## Important Dates

- 14 November - Yr 10 & 11 Exams Commence
- 14 November - VCE Art Exhibit
- 16 November - Junior Choir Kmart Performance
- 16 November - Year 12 Valedictory Dinner
- 17 November - Soccer Academy Futsal Excursion
- 18 November - Year 12 Exams Conclude
- 21 November - Year 11 & 12 Orientation Commences
- 22 - 24 November - Off Track Camp
- 21—25 November - Last week for Library borrowing
- 28 - 30 November - Book Fair
- 30 November - Junior Choir Clovelly Cottage Performance
- 2 December - Sport For Life Elective Golf Excursion
- 2 December - ELC - Yr 7 Disco
- 6 December - Whole School ‘Step Up’ (Transition) Day
- 8 December - Christmas Concert
- 7 - 9 December - Yr 9 Connect Camp
- 9 December - All Library Books Due
- 13 December - Colour Run
- 14 December - Yr 9 Connect & Year 4 Melbourne Zoo Amazing Race Excursion
- 20 December - Last Day Term 4

## PRINCIPAL’S REPORT

- Understanding the Purpose of Kids Behaviour

## OTHER ARTICLES OF INTEREST

- Prep/Foundation Transition
- Revved Up
- Year 9 Connect

---

**REMEMBRANCE DAY**

Year 5/6 Leaders Neha and Sarah C were invited to attend the Remembrance Day Service in Boronia on Sunday 6 November. The girls were lucky enough to be a part of the special ceremony and lay wreaths.
Understanding the purpose of kids behaviour

Parents always ask me, “Why does my child behave the way he does? Why does he nag/she swear in front of me/they fight all the time?”

In most cases this is the wrong question.

It’s better to ask, “What’s the purpose of my child’s behaviour?”

Kids rarely behave in a vacuum. There’s usually a good reason – although kids usually can’t verbalise it. They behave in ways that work in terms of getting a pay-off so someone takes notice. Someone will change their mind and go easy on them. Someone may favour them over others. This is known as purposeful or goal-oriented behaviour.

There are three main goals for children’s misbehaviour:

1. **Attention**

   Often kids will misbehave as a way of keeping parents busy with them. You’ll know it’s attention-seeking as you’ll feel annoyed. (e.g nagging)

2. **Power**

   Some behaviour has the purpose of letting you know that you can’t make a child do anything they don’t want. Grrr! You’ll know it’s about power as you’ll feel angry. (e.g arguing)

3. **Hurt**

   Sometimes kids will behave in ways that make you feel hurt or even guilty. This can be a form of retaliation for comments said or deeds done, or even as a form of pestering you to comply to their wishes. You’ll recognise this as you’ll feel hurt or a sense of guilt. (e.g calling you names)

It’s easy to recognise these goals after the event. You can sit back and reflect on how their behaviour kept you busy; made you angry or hurt you. But it’s hard when you are under stress and/or duress to recognise these goals; and impossible if your first response is to react.

**Emotionally-intelligent** parenting requires that you a) avoid the first impulse when kids misbehave, and b) check in with how the behaviour makes you feel.

So next time your child misbehaves – nags, whines, tells a fib, ignores you or any number of poor behaviours – rather than react, step back and take a breath. Then conduct a self-check to see how you feel about the behaviour. This will guide you to how you should respond – hopefully rationally and in an adult manner.

*From Michael Grose – Parenting Ideas Newsletter*

*Brooke Cross*

*Acting Principal*
This exhibition showcases the journey of this year’s Year 10, 11 and 12 Studio Arts and Visual Communication & Design students.

They researched, investigated, developed and refined their personalised themes and ideas which is reflected within their folio’s. The development of a meaningful theme is crucial to the process followed by long, rigorous trials and experimentation of materials and techniques. A diverse range of concepts, ideas and mediums have been absorbed into each and every work.

This journey is a long one requiring great motivation, creativity and commitment to produce works of this quality. Students this year have challenged themselves to be risk takers in exploring new techniques, materials and exploring personalised themes within their folio’s. Concern for social issues, personal memories, animal rights, symbolism, identity and much more can be seen in these works.

Congratulations to all students involved in this year’s exhibition, especially the Year 12 Studio Arts class of 2016!

