is taken up with a part-time job, extracurricular activities, and their social lives. While it’s important that young people have interests outside school, it’s equally important that these commitments don’t overwhelm or impact negatively on their study.