



BORONIA K-12 COLLEGE

Newsletter

Central Australia Camp



Coober Pedy

In this issue...

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And much more...

Important dates...

- 28 JUNE** LAST DAY OF TERM 2
- 3 JULY** CENTRAL AUSTRALIA TRIP RETURNS
- 15 JULY** FIRST DAY TERM 3
- 20 JULY** GLITZ AND GLAMOUR TRIVIA NIGHT
- 26 JULY** TOASTIE AND PJ DAY
- 31 JULY** FOUNDATION 100 DAYS OF SCHOOL
- 9 AUG** YEAR 5/6 HOOP TIME
- 13 AUG** YEAR 9 CITY EXPERIENCE

See page 13 for more important dates

Kathryn Middleton

With the completion of Term 2 this afternoon, as a College we are all looking forward to a having break to re-connect with family and friends. This also presents an opportune time to express thanks to the teaching and education support staff for their commitment to providing the best educational opportunities for our students and to thank the parents of our school community for continuing to be active partners with us in the development of our young people.

Once again, in a very busy term, there has been a wide range of engaging learning experiences for all year levels that continue to add to the richness of life at our College. The success of these activities, whether they be sporting, musical, dramatic, camps or excursions, is a reflection of the connection and engagement teachers and students share together.

At the time of writing this report, we have a large group of our senior students making their way to the red centre accompanied by four dedicated staff, enjoying extremes of temperature, early morning starts and long days in the bus. Despite a few initial hiccups, the tour group are having a great time and have already enjoyed the sights and sounds of Coober Pedy and Alice Springs. We wish them well for the remainder of their tour.



Kathryn Middleton

School for Student Leadership

I would also like to take the opportunity to wish three of our brave Year 9 students "Good Luck" as they embark on a term long journey to Mount Noorat near Camperdown in western Victoria as part of the School for Student Leadership Project.



The School for Student Leadership is a Victorian Department of Education and Training (DET) initiative offering a unique residential educational experience for selected Year 9 students. The curriculum of the Leadership Project focuses on personal development and team learning concepts sourced from individual students' home regions. There are three campuses involved in the project located in iconic locations across Victoria. The Alpine School Campus is situated at Dinner Plain in the Victorian Alps. The Snowy River Campus is near the mouth of the Snowy River at Marlo in east Gippsland. The third site is adjacent to Mount Noorat near Camperdown in Victoria's Western District and is called Gnurad-Gundidj. During their nine-week stay, students live and work in a very close



environment with up to 44 of their peers. There are challenges and lessons on human relationships that will arise from this lifestyle. Great friendships will be made, lessons on tolerance will be learned and teamwork and leadership skills are developed. On behalf of the Boronia College community, we hope that Ashley, Cambeul and Jacob are able to enjoy this exciting opportunity and come back with skills and experiences they can use to guide and lead their peers.

Finally, a reminder that Semester 1 Reports will be available on Compass from the end of Term 2. Please read these reports carefully and discuss with your child how they can further improve their academic performance in the second half of this year.

When reflecting on their reports, students should focus upon the attributes and behaviours teachers have recommended for their further improvement - perseverance, hard work, asking for help, taking pride in their learning and setting high expectations. Educational research has proven that intelligence is changeable (not predetermined or fixed), and that academic growth can be achieved by everyone through working hard, being resilient and acting on the feedback given in the end of semester reports. These are the keys to achieving this growth.

It has been an enormously satisfying year to date. I would like to thank students, staff and parents on your contribution to a wonderful semester of learning. I wish all families and staff a safe and restful break. I look forward to seeing you all safe and sound on Monday 15 July, 2019. I trust that all of our students and staff members have a safe and enjoyable holiday.

Kathryn Middleton
Assistant Principal

Adrienne Tanner

Student Wellbeing has had a very busy term. From case managing students to implementing specialist programs for specific cohorts to ensuring the best educational outcomes for our students. This year we saw James Latu join the Wellbeing Team. It is our pleasure to announce that James will now be a full time member of our Team. He brings to the role a positive and energetic approach which works very well with many of our boys.