I’m very proud of you!
Miss Olivia Karpathiou

When: Monday 14th November, 2016
Time: 6pm-8pm
Where: D & T Building

VCE awards presented
Refreshments available
Gold coin donation

Looking to buy, swap or even sell your child’s second hand uniform or books? Simply search for the Boronia K-12 College Facebook page developed to assist in making these transactions happen. Monitored by College Council simply search on Facebook for the page below:

Boronia K-12 College - Uniform & Books - Buy, Swap, Donate and Sell

Don’t forget that **MONDAY** is School Banking day. Please ensure that your student banking books are handed to the General Office **before 9.30am**
Today we were excited to welcome our new Preps for our first transition session. We all had a great time making new friends on our Teddy Bears picnic. Here are some pictures of our fun filled day!
Revved Up

Following on from our Social and Emotional Literacy day, the Year 4 students are now participating in the Revved Up program which is run in conjunction with Knox School Focus Youth Service and facilitated by Hannah Weymes.

Revved up is designed to help young people to recognise their own responses to a variety of stressful situations that occur in everyday life. The Revved Up program works with students to help them identify personal triggers for anxiety or anger and more effectively manage reactions and responses through discussions and activities. Through the program students are taught ways of relating positively with others and as a result, how to be aware and of theirs and other peoples’ feelings.

The Revved Up program will run for another three sessions every Monday from 11:30am – 1:30pm. We run a separate session for the Year 4 girls and then for the Year 4 boys.

David Husk
Student Wellbeing Coordinator

Remembrance Day Service

Year 5/6 Leaders Neha and Sarah C were invited to attend the Remembrance Day Service in Boronia on Sunday 6 November. The girls were lucky enough to be a part of the special ceremony and lay wreaths. They were given the opportunity to lay a wreath with a War Veteran and he was so touched by the girl's kindness that he wanted a photo with them. It was a lovely ceremony and great experience for all involved.
Dear Parent/Guardian,

RE: *adidas School Colour Run*

We will be holding the *adidas School Fun-Run* as a major fundraising event this year. Our *COLOUR RUN* will be held on **Tuesday 13 December**. This event is being held to fundraise much needed money towards installation of cooling or fans in the gym for those hot summer months and the purchase of a college set of football jumpers and netball dresses for interschool competitions.

**About the Program**
The *School Fun-Run* promotes healthy and active lifestyles while helping us raise funds! It’s all about participation, with students treated to a great day and rewarded for their fundraising efforts with fantastic incentive prizes. Family support is key to our fundraising success and we encourage all students to get involved.

**How Does My Child Fundraise?**
All students have received a Sponsorship Form where the money collected is to be noted. In the Sponsorship Form you will find many other benefits such as the chance to win a Samsung Galaxy Tablet every week (42 to give away!)

Students can use the back of this form to collect cash donations, noting down their supporters for ease.

Students who raise just $10 or more will receive a reward for effort. We have educated students on the dangers of door knocking without adult supervision, please reiterate this at home. The best people to ask for sponsorship are people you know (e.g. friends, family, work colleagues and neighbours).

**Online Fundraising**
The easiest way to help your child raise money is through online fundraising. Students raise an average of $103.38 using online fundraising, which really benefits all involved; plus you don’t have to worry about handling money! To set up an online student profile please visit: schoolfunrun.com.au/students.

**Training & Nutrition**
Exercise and nutrition are an important part of preparing for any physical event, be it big or small! Visit the Bupa Training Hub for access to training tips to help your child prepare for their fun run, along with healthy and nutritious recipes for your family to try before and after the event! Access the Bupa Training Hub at bupatraininghub.schoolfunrun.com.au or by clicking on the Bupa Training Hub icon in your child’s online profile.

**Getting Involved on Event Day**
Not only can you support the school and participants with your sponsorship – but you can join in on the fun! We would like to welcome parents and family members to attend the *School Fun-Run* event day on **Tuesday 13 December** to help cheer on the students. If you would also like to volunteer and help out on the day please contact me on the details below. I would love to see you at our event.

**Ordering Prizes**
To reward your child for getting involved, they’ll receive a prize based on the total amount they’ve fundraised. Please help them with *Step 4 – How to Claim Prizes*, this can be found and filled out on the back page of the Sponsorship Form. This will need to be returned along with all money raised to the front office on or before **Wednesday 30 November**, so that student prizes can be ordered and processed.
Late Arrivals

All students are to sign in at the office in the event of arriving at school late. We ask that younger students are signed in by their parent or guardian. If a student signs in late without a note or parent/guardian present, their absence will be noted as being 'unapproved'.

Students signing in late after 9.30am without prior notification will result in their parent and/or guardian receiving a text message notifying the student's unexplained absence.

