

Newsletter

30th July 2018

Term 3, Week 3

Respect

Integrity

Success

Compassion



Dear Parents and Guardians,

Last week I placed a 'fruit stand' outside the staffroom and suggested to students that if they didn't have any fruit or had eaten all they had bought from home and were still feeling like something to eat, then they could help themselves to whatever fruit was on the stand.

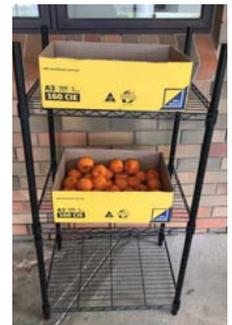
I read an article which stated 'a child may need to see a fruit or vegetable 10 or more times before they are ready to try it!' We would like to encourage the eating of colourful and crunchy fruit and vegetables as they contain essential nutrients that are important for health, growth and development. Students and staff are able to grab a piece of fruit anytime throughout the day.

If you are aware of anyone who has an abundance of fruit, in season, and would like to see it go to an appreciative group, please let me know. Let's work together to help our kids satisfy their appetites with healthy options rather than snacks with hidden additives and sugars.

Re-enrolment forms were sent home last week in preparation for budget planning for 2019. We would appreciate if the forms could be checked for correct information and returned to the office as soon as possible. Planning for next year has already begun. Student numbers play a major role in deciding staffing levels for the coming school year. If you have a new student beginning in 2019 please contact the office for an enrolment form and one will be sent home or visit the website and download an enrolment form.

Blessings
Sandra Ferry,
Principal.

The fruit stand
located outside
the staffroom



Prep 2019

Enrol Now!

Secure your child's place for next year

Phone school reception

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Athletics Carnival

Our Athletics Carnival will be held on Monday 13th August at the Old Aerodrome Ovals.

Students turning 9 years old and above this year are required to meet at the oval by 8.50am as their events start at 9.10am. Students turning 6-8 years old this year are required to go to school as normal and they will be transported via the Henderson buses to the oval at 10.15am as their events start at 10.30am.

Parents who usually bring their children to school are requested to collect their child from the Old Aerodrome Ovals at 3.00pm. All bus travellers will be taken directly to the oval or school in the morning (depending on their age) and they will be returned home in the afternoon. However, please note that your child may arrive home at least 1/2hour earlier than their usual time.

Students will be able to purchase lunch from the Mallee Food Van between 11.30am and 2.00pm. Most meal deals will be \$6 which include food and a drink. Some of the menu items on the day they will have are: fish and chips, vegetarian burgers, vegetarian hot dogs, vegetarian pies, wedges, chips, potato cakes, fruit boxes, water.... Plus more on the day! Students will need to bring a bottle of water and a healthy snack for recess.

All students are encouraged to participate. Students need to be dressed in sports uniform with house colours as accessories! Looking forward to a great day.

The Primary School District Athletics Competition will be held on Wednesday 5th September and the High School District Athletics Competition will be held on Wednesday 12th September. Miss Johnson will be using the Athletics Carnival results to select the students to represent Henderson College at these competitions.

Homework and Assignment Schedule

Last week, all High School students took home a Homework and Assignment Schedule. Students were also given a letter to take home explaining the purpose and responsibilities for your child associated with the schedule. Each Monday the previous weeks schedule is to be returned signed by one parent. If your child is unable to show you a Homework Schedule each Monday evening 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.

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.

Yr 7 Science

Last week in Science the Year 7s explored electromagnetic force. They learnt how to use a Van der Graaf generator to make their hair stand up!



Kokoda Track

Recently Ms Panagiotaros shared her adventure of walking the Kokoda Track in the school holidays during Chapel. The students really enjoyed hearing stories and seeing pictures of the challenges she faced along the way and also the many positive experiences she had. We are so proud of you Ms Panagiotaros! Thank you for sharing your journey with us!



Sunraysia Interschool Chess Competition

When: Thursday 2nd August
Where: Henderson College - we are hosting the event!
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



School Chaplaincy



Tins Café (Together. I.N. Spirit)

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

Come along and bring your friends to Teens group this week because we have an exciting program planned out for you... full of fun, activities and a time to connect with others.

Food and drinks provided. See you there!!

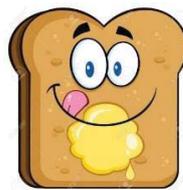


Breakfast Club

HELP NEEDED!!

We are currently in search for Parents/Guardians, who would be willing and interested to volunteer for our Breakfast clubs on Tuesday mornings from 8am-9am. We would love to keep this program going and continuing providing kids with the opportunity to start their day off on the right foot, but in order to do so we need your help!!

If you would be interested in volunteering, even if you can't commit to every Tuesday, please contact Gerrard Price for more details via the front office or by email: gerrard.price@hendersoncollege.com.au





A Message from our Student Welfare Officer

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

The main concept of this need is that we are motivated to attain pleasant experiences or states and to avoid unpleasant or painful ones. We are constantly evaluating what is 'good' and what is 'bad' and we are motivated to maximize our experience of the 'good' and limit the 'bad'.

We generally try to avoid painful situations, whether they are physical or emotional, and we are generally orientated to seek comfort and pleasure when it is in line with our other needs. There are exceptions to this however, such as when we will suffer pain or discomfort to achieve a goal that satisfies a bigger need than to be comfortable. An athlete will suffer pain during training and competing to satisfy a more demanding need for self-esteem enhancement by winning a gold medal. This is an example of compromising the need to avoid pain for a better overall outcome of need satisfaction.

What constitutes 'good', pleasurable, beautiful etc is very dependent upon the individual but it is useful as a parent to keep this basic need of pleasure/pain avoidance in mind when parenting our kids. Knowing this will help us push our kids that little bit harder, to help get them through the tough/unpleasant parts of study for example, to reach the goal of success and achievement with good grades. Nothing is achieved without hard work and even though we will be required to do things we would rather not at times, the end result of our persistence and hard work is worth it.

Venise Lang.



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
- 31 Father's Day Breakfast

September

- 5 Yr 4 Murray House visit
- 5 Primary School Mini Olympics
- 12 High School Divisional Athletics
- 14-2 Yr 10 Myanmar Mission Trip