Over the past 12 months the Wellbeing Team and several staff members have been part of a Berry Street Implementation Working Party learning alongside other schools in the Knox area. The Berry Street Education Model (BSEM) is a set of strategies, developed through research, being used within many classrooms across the country. BSEM is used to provide safe, inclusive and positive learning environments, and to build strong and real relationships. This enables all staff to work with all students, especially those with traumatic backgrounds, to improve their learning outcomes and to teach students to deal with stressful situations both in and out of the classroom.

There are five modules that provide the framework for the delivery of the Educational model. The modules we will work through in our Pilot program are: Body, Relationships, Engagement, Stamina and Character. In order to effectively implement the model we will begin with BODY. Tim Knowles, Lyle D'Rozario, Mel Hancock and the Wellbeing Team will use **the Zones of Regulation** at the beginning of every lesson in order to determine the emotional readiness for the students to engage in the lesson. We believe that if we understand their emotional readiness we are more able to adapt and modify our teaching in order to move the students to an "improved" zone of regulation.

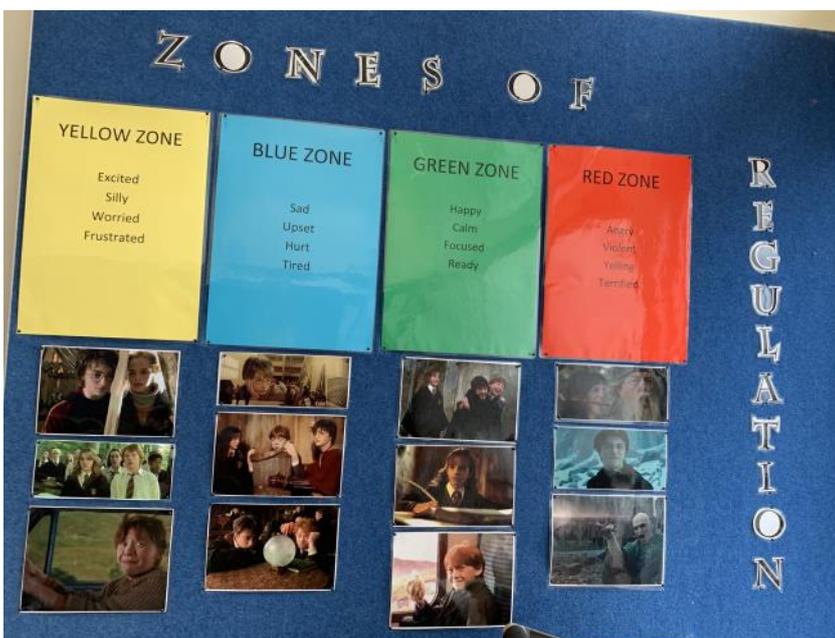
The feature of a BSEM classroom is that the students are at the focus of the classroom and the learning that takes place. It recognises that learning needs to be delivered in short sharp bursts of instruction followed by practising the knowledge and skills. Before the delivery of next piece of information we would typically pause for a brain break. **Brain breaks** are planned learning activity shifts that mobilize different networks of the brain. These shifts allow those regions that are blocked by stress or high-intensity work to revitalize.

Brain breaks, by switching activity to different brain networks, allow the resting pathways to restore their calm focus and foster optimal mood, attention, and memory.

Another feature of the BODY framework is the focus on understanding **how stress** manifests itself in the body.

As human beings we respond to stress through a universal biological mechanism. Our brain activates the Sympathetic Nervous System to ensure survival on perception of a threat.

The greater the perceived threat, the more intensely the body is prepared.



continued...

Physical Symptoms of Stress	Actions Affected by Stress
Fatigue Clenched jaw Dry mouth Glassy or darting eyes Rapid breathing Upset stomach Excessive sweating or sweaty palms Heightened startle reflex	Actions that provoke others Cloudy thinking Irritable mood Sleeplessness or sleep disturbances Substance use Difficulty concentrating Defensive thinking Avoidant behaviour

Students in highly stressed states may revert to tried and tested survival focused behaviours such as violence or running away, and no longer be responsive to new suggestions.

