

## Principal's Report

Welcome to Term 2! The term has started smoothly for all staff and students and the focus on teaching and learning has continued in all classrooms.

Nathan Parker has joined the teaching team at the College and we welcome him. Erin Doughty has replaced David Park as Year 9 Liaison from the beginning of this term. She comes to the position with many years of experience.

Parent Teacher Interviews were conducted on Wednesday April 13. These well attended interviews form an integral part of the reporting process and provided a powerful opportunity for students, teachers and parents/guardians to come together to discuss their child's success and areas for improvement. Thank you to the staff for their time commitment on this day and to all families who availed themselves of the opportunity provided.

### China Tour

I have recently returned from a promotional tour of China representing the Department of Education International Education Division. My trip took me to Chongqing, Xiamen, Guangzhou, Foshan and Shenzhen. In each location, I presented to Chinese student representatives and, on occasion, taught mathematics classes. The trip culminated in the Victorian Government Schools Exhibition. This event was opened by the Australian Consular General to China, Ms Anna Lin and was supported by the State Government representative for Business and Innovation, Mr Terry Wang.



## COLLEGE CALENDAR 2016

3 May 2016	Open Night
6 May 2016	Curriculum Day, no students required
9 May 2016	Athletics Carnival
1 June 2016	Mid-Year Showcase, 7pm

*Please note: all dates are subject to change*

### Facilities

Many families will have noticed that some facility upgrades occurred over the term break. With the support of the College Council, several works were undertaken. These include: replacement of front fencing, painting of bus shelter, upgrade to three classrooms and the purchase of HD televisions for use in classrooms. Each of these improvements is aimed at building College pride and improving the learning environment for our students and staff.

### Schools Funding Review

On April 3, the Victorian Government released the findings of the racks Schools Funding Review. The review suggested 70 recommendations which are centred on six themes:

- Creating a shared goal
- Fairer funding architecture
- Improved strategic governance
- More empowered regions, schools and principals
- Greater information quality and transparency
- Better meeting student needs

The Victorian Government will work through the recommendations to ensure changes are meaningful and implemented effectively.

### Open Night May 3, 2016

The College is readying itself for its annual Open Night. This year the event will be held on **TUESDAY MAY 3**. Many teams of teachers and students have been working hard in preparation for this event. The College will be open

to the school community from 5.45pm until approximately 8pm on this date. Families of current and prospective students are welcome to attend.

### **ANZAC Day**

Wednesday April 20 saw a gathering of over 200 students from 10 local primary schools in the College Performing Arts Centre to commemorate the ANZACs.

The ceremony was organised by the local Legacy group and was attended by The Honourable Tony Smith, Federal member for Casey and Christin Fyffe, State member for Evelyn. Our two Year 7 leaders, Jonah and Taylah-Rae were excellent ambassadors for the College at this event.

Senior School leaders also joined Mrs Phillips and myself at the local service held at the Lilydale Cenotaph where they proudly represented the College within the community.



The College was also represented at the ANZAC Day Dawn Service held at the Lilydale Memorial on April 25.

### **Rosina Fotia** **Principal**



## **Curriculum Day May 6, 2016.**

Friday May 6 is a scheduled Curriculum Day. This is a pupil free day. No classes will run for students on this day.

The focus for the day will be on curriculum development and documentation in Middle Years as well as reporting and examinations.

# Open Night 2016

*on behalf of Jodie Smith*



Discover  
**LILYDALE HEIGHTS COLLEGE**  
at our **OPEN NIGHT**

**Tuesday 3rd May, 2016**  
Presentation and tours from 6pm

*Excellence Respect Responsibility*

Participate in our Open Night for your chance  
to win an iPad mini. \*Conditions Apply



"Year 7 so far has been heaps of fun, the other students are really nice and the teachers have been extremely friendly. It has been quite a change, yet a really good one. I am excited for what the future has in store for me at Lilydale Heights College."

Ben, Year 7

**College Tours Available**  
Bookings: 9735 1133

17 Nelson Road, Lilydale Vic 3140  
P: 03 9735 1133  
E: [lilydale.heights.col@edumail.vic.gov.au](mailto:lilydale.heights.col@edumail.vic.gov.au)  
[www.lilydaleheights.vic.edu.au](http://www.lilydaleheights.vic.edu.au)

The iPad Mini prize draw is available to visitors who attend the Lilydale Heights College Open Night on Tuesday 3 May who have completed a Discovery Tour Passport and lodged it in the collection bin prior to 8.15pm.

Attendance at the time of the prize draw is not required.

*The prize is not available to employees of Lilydale Heights College and their immediate family members.*

# **Valleydale Cafe**



**Valleydale Café will be open on  
Monday and  
Friday until mid-June**

**Opening hours are:**

**Monday 11.30am-1.30pm**

**Friday 9.30-10.30am and 12.30-2.30pm**

**It is advised that you contact the school to make sure  
the café is not closed due to a school event**

**97351133**

# NAPLAN Testing

*on behalf of Tim Chapman*



The National Assessment Program – Literacy and Numeracy (NAPLAN) 2016 for Years 7 and 9 students will be held on Tuesday 10 May, Wednesday 11 May and Thursday 12 May. NAPLAN tests assess student knowledge and skills in Writing, Reading, Language Conventions (spelling, grammar and punctuation) and Numeracy.

