



# Heritage College

*Building a brighter future...  
on the Best Foundation'*

## Newsletter

Term 2 Week 8

Thursday, 8th June 2017

### Positive Behaviour for Learning (PB4L)

We are fast approaching the middle of the school year and I feel this is the perfect time to take a moment to reflect and refocus on one of our school's key learning and behaviour strategies. Positive Behaviour for Learning (PB4L) was kicked off at the start of this year with a focus and a push for staff to be intentional in seeking out and rewarding positive behaviours and attitudes of our students. Our student, staff and community values of Excellence, Service, Respect and Resilience were embraced and as a school we started to see a shift in our data trends.

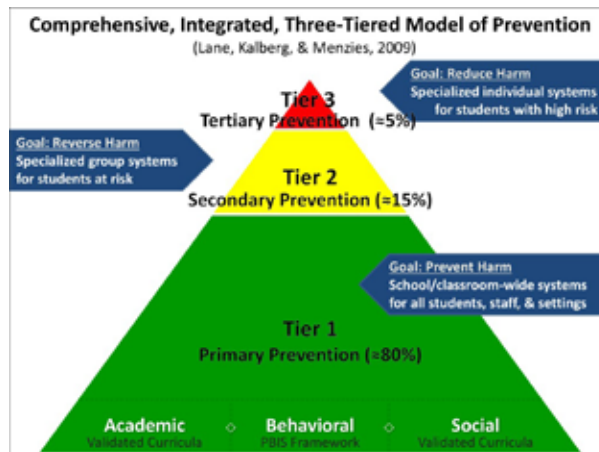
Dr Shiralee Poed from the University of Melbourne came out to Heritage College earlier this term to see how our initial roll out of PB4L was going and to conduct a Tiered Fidelity Survey. Now I know many of you will be wondering, 'What is a Tiered Fidelity Survey?' To explain what this is, I need to give you a basic run-down of how PB4L is rolled out.

PB4L is rolled out one tier at a time, starting with Tier One.

**Tier One** - Focuses on creating a set of 'norms' or 'expectations'. These are behaviours we want to see and values we would like to reflect. This includes behaviour interventions for minor inappropriate behaviours.

**Tier Two** - Focuses on analysing data, looking for behaviour trends within our school and creating intervention programs for ongoing sets of behaviours.

**Tier Three** - Focuses on specific unacceptable behaviours and is focused on reducing harm, with specialised, individual systems of support for specific students



After each tier is rolled out, an independent coach comes out to the school and conducts a 'Tiered Fidelity Survey' where they walk around the school, looking and listening for evidence of PB4L, and also interviewing a selection of staff and students. This data is then put together with scores, with a score of 20 or more indicating that Fidelity has been met and that the school can begin the roll out of the next tier.

Dr Shiralee Poed explained that it is her experience that schools

often do not reach Fidelity in their first year of implementation.

Dr Shiralee Poed conducted Heritage College's tiered fidelity survey and shared the results with staff, with our results showing a score of 17. Dr Shiralee Poed said this was a great result considering we implemented tier one at the start of this year. She then gave us suggestions and an action plan to implement to ensure we successfully complete Tier One and begin the roll out of Tier Two, with our PB4L team already starting the training for PB4L Tier Two.

While we know that our PB4L journey is a three year implementation process, we know that the influence and positive changes in attitude and behaviour will help to develop and shape a culture of positive learning for life. We look forward to continuing this journey with each of you and know that you will continue to see positive developments throughout Heritage College as this becomes part of our everyday practice.

**Mrs Naomi Moss  
Curriculum and  
eLearning  
Coordinator**



Value for Term 2 Week 9 is 'Resilience'

# General Information

## Primary PB4L Value Awards

**'For showing resilience'**  
 Officer Year 2/3/4N - Faye  
 Year 1W - Mariah  
 Year 1/2K - Camerid  
 Year 4W - Joaquin  
 Year 4/5RC - Tiana  
 Year 5/6E - Ryan  
 Year 6MJ - Yadveer

## Primary Merit Awards

Year 1/2K - Kara  
 Year 3C - Kena  
 Year 4W - Arshveer, Jason and Jake  
 Year 4/5RC - Rose and Koang

## Upcoming Events

### June

7-9 Year 5 Ballarat Camp  
 9-12 Pathfinder Expedition  
 12 Queen's Birthday  
 NO SCHOOL  
 13 ICAS Writing Exam  
 13 Pet Education NWS  
 14 ICAS Spelling Exam  
 14 VCE GAT  
 15 ASV Primary Soccer Tournament  
 15 Pet Education OC  
 16 Multicultural Day  
 19-30 Year 10 Work Experience  
 20 S -v- S Challenge  
 20 School Bursars Day 9-4pm  
 22 Year 8 SEISS Soccer/Futsal  
 23 SSV Years 5/6 Lightning  
 Premiership  
 24 Pathfinder Social Night  
 27 Year 7 SEISS Soccer/Futsal  
 30 Last Day Term 2