In situations in which the threat is perceived as insurmountable, the body shuts down to 'play dead' and freezes. This might appear as 'zoned out' behaviour, constant day dreaming, blank moments, unconsciously holding the breath, or physically frozen postures.

Through **escalation and de-escalation mapping** we are able to help students understand how to best manage their emotions. Three key steps to de-escalate are:

- Proactively create a calm, routine and predictable environment
- Consistently monitor and identify aroused stress states
- Implement interventions to maintain optimal states

We want to share the research and theories of Berry Street to our community because it not only has applicable applications in our classrooms but can be implemented at home to provide a safe and predictable environment where our kids can thrive. Future Newsletters will continue to inform the community of modules we will be implementing

GPs In Schools

Boronia K-12 has had the privilege of a GP and Nurse at our school for the past two years. Unfortunately, due to circumstances beyond our control, the GP and Nurse will no longer be working at our school. We want to acknowledge the outstanding contribution both Simone and Mel have made to the school and their presence will be sadly missed.

Currently the Department of Education is sourcing an alternative GP and nurse to work in our community. If you would like to continue seeing Dr Simone McCallum, please contact Boronia Medical Centre on 9762 - 1933.

The Wellbeing Team want to wish all families a safe and relaxing holiday and we look forward to working alongside you and your children in Term 3.

Adrienne Tanner
Assistant Principal



glitz & glamour.

Trivia Night

Saturday 20 July

Walk down the red carpet - 7pm sharp

Performing Arts Centre

BYO Drinks & Nibbles

\$20 per ticket (10 per table)

This is an Adults Only event (18yrs+)



TICKETS ON SALE NOW!

www.trybooking.com/BDMRS

CENTRAL AUSTRALIA CAMP 2019

Students from Years 10-12 have embarked on a trip through Central Australia, bound for Uluru. Students have visited a number of amazing sites so far, including Coober Pedy and Alice Springs. Students have seen the School of the Air, Royal Flying Doctors Service and ANZAC Hill. They are having an amazing time and will share their tales from the camp in the first newsletter of next term.



Horsham



Woomera







Keep watching the College Facebook page for pictures and updates on the trip.

FOUNDATION

On Friday 21 June, Foundation students completed their Central Idea, *'Through play we express our feelings and ideas and come to new understandings'* with a special games afternoon. Students invited a special guest to join them for the games afternoon where they were able to demonstrate some of their learning and share their new understandings. It was an enjoyable afternoon for all and we thank all those that were able to join us.



SENIOR BASKETBALL

On Thursday 20 June, Senior Students represented the school at the Knox Division Interschool Sports Competition.

A huge congratulations to the girls team who took home the flag!



