

THE

NEWSLETTER



TERM 1, ISSUE 2
23RD FEBRUARY, 2017



DATES TO REMEMBER

24th February, 2017

-Japan University Visitors 9.30-11.30am

- Middle School Assembly 12.50pm

27th February, 2017

- Parent Resilience Project Information Session 7-8.30 pm

01st March, 2017

Year 9 Humanities Excursion - All Day

02nd March, 2017

Year 11 - Literature excursion (Evening)

03rd March, 2017

Senior School Assembly 12.50pm
Junior School Assembly 2.35pm

6th March 2017

Year 7 Humanities Excursion - All Day

MESSAGE FROM THE PRINCIPAL

Dear Parents,

Thank you for attending the Tea with the Principal, the purpose of this morning was to establish a parent committee. Researchers have evidence for the positive effects of parent involvement on children, families, and school when schools and parents continuously support and encourage the children's learning and development (Eccles & Harold, 1993; Illinois State Board of Education, 1993). According to Henderson and Berla (1994), "the most accurate predictor of a student's achievement in school is not income or social status but the extent to which that student's family is able to:

Create a home environment that encourages learning

Express high (but not unrealistic) expectations for their children's achievement and future careers

Become involved in their children's education at school and in the community (p. 160)

Benefits for the Children

- Children tend to achieve more, regardless of ethnic or racial background, socioeconomic status, or parents' education level.
- Children generally achieve better grades, test scores, and attendance.
- Children consistently complete their homework.
- Children have better self-esteem, are more self-disciplined, and show higher aspirations and motivation toward school.
- Children's positive attitude about school often results in improved behaviour in school and less suspension for disciplinary reasons.
- Fewer children are being placed in special education and remedial classes.
- Middle School and Senior School students whose parents remain involved usually make better transitions and are less likely to drop out of school.
- We look forward to seeing you at more events throughout the year.

Ms. Sareh Salarzadeh
Principal

ASSISTANT PRINCIPAL - ADMINISTRATION

MIDDLE AND SENIOR INTERSCHOOL SPORTS PARTICIPATION AND ATTENDANCE

The senior interschool sports program commenced on Monday 20th February when our VCE students participated in the sport of Volleyball. While the team was not overly successful it was certainly a good opportunity for them to engage in an activity that encourages teamwork and resilience. Well done to the students on their efforts and positive attitudes to school representation.

Over the first 3 terms of the year our students will have the opportunity to participate in a range of interschool sports.

Interschool sports days are still to be considered 'normal' school days for students attending and also for those that are staying behind. The level of absences for those not attending the event on Monday was disappointing and VCE students need to be at school whenever possible. When the Interschool sports event is concluded all students are required to stay at the College and engage in learning. Please bring class materials to school even on days when you are scheduled to attend an interschool sports event.

There are a couple of important things to consider with this though; with the higher **student numbers** the College now has many more students from which to select our teams. This unfortunately means that some students will not be selected when sporting events are taking place because there are often limits on the amount of players that most teams can have. School staff members will look at who most deserves to be selected, ability, attendance, behaviour and general attitude when selecting participants.

A major consideration for selecting players will be **school attendance**. If a student has an attendance rate of below 80% then **they will not be** considered for Interschool Sports participation. In the event that a student is absent then please contact the College to keep us informed. Further to that if they attend the doctors and get a medical certificate then this will help to cover their absences and be taken into consideration when selecting sports teams.

Students attending interschool sport competition will need to be dressed appropriately in the full school physical education uniform.

Well done and best of luck to all students who get selected to represent Mt Hira College in any interschool sports event over the course of 2017.

Mr. Tim Campbell
Assistant Principal (Administration)

MIDDLE SCHOOL (6-9)

Dear Middle School Students,

What would you like to achieve this year both academically and in your personal life? Term One is the perfect time to reflect and reassess. It is a great time to look back and decide what worked last year, what didn't and what new approaches you will try.

A great way to do this is through taking a few minutes to do a SWOT analysis. You can either write your answers down or discuss with someone or just think about your responses.