### July

17 Curriculum Day/Staff PD -  
 Student Free Day  
 18 First Day Term 3  
 21 Year 10 Careers Expo Excursion  
 24-28 Whole School Festival of Faith  
 F of F Evening Activities  
 25 Year 10 Information Evening &  
 Subject Expo  
 28 School Fees Due

### August

1 ASV Years 9/10 Futsal  
 1 ICAS English  
 1 Parent/Teacher Interviews  
 2 Prep Orientation Day 1 NWS  
 3 Years 11/12 SEISS Netball/AFL  
 4 Bus Fees Due  
 5 Pathfinder Club Night 5-8:30pm  
 7 School at Work  
 Open Classrooms OC

## A few words from our School Captains

Hello staff, parents and students, I hope everyone had an amazing week. The value this week is Resilience. The meaning of resilience is: the capacity to recover quickly from difficulties, toughness. "Life doesn't get easier or more forgiving, we get stronger and more resilient". Dr Steve Maraboli

In Canberra, all the Year 6 students had to be resilient. We were rushing around all day from one activity to the next. We had to be resilient by not getting tired so quickly or being able to jump up even when we were tired! But even though we were running around all day, Canberra was so fun and I learnt so much more about parliament and how the government works so thank you so much to Mr Eales and Miss Jean for organising the whole thing!

**Eden and Max  
 School Captains**



[www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)

## Switch off the screen and get active

Spending time watching TV, going online, playing computer or hand-held electronic games can be fun. It can also be educational. But spending too much time sitting still in front of a screen can be bad for your health.

### Effects of too much screen time

- ★ Poor posture
- ★ Poor eyesight
- ★ Strains of the thumb, wrist and elbow
- ★ Sleep problems
- ★ Delayed ability to make friends with others
- ★ Becoming overweight.

### How long is too long?

Limit yourself to 2 hours a day of sitting in front of a small screen, including the computer or TV.

**"Playing 'active' computer games uses more energy than playing 'sitting' computer games, but nowhere near as much as playing sport itself."**



### Screen time facts

- ★ Kids who watch TV for more than 2 hours each day are more likely to have an unhealthy diet, less likely to eat fruit and less likely to be physically active.
- ★ Nearly half of Year 6 girls and more than 6 out of 10 Year 6 boys spend more than 2 hours of leisure time every day sitting still.
- ★ It is more likely that kids will snack on foods that are high in sugar, salt or saturated fat while watching TV.
- ★ Playing 'active' computer games uses more energy than playing 'sitting' computer games, but nowhere near as much as playing sport itself.
- ★ The energy used playing 'active' computer games is not moderate or vigorous and doesn't count towards your recommended at least 60 minutes (1 hour) of physical activity every day.



An initiative of NSW Department of Health, NSW Department of Education and Training, Sport and Recreation, a division of Communities NSW and the Heart Foundation.

# From the Narre Warren South Campus

## School Sports Victoria Division Cross Country



Last Thursday three students represented Heritage College at the SSV Division Cross Country, run at Casey Fields. Kaitlyn and Serena ran in the 9/10 years 2km race and Nyagoa M ran in the 12/13 years 3km race. It was muddy underfoot, especially at the start and finish lines, with a couple of tricky patches to try and navigate through and around the course.



With up to 40 competitors in each race and only the top 10 making it through to the Regional Championships, the competition was tough, with only the best runners from our Narre Warren District making it through to this stage. Each of our girls ran a strong race with credible results. Both Serena and Kaitlyn had a fall in the slippery conditions, but showed true resilience by picking themselves up and running the race out, right to the finish line.



All three girls can be proud of their efforts and I'm sure they are now better equipped to improve their performances next year.

Nyagoa M finished 11th  
Serena O finished 16th  
Kaitlyn VD finished 28th

Well done to all the girls.

**Mr Roger Sevenhuysen - Deputy Principal Primary**

## Sailing on the Tall Ship Enterprize



What an adventure!!! As part of our History unit for Integrated Studies, Year 4 students went to the Docklands in Melbourne and sailed on the tall ship 'Enterprize' on Thursday, 25th May 2017. First we had an interactive talk with Meg, a volunteer for the Enterprize. She guided us through the stories and history of the founding of Melbourne. Several students dressed as characters to act out part of the story of the founding of Melbourne.



It was with much excitement that we headed for the tall ship after the history session. Students tentatively walked the gangplank to board the ship. The volunteers who sailed the ship enjoyed involving the students in hoisting the sails and steering the ship. We sailed under the Bolte Bridge and then turned around and sailed right up to Etihad Stadium.

During the sailing trip, the teachers and parent helpers had the adventure of climbing the rigging. They were harnessed in and were able to climb high above the deck while we sailed around Victoria Harbour.