YEAR 7 NETBALL

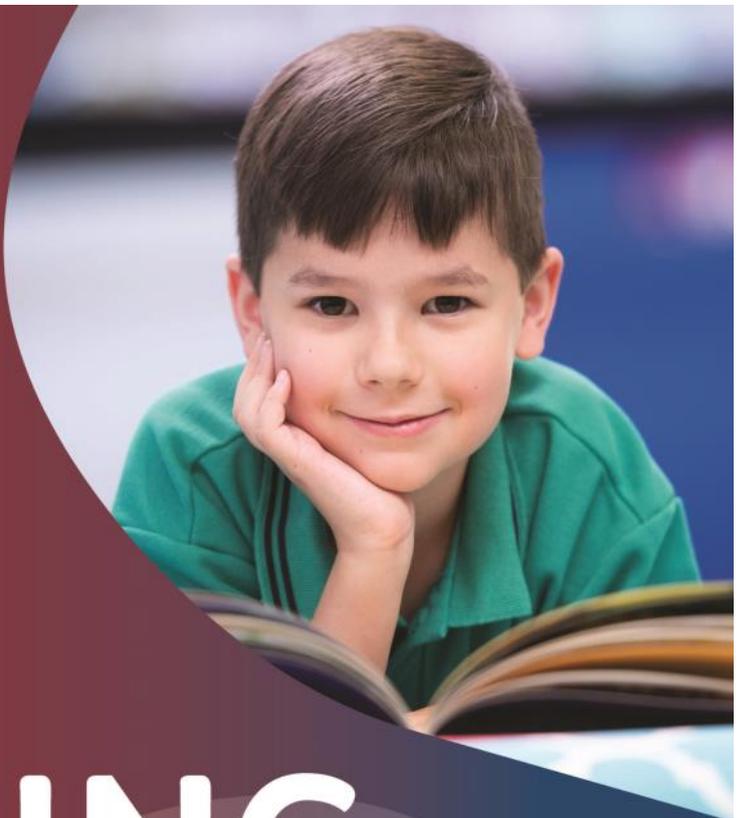


On Monday 24 June the year 7 girls went and played netball at Ferntree Gully netball courts. We actually were meant to play on a different day but it was postponed because of the weather. The weather was really good and a perfect day to play netball, it was really sunny. We were all feeling very nervous at the beginning but that washed away when we started playing. We had two teams, pool A won one game and drew the other but lost the other two. Pool B lost all games sadly but tried their best. In Pool B. Taylah, Jade and Theresa worked together and Rani got a couple of goals. In pool A, Tahliya was our key shooter and Lydia used her height against the smaller players. In the end we would like to thank Ms Jackson, Mary and Gemma for coaching and supporting us.

EARLY
LEARNING
CENTRE
AND JUNIOR
SCHOOL

OPEN MORNING

Saturday 27 July 2019
9:00am - 10:30am



Come along and join us for a school tour.

Junior School Tours run on **Tuesday mornings** at **10:00am**.

Early Learning Centre Tours run on **Mondays** at **12:30pm**.

All tours depart from the General Office.

Bookings are essential and can be made online at

<https://www.trybooking.com/BASIJ>

or by calling the College directly



BORONIA
K-12 COLLEGE

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www.boroniak-12.vic.edu.au

Proudly Learning Together

Important Dates

DATE	EVENT
28 June	Last Day of Term 2
3 July	Central Australia Trip Returns
15 July	First Day Term 3
20 July	Trivia Night—Glitz and Glamour
24 July	Year 9 City Experience Departs
25 July	Free Dress Day - Gold Coin Donation
26 July	Year 9 City Experience Returns Toastie and PJ Day
29—30 July	Year 9 Your Future @ Work Day
9 August	Year 5/6 Hoop Time Competition
13-14 August	Year 9 City Experience
19– 23 August	Book Week
22 August	Year 5/6 Summer Sports Round Robin
23 August	Book Week Parade

DATE	EVENT
26 August	Grade 5/6 Camp Departs
26—30 August	Year 9 Careers Interview Program
28 August	Grade 5/6 Camp Returns
29 August	Fathers Day Stall
30 August— 6 September	Lamont Book Fair
3 September	Year 5/6 Summer Sports Round Robin
6 September	Parent Teacher Interviews
11 September	Art Show
20 September	Last Day of Term 3
7 October	First Day Term 4
20 December	Last Day of School

*** Please note:: The K-6 Disco has been postponed, a new date will be confirmed shortly.*

CARL Awards

Awards from Junior School

FA Emily, FB Matilda, 1/2A Chase, 1/2B Amaliah, 1/2C Ailish, 3/4A Aine, 3/4B Caleb, 3/4C Tori, 5/6A Blake, 5/6B Billy, 5/6C Phoebe, 5/6D Matthew.



CARL Awards continued...



Awards from Middle School

7A Lillee; 7B Suesana; 7C Ashlee; 8A Ollie; 8B Sarah; 8C Gabby; 8D Lillie; 9A Jake;
9B Jodeci; 9C Chloe



Awards from Senior School

10A Mary; Ariana; Catherine
10B Jade; Jai; Chelsea; Gemma; Darcie
10C Jess
11A Daniel; Hannah
11B Vincent; Adam
11C Billy; Melanie; Sam
12A Charlie; Sabina
12V Jorja; Abby

Focus on

Assembly Presentations

PIANO PERFORMANCE

We were lucky enough to have James perform several songs for us on the piano at assembly. He is a very talented performer and we look forward to hearing many more songs from James and our other talented students.



SHARED LEARNING

Summer wrote two wonderful stories called 'The Jungle Friends' and 'Crystal the Unicorn.' She worked with Year 6 students Lucinda and Sienna, getting them to read her stories aloud to the whole Junior School at Assembly. It is great seeing students share their talents and learning to inspire others.



