FROM THE PRINCIPAL

Congratulations to all the staff and students involved in this year’s production of *Hairspray Jnr*! It was a fantastic show which was thoroughly enjoyed by the full houses of parents, relatives, friends and members of the CGS community. An enormous amount of time, effort and commitment went into the show, and the students obviously enjoyed the end result! The staff in the Drama and Music departments did a marvellous job, and we thank them sincerely for their dedication to this project every second year.

Last Tuesday evening an Instrumental soiree was held in which a large number of students who are learning musical instruments treated us to a variety of solo performances. They are also to be congratulated on their work, as many of them have just started learning this year. In addition, some of our more accomplished musicians showed us what practice and dedication can achieve. Thanks to Mr Simon Chiodo and Mrs Bronwyn Kyne, and the instrumental teachers who work hard in teaching and preparing their students to perform. It was a very enjoyable evening!

It is pleasing to see the increased numbers of students learning a musical instrument this year, and I commend the Year 5 and 6 students who have started an instrument and are playing in the Training Band. They are very enthusiastic, and it is fantastic to see their progress in a term and a half. Mr Chiodo’s enthusiasm and commitment is evident, which in turn affects the students’ commitment to practise both at home and for their rehearsal time. The benefits of learning a musical instrument are well documented and we appreciate the support of parents who enable their children to take their lessons at school and then support them when they perform.

Year 9 students are this week participating in either their City Experience or visiting the Northern Territory. I’m sure they will have new experiences and see and learn new things each day. Mrs Rachael Gilbert and her team have spent a lot of time in organising and coordinating these activities, and I thank them sincerely for their work.

Margaret Buttigieg

BOTANIC GARDENS EXCURSION

After having to postpone our excursion due to a very rainy day, we were blessed with perfect spring weather last Friday 4 September. The Year 1 students were able to venture down to the Cranbourne Botanic Gardens to take part in their Australian Environments excursion. They were very excited about exploring the many features that these gardens offer.

“We went to the Botanic Gardens to learn about different Australian Environments. I enjoyed climbing up the mountain to the lookout. On the way we saw animal footprints and a magpie skull. We got to walk around the Botanic Gardens and Helen, the teacher, talked to us about different kinds of Australian animals. I had a great day on the excursion.” Shamita 1D

“The Year 1s went to the Botanic Gardens to learn different things. We saw some old plants that were over 100 years old. There was a plant that the Aborigines used as a hairbrush. We got to see some animals’ skulls and a bird’s nest. I liked looking at the fox and koala skull. At the end of the day we got to play on the big playground.” Dylan 1D

Lost Property

Don’t forget to check Lost Property for any lost items before the end of term.
UNIFORM SHOP HOURS

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

The 2nd hand uniform shop will open on the last Friday of each month.

TERM'S NOTICE

Parents are advised that a term's notice is required to avoid payment of a term's fees, should their child not be returning to Casey Grammar in 2016. Notice in writing is required by the end of this term.

HAIRSPRAY JNR - Natalie Burns & Ben Peake

On Thursday 3rd, Friday 4th and Saturday 5th September our students performed the School Production of ‘Hairspray Jr.’

After many months of rehearsals the curtains finally opened on this spectacular production, showcasing the talents, energy and enthusiasm of our spirited cast.

From start to finish the audience was laughing, hooting and humming along to the musical and to the familiar sounds of the 60s!

Hairspray Jr was a huge success with two shows selling out!

The students who participated should all be incredibly proud of their efforts – we have it on good authority that their director and choreographer are!

Thank you to everyone involved for volunteering so much of their time to the show over the past 10 months. We hope you enjoyed the experience and look forward to working with you all again in 2017!

CAR PARKING

Parents are reminded that they are to park in the main school car park only. The Salvation Army car park is not available for CGS parents.

TSSM LECTURES

TSSM examination preparation lectures in the subject areas of English, Biology and Math Methods will be held at Casey Grammar on Monday to Wednesday 28-30 September respectively for Year 12 students. All students sitting these exams are encouraged to attend. Data from last year demonstrated that those who attended achieved higher scores than those who did not. Timetables for these lectures have been given to students.

Ian Van Schie

eSMART SCHOOLS

As part of their commitment to support school communities in being safe, smart and responsible online, The Alannah and Madeline Foundation will be facilitating a parent seminar at Casey Grammar School on Thursday 22 October between 7pm and 8.30pm. Facilitated by the experts in their eSmart Schools team, parents will be presented with all the latest trends and research about cybersafety and online behaviours. Strategies and guidelines will be discussed that relate to safe, smart and responsible uses of technology in the home.

The eSmart Schools program is a cultural change initiative developed by the Foundation in consultation with academic and industry experts. eSmart aims to create positive, respectful and inclusive cultures that reduce bullying, cyber bullying and increase cybersafety. All families with students in Year 4 or above are welcome to attend.

To reserve your place(s) please email: esmart@caseygrammar.vic.edu.au

EQUESTRIAN NEWS

Maddy H, Emily P and Tyneak H competed in the ISJ Winter Show on Friday 28 August. All riders did well and had a great day representing Casey Grammar School.