STRENGTHS:

- What went well for you at school last year?
- What study and time management techniques worked for you?
- What skills do you have that help you to do your best at school?

WEAKNESSES:

- What were your greatest challenges in achieving your personal best at school?
- What do you struggle with most as a student?
- What do you need the most help with?

OPPORTUNITIES:

- What one thing could you do differently this year that would most help you to improve your results?
- What skills do you most need to focus on improving this year?
- Who in your life would be able to help you to be a better student

THREATS:

- What are the biggest obstacles to you making changes in your approach?
- Are there other students you sit with who make learning difficult?
- What is stopping you from achieving the best results you can at school?

After you have worked through the SWOT analysis, choose the top five changes you want to make this year and write these down. Put these goals somewhere where you will see them every day before you go to school.

Mr Andrew Stock
Head of Middle School (6-9)

There is a maximum of eight (8) tasks in operation at one time in the classroom.

The educational purpose of each task will be identified in the Learning Opportunity and Success Criteria.

There are to be no more than two (2) new Learning Tasks to be introduced. These Learning Tasks are directly from the curriculum explicitly taught in the morning.

There is a combination of English and Mathematics Learning Tasks.

There is a clear link to the Teaching and Learning Model.

Each Learning Task must have a Learning Goal and Success Criteria.

Learning in Action

Linking Curriculum to Practical Learning



Learning in Action is a unique programme for students in Foundation

Learning in Action acknowledges that explicit teaching and hands on activities are both vitally important for developing the academic skills of all students.

Linked directly to the explicit teaching of the curriculum being taught that morning, students practise their new knowledge with relevant and meaningful activities in the afternoon. There is also room for skills to be reinforced from explicit teaching previously done in the classroom.

The afternoon is planned for maximum action. After ten minutes of Tuning In, which includes the explanation of the Learning Tasks, students choose which Learning Station they wish to start with. Students spend approximately ten minutes at each Learning Station. The Learning Station remains in the classroom until all students have experienced it.

Reflection Time is a vital part of Learning In Action. Reflection Time occurs after pack up.

“ This new technique will enable students to experiment, discover, manipulate and explore concepts in a practical manner. ”

Learning in Action



Learning in Action has been developed to promote an orderly and calm learning environment whilst simultaneously promoting practical learning. Teachers are actively involved in the students' learning by questioning, guiding, prompting and helping.

Learning in Action is currently a work in progress and as we lead the way in this innovative new programme, input from all staff, parents, community members and other interested parties is welcome and will be considered.

Julie Parker

Assistant Principal - Academic and Innovation

SENIOR INTERSCHOOL SPORTS



The Seniors Volleyball teams participated in a fast paced competition against other schools in the Noble Park district on Monday the 20th February at Springers stadium. The girls and boys competed in three matches against Carwatha, Keysborough and Dandenong. The quality of volleyball being played by girls towards the end of the day was fantastic. It was great to see encouragement and team spirit from all the girls and even support from other schools cheering the teams on. The boys fought hard and nearly came away with a win in a close set of 20-22. They demonstrated great understanding of the importance of teamwork and encouragement which will help them succeed in future interschool tournaments.

PLEASE REFER TO THE MT HIRA COLLEGE WEBSITE FOR MORE PHOTOS

JUNIOR SCHOOL (F-5)

READING WITH YOUR CHILD AT HOME

This year Junior School students have a new style of take-home reading diary. This was specifically chosen due to its user friendly layout and all the additional information it provides both students and parents.

Please take the time to read through the information provided in your child's reading diary. It lists helpful hints on how to fill out the reading diary and how to support your child with reading at home.

Please note that you are not expected to teach your child how to read, that is the teacher's job! However, a parent's role is still incredibly important and your enthusiasm and support with reading at home can have a monumental effect on your child's overall progress and love of reading.

Please see some excerpts from the New South Wales Department of Education and Training for more information on this very important topic.

