FROM THE PRINCIPAL

Tomorrow is the last official school day for our Year 12 students. They will start the day with their Valedictory Assembly followed by their official farewell from the student body. They will then have a time of fun activities together before the Valedictory Dinner where, with their parents, they will celebrate the end of their education at Casey Grammar. Six of the students have been with us since Prep. They have all shared many experiences and each made a unique contribution to the life of the school. Some have been members of the Concert Band, others singers, dancers and actors in the musical productions and assemblies over the years. A number have been student leaders in various capacities, and I’m sure the students will cherish their memories of the Debutante Ball in 2014 and the Year 12 Formal earlier this year. Academic and sporting achievements have been many over the past six years and all students can be proud of what they have achieved. I trust that as the young men and women leave the familiar school environment and move into the world of tertiary education, employment and the new experiences that life offers, that they will take their opportunities, rise to the challenges of the future, stay connected with family and friends and keep in touch with the school.

Last Wednesday was the Primary School Twilight Sports. I’m sure the families who attended and the children who participated enjoyed the occasion – the weather was perfect and the activities well run. Thank you to Ms Ali Bishop and the primary teachers for their support and organisation of the event, and to the PFC members who sold food and drinks.

Margaret Buttigieg

WHITE WATER RAFTING

What a way to end Term 3 for the Unit 2 Outdoor Ed students! The class spent the last few days of the term White Water Rafting down the Mitchell River. We started the trip with a skills session to learn the basics of rafting while on the water. Then we began rafting to our first campsite. We arrived there in the late afternoon and set up camp and cooked dinner. The second day was the biggest, with a full day of rafting and many rapids to tackle. The Amphitheatre rapid was the crowd pleaser with everyone getting to the end grinning from ear to ear. The last day involved a short morning raft and then the Final Fling rapid to end on a high note!

Everyone agreed that it was their favourite camp by far!

Kate Anderson

LOST PROPERTY

Don’t forget to check Lost Property for any lost items before the end of term. Valuables such as jewellery, watches and spectacles are kept in the office.
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.

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 830pm. 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 ASAP (including how many people you’d like to attend): esmart@caseygrammar.vic.edu.au

Primary Art Show in the Casey Library this week, courtesy of Mr Shane Bell.

Casey Grammar’s latest sporting star – Oliver B

Oliver is a Year 8 student and has been competing in the Victorian School Cycling Championships (VSCC) all year in the Mountain Bike category. Last Sunday Oliver competed in the State Final and won! He not only came first in the Under 15 age category, but he won the overall series and is therefore the Victorian U/15 Mountain Bike Champion for 2015. His efforts, along with the efforts of Brad H, Mason K and Oliver’s sister, Charlotte, helped Casey Grammar finish 7th in the overall standings in the VSCC. This is a fantastic effort and we congratulate Oliver and Brad (4th place in the U/17 Novice) in particular for their efforts on Sunday.

The photo shows Oliver proudly displaying his Champions medal. We look forward to watching him develop in the coming years and wish him well in future races.

On Friday 9 October 2015 a team of talented young athletes competed at Divisional Athletics at Casey Fields. The weather made for a perfect day with plenty of sunscreen and hats being needed. All the competitors put in a great effort up against the tough competition delivering some outstanding results. Well done to everyone who participated and a special congratulations go to Nathan K in the High Jump and Liv V in the 200m who will compete at Regional Athletics on 15 October.

Ali Bishop
The BTN Happiness Survey of 20,000 Australian children (aged 6 to 16) was carried out as part of the ABC's Mental As initiative.

It is well known that parents spend a lot of time worrying about their children's future, but do they know their children are worrying too? What they're worried about is surprisingly similar to what adults worry about. Research shows parents underestimate how worried students are about a number of life issues, with the survey finding 43 per cent of the children were worried about their future most or all the time.

“Although children are turning to their parents more than anyone else when they need help, nearly one in five kids said they didn't tell anyone when they were feeling worried”.

Bullying is a significant issue in all schools as there is increased awareness of the word 'bullying' among children. Two-thirds of children told the survey they had experienced bullying at some stage of their lives. At Casey Grammar School, our students are supported through conflict between peers via the positive wellbeing approach of the Pastoral Care Program (inclusive of the Codes of Conduct, Cyberbullies program, REACH support seminars, parent information evenings and eSmart curriculum). Conflict between peers happens routinely, every day, and it's this proactive support that helps children cope better.