Students were thrilled with the unique experience of sailing on the ship. We would highly recommend anyone to experience a sail on the tall ship Enterprize.

**Mrs Aloma Camps  
Year 4/5RC Teacher**



# From the Secondary Campus

## Uniform Reminder

With the Winter uniform, Secondary students are required to wear the following:

- Gentlemen: **Grey socks**
- Ladies: **Navy blue stockings/tights or socks**

We have been hearing that navy stockings are hard to find. Here are some places you can find them!

- Target - 2 pack opaque navy tights (\$8)
- Best and Less - (girls sizes \$6)
- KMart - Single pair (\$6)



**Still too cold?** Remember to check out the optional navy trousers for girls at our school uniform suppliers, Noone Imagewear in Beaconsfield.

**Miss Elyse Taylor**  
Years 11/12 Level Leader

## Attention Senior Students & Parents



Get your free ticket to the Spot Jobs Careers Expo  
21-23rd of July

Years 10 and 11 students, will be attending the expo as an excursion on Friday, 21st July. Tickets are already booked for this trip.

To attend on the weekend, please head to this website to access your free ticket and free access to the UNE MyFutureFinder career tool.

<http://www.careerexpo.com.au/free-ticket-to-expo/>

# Heritage Church News



Friday night at the Narre Warren South Campus Chapel at 7pm Café, followed by worship service. This service is run for teens by teens.



# Heritage

COLLEGE CHURCH

0419 806 284

Meet every Saturday at Narre Warren South Campus Chapel  
Hot Drinks and Light Breakfast

**Life Groups 9:30am**  
**Worship Service 11am**



Expedition 9 - 12th June  
Meeting at Narre at 5pm

[pathfinder@heritagecollege.com.au](mailto:pathfinder@heritagecollege.com.au)



Every Saturday morning 9:30am at Narre Warren South Campus Dining Room. Be inspired to create and learn from Bible Stories. Age 12+



Building Community and relationships by doing life together and learning more about God

Creative: 7pm Monday Night  
Ladies: 7pm Tuesday night



Every Saturday morning 9:30am at Narre Warren South Campus LOTE Room. Learn Bible stories and creative activities and crafts to take home.



# General Information



**THE BIG FREEZE**

**1-9 JULY** Winter Family FESTIVAL Fountain Gate Shopping Centre

BUY TICKETS ONLINE

[www.thebigfreezefestival.com.au](http://www.thebigfreezefestival.com.au)

Social media handles: /thebigfreezeau (Facebook, Twitter), /thebigfreezefestival (Instagram), /thebigfreeze (Pinterest)

Logos: 899 Light FM, YAMAHA, PHILLIP ISLAND nature parks, pro light & sound, MICADOR, Leader COMMUNITY NEWS, PHILLIP ISLAND ADVANCED TREES

# From the Narre Warren South Campus

## Deputy Principal's Spotlight

### Peer Support at NWS Campus

As of next week we are introducing Year 6 student volunteers in to the playground as 'Peer Support'. It is our intention to utilise the services of our student leaders as 'Peer Support' in the yard during recess and lunchtimes. There will still be teachers assigned to designated areas, with additional student leaders wearing 'hi-vis' green vests, having been appropriately trained to deal with minor incidences in the playground.

Our Peer Support team of volunteers will just complement our teachers already in the yard, and be on hand to assist younger students in minor disagreements, monitor playground cleanliness and offer support to younger students who might just need 'propping up' at any given time. Of course, where necessary, our Peer Support team will bring student issues to the attention of our teachers on duty.

Thank you to our service-minded Year 6 students who have chosen to volunteer their time to help support their younger peers in the playground. We look forward to seeing you all step up in taking on extra responsibility and displaying your leadership skills.

**Mr Roger Sevenhuysen**  
*Deputy Principal Primary*

**DO YOU WANT TO SEE THE PHOTOS IN THIS NEWSLETTER IN COLOUR?**

Contact Tam at the NWS Office to have your email address added! Or email [admin@heritagecollege.com.au](mailto:admin@heritagecollege.com.au) and we will add you to our mail out list.



### JC MOLDEZ MUSIC

PIANO LESSON at  
HERITAGE COLLEGE

FROM A TEACHER WITH YEARS OF EXPERIENCE IN PERFORMING AND TEACHING ALL TYPES OF MUSIC AND HAS PLAYED AROUND THE WORLD IN VARIOUS 5 STAR HOTELS!



FOR INQUIRIES  
Please Contact:

**JOEL MOLDEZ**  
(piano teacher)  
M: 0424 672 426  
Email: [j\\_zed2001@yahoo.com](mailto:j_zed2001@yahoo.com)

ENROLMENTS STILL OPEN FOR:  
o NARRE WARREN  
Heritage College