Reading is important

- Reading has always been an important skill. In our modern world it is more important than ever.
- Children learn about the importance of reading as they watch family members use reading and writing for everyday purposes.
- Reading with your child at home will help your child in all learning areas of school.
- Children see you reading and writing in everyday life – reading for pleasure, sharing a story with your child, using a recipe, making a shopping list, writing a birthday card or reading street signs. This teaches them that reading and writing are useful skills in today's world.
- Often parents are asked by the school to listen to their child read at home. It's a good way of supporting your child's reading. Books may be borrowed from your school library or your local library.

What you can do at home to help

- Be yourself. Involve children in everyday conversations.
- Read aloud to children. It helps them to learn the language of books and will encourage them to enjoy books and reading.
- Talk about books, read together and make reading an enjoyable, shared activity.
- Make sure there is a wide range of reading material for your child at home, both fiction and non-fiction.
- It is important to read to your child in your home language if your first language is not English. Experience shows that using your home language will help your child to learn to read in English.
- Try not to let television intrude on reading time. Make a special time for reading with your child, away from interruption.
- Listen to your child every day, even for a short time.
- Give books as treats and presents.

Hints for listening to your child read

- Before reading, talk about the cover, the title, the pictures, and discuss what the book may be about.
- During reading, discuss what has been read up to that point, and imagine what will happen next time.
- After reading is finished, talk and ask questions about the story and the pictures.
- When reading a harder book together, take turns. Beginning readers can read the repetitive parts and more experienced readers can read a paragraph or a page.
- On finding an unknown word:
 - ⇒ pause to give your child time to work out the word
 - ⇒ prompt
 - ⇒ go back to the beginning of the sentence, or read past the difficult word to the end of the sentence.
 - ⇒ look for a clue in the picture or the words
 - ⇒ look at the first letter and think about what the words could be
 - ⇒ ask "Does this make sense?"
 - ⇒ try to sound out the word
 - ⇒ if necessary tell your child the word
 - ⇒ praise your child for trying even if mistakes are made.

What to read and do

- Tell and re-tell stories of all kinds including favourite stories, fairy tales, movie plots, local news items and family history.
- Play games such as "I spy... something beginning with d".
- Ask your child to read out simple recipes while you cook together.
- Read comics, magazines, short stories, poems and rhymes, including nursery rhymes.

- Do crosswords & other word puzzles together.
- Read the TV guide before watching a program.
- Look at letterbox leaflets together.
- Read directions and signs when driving and shopping.
- Read and write notes and letters to family members.
- Play board games together and read the rules.
- Provide plastic letters, crayons, pencils, pens and writing paper.

And do remember...

- Discuss the meaning of stories and words.
- Encourage your child to read anywhere and at any time.
- Let your child see you enjoy reading.
- Visit and use a library near you. Borrow books for yourself as well as your child.
- Talk to your child's classroom teacher or the principal for further help and advice.
- Enjoy reading – it should be fun

Kind regards,

Ms Ashley Beardsley
 Head of Junior School (Foundation to Year Five)
abeardsley@mtkira.vic.edu.au

YEAR 5 DANDENONG MARKET EXCURSION



On Tuesday the 21st of February Year Five went on an excursion to Dandenong Market. When we arrived, Year 5S had a tour around the market and discovered new things while 5K had a little look around which lasted exactly 30 minutes. I know we all enjoyed buying our fruit and vegetables. Majority of people bought strawberries. I am 100 percent sure everyone enjoyed the diverse and different types of fruit we all bought and we all hope next year everyone will get to see this amazing sight we just saw. We all thank the teachers involved for organising this excursion.

