FROM THE PRINCIPAL

The Casey Grammar School student leaders for 2016 have been presented to the school and commissioned as leaders at assemblies in the past two weeks. Our leaders accepted the responsibilities associated with their positions, and the student body expressed their support in accepting them as leaders. We were reminded of the importance of integrity for a leader – keeping our word and acting according to our values. A leader is able to influence others to be the best they can be and always do what is right. It has been said that leaders think about solutions; followers think and talk about problems. I am confident that this will characterise our 2016 leaders – they will be effective in building teams, and we all, students, teachers and parents, are the team which works with them and supports them.

We have had two successful camps already this term. Year 7 students spent three days at Rawson Village where they enjoyed many new challenges, made new friends and got to know teachers and students who will be part of their school life at Casey Grammar. Thank you to Mrs Kate Morgan, Year 7 Coordinator, for all the hours of preparation and organisation, and to the staff who went on camp; without their willingness to give such a commitment, such experiences would not be possible. Every year many of the Year 12 students speak at their Valedictory of their Year 7 camp as a highlight of their secondary school years. Thanks also to Mr Steve Price, a parent of former students at the school, whose continuing help on the Year 7 camp is much appreciated, and also to the Year 9 student leaders who develop their leadership skills during the camp.

Thanks also to Mrs Roberton, Mrs Torcasio and the Year 5 and 6 teachers for their equally committed work to make the Year 5 & 6 camp at Phillip Island a great experience for the students. The help of a number of parents is also appreciated for this camp. Growth in independence is a really important part of the social development of our young people, and the experience of a camp is invaluable.

Margaret Buttigieg

CAR PARK

When picking up students after school, parents are asked not to wait outside classrooms. This is very distracting for teachers and students during the last lesson of the day. Parents of primary children are welcome to pick them up from the classroom when the bell rings for the end of the day and escort them to your car. If your child is walking to the general car park they should wait under the shelters on the foot path for you to arrive. Students should be advised to cross only at the marked crossings and not to cross the car park roads as this can be very dangerous with cars constantly backing out. Parents should ensure that they stop at the crossings and observe all signage including speed limits. Thank you for your cooperation.
Uniform Shop hours are:
Mondays 3.00 pm to 5.30pm
Thursdays 8.30 am to 10.30am

NEW CALEDONIA TOUR 2016
We have been advised that the Amedee Lighthouse Cruise will not be operating throughout the month of June due to upgrading of their facilities. As this is always a highlight of the tour, in order for students to experience this aspect of the trip, we are considering changing the tour dates to 20-27 July, departing the first week of Term 3.

Given the new dates, if there are now Year 9 or 10 students who were previously unable to attend, please contact Kate Morgan for more information.

VISIT FROM JOSH WOOD
On 17 February the VCE students witnessed the inspiring and breathtaking story of Josh Wood.

In the beginning, Josh explained to the students how he had effectively crushed his spinal cord through a tragic snowboarding accident. Through this, some of the students became a little emotional, as Josh did not hold back in any details of his fall.

He was told by his doctors that he would be a quadruplegic forever. But through sheer determination he proved the world wrong. Josh achieved small goals at first such as getting his hand to scratch his nose, this led to his first step, which then led to walking.

Josh defied all logic, when the doctors said “impossible” he proved them wrong. He now uses the phrase “I’Mpossible” to inspire those around him.

Josh inspired all Year 11 and 12 students and opened our eyes, so that we could see and believe we can achieve anything, as long as we persist and don’t give up. He also instilled the quality of being relentless and acknowledging the strength the human mind actually has. He taught us all to celebrate ourselves and to be proud of who we are. You can watch this moment on his Instagram page: @josh_wood_relentless.

Written by William B, Harith M and Tanvi S

YEAR 7 CAMP
Rawson Village welcomed over one hundred Casey Grammar students for three days and two nights. This seems like such a short stay, but it’s amazing how many activities we completed in that time. Students faced their fears and challenged themselves on the high ropes, the rock climbing wall and the flying fox. They worked together in teams to complete the initiatives activities, the orienteering and the commando course. Skills were tested on the mountain bikes. Many got wet, and some could only go around in circles whilst canoeing. Did anyone end up hitting the bullseye in archery?

Personally, I felt that the highlight of the camp was the way in which the students joined together to present a skit on the last night. What a creative bunch of kids, with talents that I never could have imagined! This was topped off with a disco for students (and some teachers) to flaunt their moves.

The benefits of having an Orientation Camp so early in the year are evident in the friendships that have been formed and the positive approach to new challenges during their first year of secondary school.