Early Departure

We ask that parents and guardians make appointments wherever possible outside of school hours. If your child must be collected early, please provide a written note which is to be given to your child's teacher. The teacher will release your child from their class at the specified time to meet you at the General Office. Alternatively, simply arrange to meet your child in admin at the beginning or end of either recess or lunch.

We are not able to make P.A announcements during class time due to the disruption this causes to not only our entire student and staff body, but also our neighbouring community.

Student Banking

Don't forget, Monday is student banking day.

If you wish to make a deposit into your child’s Dollarmite account, please send your child to school with their completed deposit slip in their bank book, alongside the cash you are depositing.

Bank books are collected by your child’s classroom or homegroup teacher to be sent to the General Office by 9.30am.

The Banking Team
In Connect our Year 9 students have been preparing for an adventurous journey. Over the past few weeks they have familiarised themselves with the trangias, a small camping stove which runs on methylated spirits. Following a staff master class students were asked to produce their group meal plans in their small groups including shopping and equipment lists, in preparation for this weeks cooking challenge!

This week students were given a two hour block to prepare, consume (staff taste testing a must), and clean up two to three different dishes. Across the four classes there were many fantastic ideas including tacos, and pancakes with fresh fruits and fondu chocolate filling! There were pasta dishes, vegetable dishes and burgers on the menus too!

It was difficult to choose a 'master chef' amongst all of the fantastic teams. However a stand out was Charlie and Max's sweet chilli chicken stir fry, with fresh vegetables and handpicked herbs from the school herb garden. Lots of fun was had by all! We can't wait to see the meal selections evolve for camp.

Well done Year 9! Bring on camp!
BORONIA K-12 COLLEGE BREAKFAST CLUB

Five Days a Week!

Monday—Friday
8.15AM - 8.45AM

Meet us in the Performing Arts Foyer.
We are SunSmart - a note for families

Too much UV can cause sunburn, skin and eye damage and skin cancer. Overexposure to UV during childhood and adolescence is a major factor for future skin cancer risk.

You can’t see or feel the sun’s UV so don’t be fooled. Whatever the weather, if the UV levels are three or more, it’s important to Slip, Slop, Slap, Seek and Slide!

Our school aims to protect children and staff from too much UV to help minimise future skin cancer risk. We are a registered member of the Cancer Council Victoria’s SunSmart Program. Please help support our SunSmart membership by ensuring your child follows the SunSmart measures included in our policy.

During the daily local sun protection times (issued whenever UV levels are three and above), use these 5 SunSmart steps – even if it’s cool and cloudy.

1. **Slip on a shirt** – for free days, ensure your child wears clothing that covers as much skin as possible (e.g. elbow length tops with a higher neckline or roll and longer style shorts or skirts). Densely woven fabrics are best.

2. **Slop on SPF 30 (or higher) broad-spectrum, water-resistant sunscreen** – apply a generous amount of sunscreen at the start of the day and make sure children have sunscreen in their bag ready to be reapplied throughout the day. Please ensure they get plenty of sunscreen application practice at home so they’ll be all set when they are at school.

3. **Slap on a hat** – one that protects the face, neck and ears such as a broad brimmed, legionnaire or bucket style hat. Peak caps do not offer enough protection and are not recommended by SunSmart. Please help your child remember to bring and wear their approved hat.

4. **Seek shade** – choose shady spots for play whenever possible.

5. **Slide on some sunglasses** - if practical and approved by the school. Make sure they are labelled AS 1067 and cover as much of the eye area as possible.

Sun protection times

Don’t just wait for hot and sunny days to use sun protection. Check the sun protection times each day so your family can be protected when they need to be.

Daily local sun protection times and weather details are available from the SunSmart widget on our school website, in the weather section of the newspaper, on the SunSmart website at sunsmart.com.au and as a free SunSmart app. Sun protection times can also be found at the Bureau of Meteorology website and live UV levels are available from ARPANSA.

Further information contact SunSmart
P: 03 9514 6419
E: sunsmart@cancervic.org.au
W: sunsmart.com.au
Hub Homework Club

The Hub Homework Club is a safe and supportive out-of-school learning environment where primary and secondary students can work on homework tasks in a quiet and supportive environment.

Who? Students in Year 2 - 12
When? 4 - 5:30pm, Thursdays during term
Where? The Hub, Boronia Community Church of Christ, 59 Boronia Rd., Boronia

Cost? $2 per session (Includes afternoon snack at 4:00pm)
Contact? David Deith (mob. 0412 433 237 or email: ddeith@gmail.com)

This program is supported by: Knox Council Community Development Fund

The College will not accept legal liability in relation to any advertisements which appear in this newsletter.