

Newsletter

23rd July 2018

Term 3, Week 2

Respect

Integrity

Success

Compassion



Dear Parents and Guardians,

My teaching classes this year include taking the lower classes Library sessions. The library program works towards two main aims: 1. For students to develop a love and appreciation for literature that will assist them in becoming life-long readers. Children are therefore encouraged to borrow books from the library on a regular basis and 2. For students to become information literate - the focus is on exploring the different resources that the library offers.

While I love to read and always have at least 2 books that I'm reading, I know not every kid is a bookworm and that's OK. But, there are ways to encourage children to pick up a book more often. A journal article in 'Education review' reporting on a 2010 study out of the University of Tennessee at Knoxville, states that enjoying reading plays a bigger role in kids' educational success than their family's socio-economic status. The study found that students who don't read over the summer tend to lose two to three months of reading proficiency - and the effects add up over the years! This is all in addition to the fierce competition from screen-based gaming and YouTube videos for kids' attention. Luckily, cultivating a love of reading can help stop the summer "brain drain," so while it may be tough to get kids motivated, it's important to keep trying.

Some suggestions that will help our children to learn to love books include:

- read to your child starting at an early age - don't be afraid to ham it up when reading as an extra dose of drama adds interest
- fill your child's room with books
- be a good reading "role model" for your children. Let them see you reading books and enjoying books and magazines
- introduce children to books that match their interests and hobbies
- get your children a library card/ encourage them to borrow from the school library
- reward your children if they read. For example if your child reads 30 mins every day for a week, offer to give them their favourite treat.

Sharing books with your children is a great talking/bonding experience which I still practise today and encourage you to either try or continue doing!

Blessings
Sandra Ferry,
Principal.



Homework and Assignment Schedule

Tonight all High School students will have a Homework and Assignment Schedule which they were assisted in completing during their 'Home Room' period today. Last Friday students were also given a letter to take home explaining the purpose and responsibilities for your child associated with the schedule. If your child is unable to show you a Homework Schedule tonight please leave a message at the office and their homeroom teacher will follow up with your child. The purpose of the schedule is to teach our students to manage their learning responsibilities and after school activities and to keep parents informed. Thank you for your help in teaching this very important skill.

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Homework Club

Homework Club resumes next Monday 30th July in the library from 3.30-4.15pm.

Yr 5/6 Dream Seeds Visit

On Thursday last week, a group of University students came to talk to our Year 5/6 students about what values are important to them and how they can put those values into place to become better people. The Year 5/6 students thoroughly enjoyed it and learnt a lot during the program.



Mildura Senior College Transition Events

YEAR 10

Year 10 students and parents are invited to attend the following events held at Mildura Senior College.

Parent and Student Information Evening: Tuesday 31st July - 5.30pm to 6.30pm (MSC Gym)
Opportunity for parents to learn about VCE/VCAL/VET options, learning support and wellbeing.

Student Transition Visits to MSC: Friday 3rd August
Students will visit the college with their school to look at all the subject areas available.

College Open Day: Sunday 5th August – 11.00am to 2.00pm
Families are invited to tour the college, view displays, watch performances and gain course advice and other information from teachers and current students. Please register at the front office on the day.



Class Awards

Silver & Bronze Awards



Where: Henderson College Library

When: every Monday, 3:30pm - 4:15pm



Who: High school & Primary students are welcome

We look forward to seeing you!

Upcoming Events

August

- 2 Interschool Chess @ Henderson College
- 6-8 Yr 3/4 Camp
- 13 Athletics Carnival
- 13-17 Science Week
- 20-24 Book Week
- 29 Primary School Mini Olympics
- 31 Father's Day Breakfast

September

- 5 Yr 4 Murray House visit
- 12 High School Divisional Athletics
- 14- Yr 10 Myanmar mission Trip

Sunraysia Interschool Chess Competition

When: Thursday 2nd August
Where: Henderson College
Time: 9.00am-2.30pm

If you are interested in joining our great Henderson College Primary or Secondary School Team please see the office for a permission note if you haven't already received one.

Practice: Thursdays in the library



A Message from our Student Welfare Officer

Continuing on from last week where we looked at the four basic Psychological needs of humans concentrating on the need for attachment, this week we are going to look at the need for control and orientation in more depth.