I am thankful to the staff who joined us on camp, including three members of the wider community who are no longer at the school – Mr Steven Price (past parent), Stacy A and Sophie H (Class of 2015). Eight Year 9 students took on a leadership position and were excellent role models to our younger students. I am sure that our current Year 7 students will be keen to apply for this position in a couple of years from now.

Kate Morgan – Year 7 Coordinator
AROUND THE SCHOOL

FROM THE SCHOOL PSYCHOLOGIST - Alan Clarke

Is my child too busy?

Your child may not tell you she/he feels overwhelmed with activities and school work. But headaches or stomach aches could be signs that he’s feeling stressed. Is she not eating well? Is she moodier than usual? Not sleeping so well? Ask what’s wrong. It may be time to cut back on some commitments. Sit down and plan things on a family calendar so you can see how much is going on. Decide together which activities are more important and then limit them to a couple of days a week. Make sure she has some time where she has nothing to do at all.

Children should have at least a little time every day when they can do anything -- or nothing. Encourage your child to read, listen to (or make) music, ride a bike, or take a walk -- whatever helps him recharge his batteries. No matter how old they are, children need time to relax. And TV, video games, and computer time don’t count as relaxation. Work with your child to limit any screen time (including television) to less than 2 hours a day.

In addition to recharging during the day, you should make sure your child has enough time to settle in for a good night’s sleep at night. Late-night homework sessions or extra-curricular activities can eat into restorative sleep. Primary school-aged children need 10 to 11 hours of sleep a night. Teens need 8.25 to 9.25 hours a night. To help children settle in, set a relaxing bedtime routine -- maybe a warm bath and reading before lights out.

Playing sports or a musical instrument can help a child get better grades. But the simple act of eating dinner together at home seems to better predict whether children would have higher scores in school, according to one study. Children with less dinner time were more likely to have behaviour problems, too. So while it may be tempting to pile on the extracurricular activities to help your child get ahead, the answer may be to slow down! Schedule family dinners whenever you have a night without practices or meetings. Are evenings too hectic for dinner? Try working in family quality time by eating breakfast together.

THE VERTICAL GARDEN

This term the students from Years 1-6 have been working in the New Vegie Garden, next to the school’s tennis courts. We have been busy planting lots of seedlings including carrots, beetroot, chives, cauliflower, red cabbage, lettuce, Brussels sprouts, and more.

We have a fantastic automatic irrigation system that uses rainwater and wicker garden beds so that we are using water wisely. We have been feeding our worms in the worm farm and they have already started making liquid fertiliser for our plants. We have composting bays which we will be able to add to improve the soil.

We have a new hot house and shade house so that we begin to grow our own seedlings from seeds as well as growing plants from cuttings. Unfortunately we have discovered a pest, the Cabbage Looper. We are looking forward to dealing with the Cabbage Looper and seeing or veggies grow.

Siya and Allysha 3B

We have started a compost bin in our classroom for Mr Dunkley’s worm farm in the veggie garden. We have planted Brussels sprouts and we watered the plants with a mix of water and seaweed. I love the veggie garden. Lily Rose 4D
FROM THE CHAPLAIN - Robert McUtchen

Dear Friends

It has been a busy start to the year with special services marking the Staff Commencement with Commissioning of new and returning teachers on 27 January and the Commissioning of Secondary and Primary Leaders. Commissioning is an important moment in School life – it acknowledges the gifts of leadership, it sets the person “apart” to exercise those gifts and it prays for the blessing and help of God for those commissioned. In the Commissioning of Leaders, the School was asked to affirm its support for the new Leaders and did so with a ringing “WE WILL”.

Beginning with an Ash Wednesday service (on Tuesday 9 February as I was going on the Year 7 Camp), we marked the beginning of Lent. Lent is a 40-day period of fasting and penitence observed by many Christians in preparation for Easter. Students and staff gathered in the Chapel for a brief service and the “imposition of Ashes”. Lent is a time when we can all pause and examine what we are doing with our lives. It is an opportunity to lay aside any thing which spoils our life, or our relationships with others and God. We are assured, and believe, that where we are sorry for anything we did, or failed to do, God will forgive us, and set us free to live our lives without the burden of past offence or failure to act. I encourage all school families to take the opportunity of Lent to take stock of how they live, and use the gifts with which God has blessed us.

Grace and peace be with you.

PREPS SETTLE IN

The PFC would like to welcome everyone back to school. We are currently working out this year’s events, the first being the sausage sizzle at the Primary Sports days. If anyone would like to help out on the day, please contact me on 0488990190.

The second hand uniforms are still being uploaded onto the Sustainable Schools website, so we appreciate your patience.

The positions for Chairperson (Bharti Green), Treasurer (Sally Baryla) and Secretary (Kim Bordett) were finalised at last week’s meeting. If you would like to join the PFC, please contact Bharti on 0419184245.

Pam Foley.