It was a pleasure to attend the Winter Music Concert held in the Performing Arts Centre last Tuesday evening. I would like to congratulate all the students who performed – there was a great variety of items: the Concert Band, Glee Club, guitar, clarinet and vocal ensembles, solo performances, the Year 3 and 4 recorder and ukulele groups, The Year 3-4 Choir and the VCE Music class all performed music of a high quality. We are very appreciative of the work of Mr Simon Chiodo and Mrs Bronwyn Kyne for the organisation and preparation for the concert, and of the work of the instrumental teachers who teach the children. It was great to see the Training Band, directed by Mr Chiodo, who after only eight weeks and no previous experience of playing an instrument, perform for us.

The Chinese philosopher Confucius said ‘Music produces a kind of pleasure which human nature cannot do without.’ Playing a musical instrument has many benefits and can bring joy to you and to others around you. We have a large number of students who learn an instrument, and it is wonderful to know that parents appreciate and value the benefits this can bring to their children.

I look forward to following the development of the Training Band, and to the musical growth of our students.

Margaret Buttigieg

On Tuesday 16 June, the Music Department held our Annual Winter Concert. It was a wonderful evening, with over 100 students from Years 3 to 12 performing. We had a variety of musical items from all our school ensembles, solo performances from senior students and ended the night with a performance from our combined Primary Choir. It was great to see so many parents, family and friends in the audience supporting the students. The students were outstanding and should be very proud of their performances.

The Winter Concert was great! In the PAC students performed. The Year 3s, Year 4s, Glee Club and others played, sang and Mr Chiodo and Mrs Kyne guided them all. The Year 3s played the recorder and at the end people got a giggle because of Choir the Year 3s and 4s performed a song ‘After Beeps’. My favourite part was playing the recorder. I had a part in our Choir it was sleeping in my pyjamas. My whole family came to watch me, their favourite part was seeing me!

Delaney 3B
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.

The Victorian Government have announced a new Camps, Sports and Excursions Fund (CSEF) for eligible students to attend camps, sporting activities and excursions organised through the school.

Families holding a valid means-tested concession card are eligible to apply. $125 per year will be paid for eligible primary school students and $225 per year for eligible secondary school students. Payments will go directly to the school and be allocated to the family account for camp and excursion costs.

Information on the CSEF initiative has been posted out to all families, is available on the school's website or you can visit www.education.vic.gov.au/csef.

Now that we are fortunate enough to have a large, well-designed car park, could we please ask parents to observe a few simple rules. Please ALWAYS park in parking bays, do not let your children out of the car by parking in the lane ways. This is clearly dangerous for the students but also causes a build up of cars behind you which can end up with a line out into the street. It only takes a moment longer to drop children off safely.

Congratulations and well done to Kate N, Fletcher W, Trent A and Jacynta S of Year 10 on representing Casey Grammar at the Victorian Brain Bee final on Wednesday 17 June, held at Melbourne University. Although we did not progress to the next round the students did a wonderful job representing Casey Grammar School; they should be very proud of their efforts.

Books, books and more books! Last week the library was full to overflowing with students and parents looking at and buying their favourite titles. Some of the big sellers were the Minecraft series, Stars Wars and all of the Andy Griffiths books.

Each primary class came over on the Monday or Tuesday to have a look at the books. They were then encouraged to write down their favourite titles and let their parents know. Not only were lots of books sold, novelty pens, pencils and erasers were popular as well as a great collection of posters.

Each morning and afternoon there was a frenzy of activity as students enthusiastically made their purchases. Thankfully we had a great team of parent helpers who were equal to the task and the long queues disappeared almost as soon as they had formed.

Thanks to our many parent and grandparent helpers and of course our enthusiastic students, who all contributed to making the week another great success. A special mention to Miss Birch, Mrs Riet and Mrs Wentworth for their tireless efforts.

Last Wednesday the Year 9 students read their stories with a “value” to the students in Year 1:

Today in Religious Education we went to a Year 1 class to read them a story that we have been working on for our topic on “Values”. I started reading my story and then I asked the Year 1 student to read it to me and she did a fantastic job. It was a really good experience and I enjoyed it.

Kimberley O 9B

Please check lost property for any lost belongings before the end of term. We have many uniform items and also two pairs of reading glasses (held at reception). Perhaps over the holidays parents could check if all items are labelled so that when they are found we can get them back to their owners.
Adolescence is an emotionally challenging period of time for students, parents and teachers. Both at home and at school, outbursts of anger and stress attacks can often occur. The teenage brain is anatomically different to our brains; they are not little adults. While their brains are wired up to create emotions like ours, the control centre of their brains, the prefrontal cortex, is not. Therefore their emotions often go unchecked and their planning and forward thinking are often quite impulsive.