Bridgette Reale
TEENAGE STRESS

Toward the end of this term I’ve had a number of secondary school students visiting with difficulties with stress. In our busy world stress can be a challenge for children and parents alike.

Stress isn’t necessarily a bad thing. Stress is the way your body responds to challenges and gets you ready to face them with attention, energy and strength. Stress gets you ready for action. When you feel you can cope with these challenges, stress gives you the motivation to get things done. Being stressed does not necessarily imply a mental health problem. In most cases children can mediate stress by adult advice and support, focusing on the problem and using good relaxation and distraction techniques.

But there can be problems when stress is greater than the ability to cope or where stress is leading to other problems, such as sleep disturbance, or when stress has been ongoing and untreated for a long period of time.

In regard to my work with children and teenagers, stress can affect your child’s thinking. You might notice that she/he is:

- Finding it hard to concentrate and stay focused
- Losing the thread of thoughts or conversations
- Having trouble remembering things
- Making snap decisions or errors in judgment
- Having trouble organising and planning or making decisions
- Getting confused or irrational.
- Catastrophising (blowing things out of all proportion)
- Generalising (if one thing goes wrong, EVERYTHING is bad)
- Tunnel view (only focusing on one part of life)
- Automatic Negative Thoughts (most thinking is pessimistic and negative)
- Inability to foresee positive events coming in the future.

In general, you can help your child with stress by listening, spending time together and doing things that make your child feel good and put stress in its proper perspective. Balance between school, family, work, leisure, and social activities is important. These are often out of balance when teenagers present with clinical stress responses.

Alan Clarke
Psychologist

SCIENCE WEEK 2015

Last week we celebrated National Science Week, with students participating in a variety of Science activities. Year 7 explored the mysteries of dry ice, Year 8 further developed their knowledge of the digestive system by completing a frog dissection, Year 9 enhanced their Chemistry skills undertaking an orange juice titration, and Year 10 investigated the freezing power of liquid nitrogen.

Lisa McKiernan
Science Coordinator
FROM THE CHAPLAIN - Robert McUtchen

Dear Friends

I was fortunate to attend the opening night of the Hairspray Jnr musical last week and to witness the most accomplished show the drama department has yet presented. The dancing and singing was the best I have ever seen at Casey Grammar, and I am filled with admiration for the cast, who showed much courage in taking on challenging roles. To see students learning parts, taking "risks" and succeeding is one of the best things that comes of being part of this school.

But there was more. Hairspray has a challenging subtext – a heroine prepared to stand with the marginalized against discrimination. The Civil Rights movement of the USA has moved a long way since the demonstrations of the 1960’s and 70’s, but through Hairspray our students were reminded of the importance of standing up for what they believed was right, even when there was a personal cost. This is a lesson they will take with them into adulthood.

Grace and peace be with you.

MEANING & FOCUS - Travis Hopgood

Building effective learning and thinking habits into our students’ study cultures includes instilling in them a willingness to establish a structured revision program. Revision should occur daily. It can take many forms and its key purpose is for learnt material to be continually revisited, pondered about and applied to new situations.

Raising students’ mindfulness that they have personal best ways of learning by using their signature strengths to inspire growth mindsets in them will assist them to be effective in their revising. Popular and proven methods to revise include compiling summaries and lists, drawing idea maps and posters, recording thoughts orally, using Power Point or Prezi, flash cards, organising their thoughts using graphic organisers and a variety of thinking tools. Revising by simply reading passively is just not as effective.

A highly effective and proactive way to revise is to use Thinking Tools to organise their thoughts and Habits of Mind to add depth and clarity to their thinking to explore new connections to the material. A trap many students fall into is to learn and revise in the same way all the time; their brains just turn off.

A general rule of thumb is for every 50 minutes of class time, students should spend 5 minutes each night revising it. Then revisit the material at the end of the week, then the end of next week and then the end of the month. To embed it in their long term memories they need to revise learnt material a minimum of five times.

When learnt material is not revised regularly, the brain doesn’t see it as a pattern and as a consequence dumps it; why learn it in the first place?

As adults we know only too well how easy it is to forget things when we don’t revisit them regularly; our students are no different.

PFC NEWS

The Father’s Day stall was a great success and we hope all the fathers and grandfathers had an enjoyable Father’s Day. Thank you to the parents, teachers, staff and Year 9 students who gave up their time to help. Proceeds from the stall will go towards the Year 9’s community service activities.

The Dinner Dance was cancelled due to lack of ticket sales. We would like to acknowledge those who supported the school and bought tickets. Without your support the PFC would not be able to provide services that uphold the foundations of our unified school community.

The kiosk was also successfully run with the help of the PFC, parents and teachers during the run of the school production "Hairspray Jr".

The PFC is providing an improved facility for school families to buy and sell their second-hand uniforms and text books via the online ‘Sustainable School Shop’. Please see attached notice.

The next meeting date is still to be confirmed. All interested parents and school friends are welcome to attend.

Pam Foley