Seymour Epstein (Professor of Psychology) believes that the need for orientation and control is the fundamental human need. Epstein believes that we all need/strive to have control in our lives. We want to be able to regulate our environment so our basic needs are satisfied, this is true for our physical needs as it is for our psychological needs.

The need for orientation, or to understand what is going on, is tightly interwoven with a sense of control. To have clarity about a situation is to have a sense of control and options become more apparent. When we don't know what is going on in our environment, there can be high levels of stress and anxiety. This need for control, when we are infants, is closely linked with our need for attachment (because the infant is totally relying on an attachment figure for all his or her needs), and any violation of our attachment need is also a violation of our need for control. At a very basic level, a cry from an infant to get attention because she is hungry is both control and attachment behaviour. If the cry is ignored, there is a loss of control (to be fed) and attachment (to have the proximity of mother).

When you look at the above statement and the importance for us as humans to have control and orientation in our lives, we need to look at how we can implement this into the lives of our children. Below are some ways in which we can:

- Have set routines so your child/teenager knows what is happening on a daily basis. This included set bed times.
- Routines are comforting and when children have them there are no surprises.
- Discuss major changes and things of significance and importance to your children/teenagers so they are aware and not caught off guard. Children/teenagers love stability.
- Encourage children/teens to take control where they are able and give them responsibilities.
- Give them options and encourage them to make decisions, do not make all their choices for them. Allowing your child choices gives them a voice in what directly relates to them and it empowers them.
- What are your thoughts? How do you plan to handle that? Have you considered your options?.....are great questions to ask your children. So often they feel as though their opinions do not matter and that they are invisible to adults and ignored. Children/teenagers need to feel that they have something to contribute and that their opinions are important to us and that we think they are capable of making correct decisions that will have positive outcomes.

I hope you all have a great week,

Venise Lang.



Chaplains newsletter

section

Tins Café

The next Tins Café is on Friday 3rd of August at the stadium from 5:30pm – 7:00pm.

Please come along and bring your friends -food and drinks provided. See you there!!



Breakfast Club

We are currently in search for parents/ guardians, who would be willing and interested to volunteer for our breakfast clubs every Tuesday morning from 8am-9am.

We currently have been providing free hot milo every Tuesday morning, but it is our goal to provide a proper healthy, wholesome breakfast. With your help we are hoping that we can achieve that!

If you would be interested in volunteering please contact Gerrard Price for more details via the front office or by email:

gerrard.price@hendersoncollege.com.au

HELP NEEDED!!



Hot Food

- Macaroni & Cheese** \$3.50
- Veggie Burger (veggie patty/cheese/tomato/lettuce)** \$3.50
Choice of Smoky BBQ sauce and/or Mayo
- Wedges** \$2.20
- Sour Cream \$0.30
- Sweet Chilli Sauce \$0.30

Nacho's

- Cheese only** \$2.50
- Traditional (Salsa & Cheese)** \$3.00
- The Lot (Beans, Salsa, Sour Cream, Guacamole & Cheese)** \$5.00

Salad

- Go Greek** \$4.00

Lettuce, tomato, cucumber, onion, olives and fetta with a balsamic dressing

WEEKLY SPECIALS

Keep an eye out for Canteen specials from time to time through out the term in the newsletter... Prices will vary between **\$2.50 to \$4.00**

Some specials suggested are fried rice, curries, pizza, apple crumble, fruit muffins.....all tasty and something a little different from the normal menu for the kids to enjoy

Snacks

- Fruit Salad** \$2.50
- Cruncha** \$1.20
- Bulla Yoghurt on a stick** \$2.00
- Smooze (Banana, Pineapple or Mango)** \$1.50
- Quelch icy poles** \$0.50



Please Note * each child's order must have name and class written clearly on a brown paper bag with money included to be placed in classroom basket before classes start on Friday morning

Drinks

- Just Juice** \$1.00
(Apple, Orange, Paradise Punch)
- Moo Milk** \$2.00
(Chocolate or Strawberry)

YEAR 10 Fundraising for 2018

LOL 250ml cans

\$2.20

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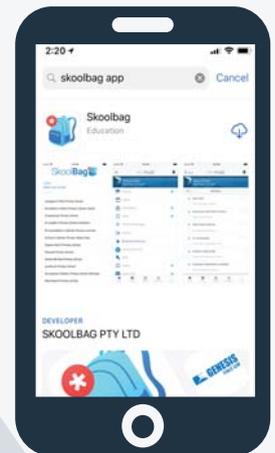


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