FROM THE PRINCIPAL

Congratulations to all our Year 3 to 6 students who made the Primary Athletics Sports a great day for everyone. The weather was perfect on the day and the children were enthusiastic participants. Thank to Miss Ali Bishop and the primary teachers who made the day run smoothly and enjoyably. I would also like to thank the members of the Parents and Friends Committee who ran the sausage sizzle.

The Year 5 and 6 Camp was held at Foster last week, and you will read more of this; again thanks to the Year 5 and 6 teachers, Mrs Roberton, Learning Assistants and parents who have organised and attended the camp – without your support and efforts the children would not have such great opportunities.

On Thursday we will be welcoming our Year 7 parents – this evening is an opportunity for parents to meet their students’ Pastoral Care mentors, and in turn for the teachers to meet the parents of the Year 7 students. We look forward to this opportunity as the secondary school journey begins. We also look forward to the Prep Grandparents/ Special Friend Day next Friday – such occasions underline the supportive role of family and special friends in children’s lives and the joy of watching them grow and develop in a caring environment.

The Student Leadership Teams, both primary and secondary, have met and are working on their Portfolios. Developing students as leaders is an important part of growing as a responsible contributor to our school and the wider community. Students who are part of these Teams, along with Mr Hopgood, and a number of teachers who are involved in the SLT, are commended for their work in this area of our school life.

Margaret Buttigieg

YEAR 10 VCD

Rendering using grey lead and coloured pencil.

Elizabeth Haigh
Uniform Shop hours are:
Mondays 3.00 pm to 5.30pm
Thursdays 8.30 am to 10.30am

The 2nd hand uniform shop will re-open last Friday of each month

What Kind of Food Are You Feeding Your Brain?

How much time do you and your children spend consuming information that you have no intention of taking action on or that you don’t care deeply about? For example: the nightly news cycle of local crimes, the endless stream of Facebook and Twitter updates, celebrity gossip, reality TV shows, grand scandals or exposés on so-called current affairs shows.

In this age of information overload, life can be filled with irrelevant or unnecessary information in an instant. After a while, these information sources start to become normal. You turn on the news or check your internet homepage out of habit. You watch tonight’s reality TV show because that’s what you always do on Thursdays at 8pm. It is becoming dangerously easy to consume low quality information and convince yourself that it’s normal and good, when it isn’t helping you live a better life at all and is just a habit.

In Steven Covey’s best-selling book *The 7 Habits of Highly Effective People*, he describes the difference between Circles of Concern and Circles of Control. Circles of Concern are the things that you often waste time and energy worrying about, but that you have little to no control over. Often these present as “urgent”. Meanwhile, Circles of Control are the things that you can influence in your daily life that are “important”. Often the “urgent” take priority over the “important”.

As an example, the vast majority of news stories — war and terrorism, the economy and stock prices, celebrity gossip and political scandal, getting angry about what someone has posted on Facebook — fall squarely in the Circle of Concern. They can easily soak up your time and energy, but you have virtually no control over those events and they have little to no impact on your life.

Recently I was speaking with a student who described themselves as an internet addict. When I asked what happens if there is no internet, the reply was that they went outside and found something fun to do. By eliminating or reducing your Circle of Concern, you have more time and energy to put towards your Circle of Control. That means you have more mental space to use for creating art, having meaningful conversations, contributing to the world around you, being active and engaging with family.

Alan Clarke, Psychologist

Bullying No Way!

The 2015 National Day of Action against Bullying and Violence is being held on Friday 20 March 2015. The National Day of Action provides a focus for schools and the wider school community, including parents and carers, to strengthen their everyday messages against bullying and violence.

Further information for students, parents and teachers can be found at the Bullying, No Way! website.

Library News

Year 11 and 12 Literature and History students spent a day in the State Library of Victoria learning about the range of free academic resources available to support their reading and research. Year 12 student Richard F felt the visit was worthwhile and he was glad to participate as it wasn’t something he would have done independently. He will be confident to visit the library in the future now he knows how easy it is to access, using public transport to Melbourne Central, and now he knows how to find his way around. Anyone can join the State Library by logging in to: http://www.slv.vic.gov.au/interact-us/become-library-member Membership is free and your card will be posted out within a few days.

For book lovers everywhere, the big day out for little readers is here! The Children’s Book Festival returns to the State Library of Victoria on Sunday 22 March in partnership with the Wheeler Centre (176 Little Lonsdale Street Melbourne, opposite the QV shopping centre). Suitable for ages 5 to 11, children can meet their favourite authors and illustrators, enjoy musical acts and crazy performers, relax at the outdoor picnic library or get creative in the Monster Marquee. Go to: http://www.slv.vic.gov.au/whats-on for the full program.