Week 9

Teachers were looking for students who are 'open minded.' These students understand and appreciate their own cultures and personal histories, and are open to the perspectives, values and traditions of other individuals and communities. They are accustomed to seeking and evaluating a range of points of view, and are willing to grow from the experience.

The winners were: Marcus, Matthew, Cameron, Wil, Hannah, Bridie, Jaxon, Pawarit, Ellie, Millad and Shyra.

The School Pride Award Winners for Term 2 was the F-2 building.



WEEK Specialist Awards:

PE – Liam, Jacob, Harry and Adam

SPANISH – Aiden

PERFORMING ARTS—Berry



GRADE 5/6 FOOTY

Well done to the Year 5/6 girls who participated in an action filled day at Upper Ferntree Gully Football Ground in the Division Girls Footy competition. With only a handful of the girls playing football outside of school, the day started with some nerves however finished with 21 smiling faces and muddy uniforms.

The day included 5 games against neighbouring schools, longest kick competition, fastest sprint competition and a short football clinic with the Hawthorn AFLW players including bumping, marking and tackling.



The girls finished with 2 wins from 5 games, with a couple of outstanding goals from Maggie and Cassidy. Well done to our Captains for the day who led from the front and were fantastic. Well done Jasmine, Matilda, Maggie, Jemma and Jasmine. A big well done to Gol as well who played the ruck position for the whole day, an outstanding achievement.

Thank you to Danae and Lydia (Year 7) who came along on the day and helped coach and train the girls as well as goal umpiring on the day. Another big thank you goes to Aine and Bella, two Year 4

students, who attended on the day to help the Year 5 and 6s out. You both gave your absolute all and didn't look at of place at all. Thanks to all the families who also came down and support the girls, the college and the girls very much appreciated it!

Well done Girls!





TERM 3 – PRIMARY SPORT

With Term 2 done and dusted, the attention turns to both Year 3/4 and Year 5/6 Hoop Time Competitions. All information is available on Compass. The Year 5/6 Competition is on Friday, 9 August and the year 3/4 Competition is on Tuesday, 10 September. Year 5/6 students will also participate in the Summer Sport Round Robin Competition. Information regarding these events will be distributed to parents early in term 3.



FOUNDATION – YEAR 6 SWIMMING PROGRAM

All information regarding the F-6 swimming program has been distributed to parents in the last week of term 2. All students participate in a 30 minute session at Knox Leisureworks over a 10 day period (Monday 21 October to Friday 1 November). Parents must complete a medical form for their child as well as consent and payment for the event. All is due by Thursday, 12 September.

ARCHERY



Who is the wellbeing team and what do we do?

The Wellbeing team consists of

- Adrienne Tanner, Assistant Principal of Wellbeing and Inclusion
- Nicole Costa, Student Wellbeing Co-ordinator
- James Latu, Youth Worker
- Deborah Ellis, Adolescent Health Nurse (Monday and Thursdays)

We will be welcoming two placement students studying a Masters of Counselling at Monash University. Aaron and Louis will be here Monday's and Fridays and be involved in groups, classrooms and individual as supports for our students. If we identify that your child may benefit from speaking to one of our placement students, a consent form will be sent home for you to sign. If you have any questions, please don't hesitate to speak to one of the wellbeing team members.

As a team we have been working on making wellbeing services much more accessible and creating a wellbeing culture that is inclusive and supportive.

What type of issues can wellbeing help your child with?

- Anxiety
- Struggles with social relationships
- Emotional regulation (e.g. anger)
- Engagement with education (e.g. difficulty getting your child motivated to come to school)
- Family concerns (e.g. family breakdown)

What if my child has the following issues?

- Depression
- Severe anxiety
- Anger management issues
- Bereavement
- Drug and alcohol concerns

If you hold any of the above concerns, the wellbeing team are here to support you and your child get the appropriate assistance by linking you in with external agencies.