Combine this with the brain chemicals being released throughout puberty and it is little wonder that the adolescent brain is a turbulent place. Most cases of adolescent stress and anger are not deliberate, nor defiant; unfortunately many of the adults around them believe otherwise and react. A proactive approach is to initiate discussion both at school and at home about identifying the stressors that trigger emotional behaviours.

The time to repair the roof is when the sun is shining, not when it is raining. Likewise, the time to have these conversations with students is when there is calm and no issues occurring, not during emotional episodes. Unfortunately, this is not the most common approach adopted by many of us.

Students need to be very clearly made aware that adopting the victim mentality of ‘it’s not my fault’ is a behaviour that will not benefit them in any shape or form. It also important for them to be aware that when their anger levels rise, their logical thinking levels drop.

To assist students to build self-managing and self-correcting habits, it is essential for teachers and parents to raise students’ self-awareness of their moods and anger warning signals. This will enable them to develop a series of coping mechanisms when they realise they are beginning to lose control.

I am currently in Year 10 at Casey Grammar. My passion lies in playing ice-hockey and my ambition is to become a professional player. I have been playing ice-hockey for 6 years now.

In 2012, I was selected to play in the State of Victoria ‘Under 13s’, winning a silver medal. This was followed by what I feel to be one of my best achievements, being selected as Assistant Captain for the Victorian team, in 2013.

In 2014 I won gold! In 2015, as captain of the Australian team, we came 4th in an International tournament.

The two upcoming tournaments I have been selected for are to be playing in the ‘Under 15s’ and ‘Under 18s’ Victorian State teams.

My most recent and extremely exciting news is that in August this year, I will be going to Hudson, U.S.A. to play for the Northern Cyclones AAA team.

I feel very honoured to be selected, but like everything else, it doesn’t come without hard work!

As with any elite sport, I have a rigorous training schedule. Last year, I trained 3 times a week and once a week I had to get up at 3.30 am to be ready for a 5.00 am start on the ice. This year I participate in 5 training sessions and one game a week. Naturally, I also have to fit my school commitments into my daily schedule!

I am very grateful to my family who have sacrificed a lot to help me get as far as I am now. They are continuing to assist me as my mum makes travel arrangements and looks for suitable homestays for while I’m in the States. I am very fortunate to have my family help support my passion and ultimately help me to realise my dream.
Many research projects have concluded that long durations between learning sessions is detrimental to skill and knowledge retention. While the extent of this “learning loss” depends on the length of the vacation, learning loss over a three week break can be significant. To this end, many teachers will be providing skill based “training” over the vacation, particularly in secondary and VCE. Primary teachers will have reading and writing tasks to be completed. Of course, students do need a break. However, this need should be balanced against learning atrophy.

The good news for both parents and students is that this “academic atrophy” can be reduced and even eliminated. While traditional workbooks and review methods work well, why not look for natural opportunities in your day for your children to grow as learners? This might be helping plan menus and cooking in the kitchen, arranging and helping out with shopping, planning family trips, having a family fun night, or encouraging a hobby.

Regardless of the activity, it is important that children are kept busy and stick to a routine. One way to do this is involving children in holiday programs, such as those conducted by the City of Casey. Some activities for teenagers are Galactic Circus (unlimited games), Go karting and laser skirmish, IMAX, Melbourne Museum, Roller blading and sports days. Further details from City of Casey ([www.casey.vic.gov.au/youth](http://www.casey.vic.gov.au/youth))

### REGIONAL CROSS COUNTRY

On Monday 15 June the Southern Metropolitan Region (SMR) Cross Country event was held at Ballam Park in Frankston. A number of our students competed and finished in the top 30. Congratulations to the following students: Ryan F, Chloe G, Shae W and Caleb W


Well done on your efforts and congratulations on making it to this stage of the cross country.

Anthony Brown

### PFC NEWS

The last PFC meeting for this term will be held at 6:30pm on Tuesday 23 June 2015. Anyone who is interested is welcome.

The chocolates have arrived a week earlier than originally planned and the office staff worked hard on our behalf to get them out to everyone quickly. Thank you to those staff members and we hope the early arrival has not caused too much inconvenience.

The second hand uniform shop will be open on Friday 26 June 2015 from 8:30 am-9:30 am and from 2:30 pm-3:30 pm. Please have a safe holiday and see you all for more activities next term.

Pam Foley.