GABRIELLA - 5S

PLEASE REFER TO THE MT HIRA COLLEGE WEBSITE FOR MORE PHOTOS



Monu family day care
Opening hours
 6:30 am to 7:30 pm
Monday to (saturday) Sunday
 2 minute walking distance from
Sirius collage
 4 minutes driving from Parkmore
 shopping centre
Address: 2 Anna fee avenue
Keysborough

Contacts

Number: 0452276100 (0452275100)



TEACHING YOUNG AUSTRALIANS TO BE
mentally healthy

PARENT INFORMATION NIGHT

Come along to our parent information night to learn more about methods to support mental health and wellbeing

WHEN: 27th February 2017

TIME: 7:00 – 8:30PM

WHERE: Mt Hira College, Gymnasium

THERESILIENCEPROJECT.COM.AU



PLEASE NOTE: ALL OUR PRODUCTS ARE HALAL

HOT FOOD

Party Pie-----	\$1.00
Beef Pies (Four'n Twenty)-----	\$3.50
Sausage Roll (Jumbo)-----	\$3.50
Shepherds Potato Pie-----	\$3.50
Spinach & Ricotta Gourmet Roll-----	\$3.50
Hot Dog-----	\$3.00
Chicken Nuggets-----	\$0.80
Steamed Dim Sim (includes cup & fork)-----	\$1.00

(SAUCE IS INCLUDED IN HOT FOOD PRICES)

PASTA'S

Lasagne Beef-----	\$3.50
Spaghetti Bolognese-----	\$3.50
Macaroni Cheese-----	\$3.50

PIZZA'S

Margarita-----	\$3.00
Barbecue Chicken-----	\$3.50
Sucuk Pizza-----	\$3.50
Lahmacun-----	\$3.50

TOASTED SANDWICHES (orders only)

Cheese-----	\$1.50
Cheese & Tomato-----	\$1.80
Cheese & Salam-----	\$2.00
Cheese & Sucuk-----	\$2.00

ROLLS & WRAPS (orders only)

Cheese & Lettuce-----	\$2.00
Chicken Burger (chicken, lettuce & mayo)-----	\$4.00
Chicken Sweet Chilli Tenders Burger (Lettuce & Mayo)-----	\$4.00
Salami & Salad-----	\$3.20
Salad Roll/Wrap (cheese,lettuce,tomato,carrot&cucumber)-----	\$3.00

POPPER JUICE 100% FRUIT JUICE

Blackcurrent/Apple, Orange, Apple-----	\$1.80
LOL (Apple/Raspberry, Apple/Blackcurrant & Tropical)-----	\$2.50
Sour Cherry (Vişne)-----	\$1.50

SUMMER MENU

MON:	Kisir-----	\$3.50
TUE:	Chicken & Rice-----	\$4.00
WED:	Pasta Bolognese-----	\$4.00
THU:	Pasta Salad-----	\$3.50
FRI:	Pasta Bolognese-----	\$4.00

Garden Salad (lettuce,tomato,cucumber,fetta & olive) \$3.50

Warm Chicken & Salad (Large)----- \$4.50

Small \$3.50

WATER

H2O Spring Water 600mls----- \$2.00

MV Water 575mls (blueberry, Goji, Dragon Fruit)----- \$3.50

MILK DRINKS

Up & Go (chocolate, strawberry, banana & vanilla)----- \$2.00

Nippy's (Iced Coffee, Ice Chocolate, Iced Honey-comb, Ice

Strawberry)----- 250mls----- \$2.00

Sahara Ayran----- 270mls----- \$1.50

LIPTON ICED TEA

Lipton Ice Tea (mango, peach, lemon, raspberry)----- \$3.50

FRUIT

Fruit Salad (seasonal)----- \$2.00

SNACKS

Choc Chip Cookies _____ \$0.50

Mamee Monster Noodles (BBQ Chicken)----- \$1.00

Mamee Cornitos Zesty BBQ & Zesty Cheese----- \$1.00

Muffins (chocolate, choc-chip, blueberry)----- \$2.00

Vege Crackers (salt & vinegar, Honey soy, BBQ, Light & Tangy Salsa)----- \$1.20

Simit----- \$1.20

Simit with butter toasted----- \$1.50

Croissant----- \$1.50

STREET ICE-CREAM

Prices range from \$1.00 - \$3.80 (ice-cream will not be sold during winter)

PLACING ORDERS

A lunch order bag must be sent with each new lunch order, please print child's name, grade, lunch order and the amount enclosed, on the lunch bag.

Please Note: Parents will be required to pay for orders with insufficient money in them (you will be notified)