Here is a quick reminder of the services and supports the wellbeing team can offer:

- Counselling (short term)
- Doctors in Secondary School's Program at school on Monday
- Yarra Valley Psychology at school on Tuesday mornings and all day Wednesday (Start Date TBC)
- Student Support Services Officers (Educational Psychologist, Speech Therapist and Social Worker)
- Support for students that may be disengaged or at risk of disengagement from education
- Support for families with students with disabilities
- Supporting our Koori students
- Breakfast Club each morning from 8:20am – 8:50am in the *Performing Arts Centre*
- State School's Relief for families eligible to receive uniform assistance

- Wellbeing based programs that support our students with issues such as self-esteem, friendship issues and emotional regulation
- Working actively with our students to workshop ideas and plans around bullying and mental health concerns

Who do I contact if I have concerns about my child's wellbeing?

It is best to raise the issue with your child's classroom or homeroom teacher and they will pass this information onto sub-school leaders for a member of the wellbeing team to begin the process of setting up supports for your child at school or in the community.

**BORONIA
K-12 COLLEGE**

FEELING SICK OR UNWELL?
HAVE A MEDICAL QUESTION?

CHECK OUT THE
**DOCTORS IN
SCHOOLS
PROGRAM**

THE DOCTORS IN SCHOOLS PROGRAM OPERATES LIKE A NORMAL GP CLINIC AND OFFERS THE SAME ASSISTANCE WITH PHYSICAL HEALTH, MENTAL HEALTH AND OTHER HEALTH RELATED ISSUES

OPEN MONDAYS 9-3PM

GP IN FROM 11-3PM

LOCATED NEXT TO THE LOWER BASKETBALL COURT AND THE MAIN BUILDING.
DROP INTO SEE MISS COSTA OR MRS TANNER IN THE WELLBEING OFFICE OR EMAIL COSTA.NICOLE.N2@EDUMAIL.VIC.GOV.AU FOR ASSISTANCE WITH APPOINTMENTS



SCHOOL BREAKFAST CLUBS

WHERE: Performing Arts Centre : 8:20-8:50am

WHEN: Monday and Wednesday - Cereal, fruit and
oats
Tuesday and Friday - Toast, cereal, fruit and
oats
Thursday - 'Toastie Thursday'



A Victorian Government initiative in partnership with Foodbank Victoria

knox your city

4 Me

Knox Youth Services



LGBTIQ+
14-18s

4 Me is a support program for rainbow young people aged 14-18 who live, work, study or hang out in the City of Knox. In a safe environment,

young people who identify as LGBTIQ+ or are questioning will be able to explore their relationships with themselves, others and their community.

Interested? Contact us

Madeleine Power madeleine.power@knox.vic.gov.au 9298 8000 or
Chenai Mupotsa chenai.mupotsa@headspaceknox.com.au





www.Scorecher.com

3 Day Tryout Camps

Camp 2
Day 1 July 2
Day 2 July 3
Day 3 July 4

To book please go to:
<https://www.trybooking.com/book/event?eid=453878>

RSA@rowvillesc.vic.gov.au
97554651
rowvillesc.vic.edu.au



Come and play
TEE-BALL



1 hour sessions with Softball Australia qualified coaches.

Join the Knox Softball family today

- Who: Boys and Girls age 5-9
- When: 5-6pm Tuesdays - starting July 30th
- Where: Eastern Indoor Sports (FTG Road, Knoxfield)
- Cost: \$50 for 6 weeks (every registration receives a free gift)

To Register or for more information please email: knoxrecruitment@gmail.com or phone Danielle 0439034869



RUCCIS

CIRCUS OPEN DAY

SUNDAY 21 JULY
1:30-6PM @ RUCCIS
5/130 - 132 BAYFIELD ROAD EAST
BAYSWATER NORTH

CIRCUS WORKSHOPS | STUDENT SHOWS | FACE PAINTING
TODDLER SPACE | SAUSAGE SIZZLE | RAFFIE AND MORE!

FREE!

RUCCIS.COM.AU  

ROALD
DAHL'S

THE TWITS

SCHOOL
HOLIDAY
FUN!



MON 1 JULY
2PM

TUES 2 JULY
11AM & 2PM

KARRALYKA

karralyka.com.au



KARRALYKA

PhilipWebb