All events are free but bookings are required for Meet the Author and Illustrator sessions with Tristan Bancks, Hazel Edwards, Andy Griffiths and Terry Denton, Oliver Phommavanh, Shaun Tan and Gabrielle Wang. Tickets will be available from 9am on Wednesday 11 March at wheelercentre.com.
**PAEAST FOCUS ARTICLE - MEMORY CODING/REVIEWING NOTES**

Taking accurate and comprehensive notes is an essential component in high level student understanding and thus achievement. More importantly, these notes have to be reviewed regularly to embed them in students’ long term memories.

Following are facts relating to how much the brain retains:
- Should notes not be reviewed within 24 hours, 60% to 80% of the learnt material is forgotten by the brain
- After a month with no reviews, only 3% to 4% is remembered
- When the brain doesn’t see learnt material regularly, it doesn’t see it as important because there are no patterns and as such dumps it.
- When 50 minutes of learning is not reviewed regularly, it takes 30 to 40 minutes to relearn it - why learn it in the first place?

As renowned Polish pianist, Ignace Paderewski, once said, “If I miss one day's practice, I notice it. If I miss two days, the critics notice. If I miss three days, the audience notices it.”

Whereas when the material is continually revisited the brain sees it as important because there are patterns. Real learning occurs when students are required to retrieve it regularly through reviewing. An excellent way to review notes is to use interactive Thinking Tools to organise the learnt material visibly in students’ brains. Students regularly train for sport and practise their musical instruments to improve their skills and capabilities; the brain is no different.

Travis Hopgood
Senior Head of Pastoral Care

**CASEY 360 BUS**

Year 7 and 8 students spent time on board the Casey 360 Bus, a mobile information centre provided by Casey Youth Services. Students are able to access a range of activities, programs and information while youth workers are on the bus to assist young people, families and the community.

According to the Year 7 students, the bus was amazing! It was equipped with recent technology such as Macbooks, PlayStation 4 and Nintendo Wii, which made their visit heaps of fun as well as informative.

Kate Morgan,
Year 7 Coordinator

**VICTORIAN LAW REFORM COMMISSION INCURSION**

On Thursday 26 February, the Year 12 Legal Studies class was fortunate enough to receive a visit from Nick Gadd from the Victorian Law Reform Commission. This visit helped us consolidate our knowledge on the law making process in Victoria. Throughout the morning Mr Gadd presented us with valuable information and insight into the purpose of the VLRC and the processes they must undertake in order to recommend changes in law to the government.

Mr Gadd was happy to take questions from the students on helpful topics, such as the role of the VLRC, and the way in which they run. Having the ability to ask questions has deepened our understanding of the law reform process in Victoria. He also provided us an opportunity to go through some examples of past recommendations, in particular that of Jury Empanelment. The visit was very beneficial to our learning, and we would like to thank Mr Van Schie for organising the event, and also like to thank Nick Gadd from the VLRC for taking the time to help us with our studies.

Brodie C and Tabita I
FROM THE CHAPLAIN - ROBERT MCUTCHEN

Dear Friends

We sometimes speak of the “Casey Grammar Community”, but when we use the term, what do we actually mean?

In recent weeks two families from the school community lost a special family member to illness. At the funeral service for each person there was a substantial number of teachers, support staff, and students, both present and past, as well as parents of students. This generous outpouring of love and care caused me to reflect on the nature of the community that has developed within Casey Grammar.

Our primary reason for being here is the formal education of our children, but around this developed a network of friendships, shared experiences both joyful and painful, and generous support and help which embraced each family before and after the passing of their loved one. Such love and care are powerful role models. They constitute another dimension of learning for our children, who learn by what they see and experience. The English poet John Donne penned the famous words – “No man is an island”. People reaching out in love and care show this to be true. Jesus gave his disciples a commandment – that they love one another. This is being lived out by our families day by day, and is another special dimension of our Casey Grammar School Community.

Grace and Peace

Robert McUtchen, Chaplain.

PRIMARY ATHLETICS DAY

On Tuesday 3 March all the students in Years 3-6 participated in our Primary Athletics Day. Activities included shot put, long jump, high jump, discuss, 70 m sprint, relays and the 300 m endurance run.

A wonderful day was had by all students who participated. Congratulations to Reid House who received the highest number of points during our athletics carnival day.

Kate Grech

PFC NEWS

Thank you for the expressions of interest in joining or helping the PFC. Anyone who wants to attend our next meeting, it will be held at the school, second term on 21st April at 6:30pm. For any enquiries, please contact Bharti Green on 0419 184 245.

We are having a sausage sizzle for students and parents 25 March during the Prep to Year 2 school sports if any person would like to assist us. Next term we will be running the Mother’s Day Stall if anyone would like to help on the day. Further information will be provided next term.

Thank you to the parents who helped with the Year 3-6 School Sports Sausage Sizzle on Tuesday 3 March. It was very successful and could not have been achieved without your support.

Kate Grech