At CGS, we teach children to know that worrying is normal and that the school and wider communities can provide the necessary support. According to this survey, teenagers tend to worry more often than younger children. Body image is also a concern for both boys and girls, though the survey found girls were more likely to want to change their bodies. In the end, boys and girls are just about as happy as each other, with 64 per cent saying they are happy all or most of the time. For more details on the survey, click on the link below.


If you or someone you know needs help, you can call Kids Helpline on 1800 551 800, Lifeline on 13 11 14, or MensLine Australia on 1300 789 978.

Molly M 5N wrote a letter to author Ginny Rorby to say how much she had enjoyed her book. Here is an excerpt from the reply:

Dear Molly,

I live for letters like yours. Writing is a pretty lonely occupation, so hearing from someone who enjoyed one of my books is reassuring. I’m grateful to you for writing.

To be honest, the plot for How To Speak Dolphin was not my idea. In fact I had to be talked into writing it. Editors at publishing houses come up with ideas for books they think will sell well, but since they are not writers, they look for someone who can make it happen. That’s how HTSD came to be. I was hired to write it. It was the editor’s idea to make Adam autistic. In the story outline that I received, the dolphin remained in captivity. For that reason, I, at first, refused to write it, even though the publisher was Scholastic, the biggest publisher of books for kids in the world. I don’t believe in keeping animals, especially intelligent animals with strong, enduring family ties, in captivity for our amusement. I bet you agree.

Anyway, the editor said I could do whatever I wanted with the dolphin, so I agreed to write it if I could free her. There you have it. Most of the research was done at the Miami Seaquarium where Lolita, their killer whale has lived for 45 years in an 85 foot x 35 foot concrete tank. (The descriptions of how their dolphins live is also accurate.)

You asked why so sad? Some people find it sad and others don’t. Each reader brings to a book what his or her heart cares deeply about. I think it was especially sad to you because you have a huge heart and are worried about someone you love very much. Do you think that might be part of it? You feel empathy and that makes you very special.

Sincerely
Ginny Rorby
SMR CROSS COUNTRY - Kate Anderson

Last Thursday 8 October 2015 SMR Athletics was held at Casey Fields Athletics Track. A small team of athletes went along to compete for Casey Grammar School. We had some outstanding results this year and some excellent achievements. The Casey Grammar team came away with about 10 medals and two competitors who will compete at State Athletics at Albert Park on 20 October. We ended up finishing as a school 11th overall which is an excellent result. Well done to Aiden Saluni-Kettle in the Hurdles and Karla Bulte in the Race Walk and congratulations to all the competitors on the day.

Some of the other individual results on the day were: Emily P 3rd in 300m, Denise W 2nd in Hurdles, Madeline H 2nd in High Jump, William P 3rd in Hurdles, Anastasia W 3rd in Long Jump, Maddison O 2nd in High Jump, Jemma L, Anastasia W, Olivia A and Chloe G 3rd in 4 x 100m Relay.

UNHELPFUL THINKING IN TEENAGERS - Alan Clarke

In the last newsletter I described recognising stress in teenagers. In this article I describe types of unhelpful thinking which can cause stress. How you think about things affects how stressed you get by them. Teenagers can develop unhelpful thinking that makes it harder to deal with stressful things. Unhelpful thinking can get out of control, particularly if it becomes the usual way they think about things.

Some common unhelpful thought patterns are:

- **Mind-reading** – for example, ‘They think I’m stupid’, ‘She thinks I’m no good at anything’, ‘I’ll never get this done’.
- **Catastrophising and forecasting negative outcomes** – for example, ‘Things never work out for me’, ‘Everyone is always against me’, ‘I’ll never be able to …’
- **Labelling themselves** – for example, ‘I’m no good’, ‘I’m stupid’, ‘I’m hopeless’.
- **Absolute thinking** – for example, ‘I have to do it this way’, ‘This will never work’, ‘I have to get an ‘A’ for every SAC’.
- **Fortune-telling or expecting the worst** – for example, ‘I’m sure to mess this up’, ‘It’s not going to work out anyway’, ‘I’m going to feel awful when it doesn’t happen’.
- **All-or-nothing thinking** – for example, ‘She does everything right, and I always get it wrong’, ‘It has to be perfect’, ‘If only I had done it that way, it would be okay’.

In the next newsletter I will talk about changing unhelpful thinking.

PFC NEWS

The Twilight Sports Night was a great success and the PFC sausage sizzle ran smoothly thanks to all the parent volunteers.

The Second Hand Uniform shop will be open on the last Friday of this month and the PFC will then have a big uniform sale in November. There should be some great bargains on the day. The second hand uniforms will then be sold via the Sustainable Schools website. www.sustainableschoolshop.com.au

The next PFC meeting will be announced at a later date.

Pam Foley