The results of the tests provide information for students, parents, teachers and principals which can be used to improve student achievement.

All students are expected to participate in the NAPLAN tests. During test week, catch-up tests will be available for individual students who are absent on test days. These students may undertake catch-up tests on the days in the test week after the scheduled test, up to and including Friday 13 May 2016.

Students may be withdrawn from NAPLAN by their parent or carer. This is a matter for consideration by parents and carers in consultation with the principal. If, after consultation, you decide to withdraw your child, you must sign a Student Withdrawal form. These forms are available at the school.

Later in the year you will receive your child's personal NAPLAN report. The report will describe your child's particular skills in Reading, Writing, Language Conventions (spelling, grammar and punctuation) and Numeracy.

For more information about the tests, please visit the VCAA website at [www.vcaa.vic.edu.au](http://www.vcaa.vic.edu.au) or the NAP website at [www.nap.edu.au](http://www.nap.edu.au)

# Preparing for NAPLAN

## Andrew Fuller

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Let's start by letting you know what NAPLAN is not. It is not a measure of how intelligent you are. It is not a measure of what you are capable of. Your results on NAPLAN don't effect if you pass the year or not.

I could tell you as a psychologist that your results on NAPLAN aren't worth worrying about, but I'm not sure you are going to believe me. So if you have ever felt butterflies in your stomach or a headache whenever you think of a coming test or NAPLAN, the ideas in this paper are for you.

### **Everybody gets stressed.**

Everyone gets stressed during tests and exams, even the people who say that they don't. Look around in a room where people are doing a test or exam. Even those people who are yawning, looking bored or stretching and looking as cool as cucumbers, are stressed.

That means everyone has to learn how to cope with these feelings. It is not just you!

Stress can block your memory, give you a queasy tummy, make you lie awake at night, give you a dry throat or a headache- these aren't nice feelings to have.

### **Get Stressed**

The first strategy to dealing with stress is to get stressed. Huh? Makes no sense? Let me explain.

Stress feels yucky but it is actually your body's way of preparing you to perform at your best. Blood gets pumped to your arms and legs, your heart speeds up, and non-essential services like your digestion slow

down- you are ready to take on the world. So stress might feel unpleasant but realising that it is your body's way of revving you up and helping you to perform at your best, will help you to keep these feelings in perspective.

### **Write Out Your Worries**

The second strategy to deal with the stress of an upcoming test or exam is to grab a piece of paper one or two days before the test and write down all your concerns about it. Write out an answer to the question, "What would happen if I fail this test?" (Even though you can't fail NAPLAN). Then write out an answer to the next question, "If I did fail what would happen then?" Read your written answers aloud to yourself.

Even if doing well is really, really important to you, knowing your fears will calm you. Answering the question, "If I did fail, what would happen then?" helps you to make a back up plan.

### **Chew Something.**

Ok you've done all of that and you still feel nervy. The third strategy is to eat or chew on something either before or during the test or exam. Check with your teacher that chewing something is allowed in test and exam rooms. If chewing is not allowed, at least chew something just before entering the test. Some jellybeans or fruit would be ideal.

Stress happens when we feel we are in a dangerous situation. It is an automatic process that we can't completely control. Eating or chewing on something sends a signal to your body that says, "Well, if I'm chewing something I can't be in total danger, so relax a bit."

### **Focus on now.**

Stress can spin your head. It can have you thinking all sorts of weird ideas. Stress can have you remembering that time you failed all those years ago or that time you were so embarrassed by something. Stress can also blow things out of all proportion and have you predicting bad things in your future.

The past is no longer with you and the future hasn't happened yet. Worrying has never changed anything in the past and predictions about the future are usually wrong.

Doing well on a test or exam means you need to focus on the question in front of you now. Keep reminding yourself, "What do I need to do right now?"

### **Build Momentum**

Answer a question that feels easy first off in a test or exam to build up your confidence.

### **Breathe Out - S L O W L Y**

When you feel stressed one of the fastest ways to calm down is to breathe out slowly. We all have a calm down system that is controlled by our breathing. If you breathe out and count silently to yourself, "one thousand, two thousand, three thousand", you will start to feel calmer.

### **Stand tall walk proud**

Your brain is incredibly intelligent. In fact, you possess at the top your neck, humanity's latest upgrade- the most intelligent brain in all of history.

But! Your brain is also incredibly stupid. It believes what you tell it. This means if you stand-up and maintain a powerful posture your body sends a signal to your brain that tells it you are feeling in charge of things and it can reduce your stress hormones.

### **Look after yourself**

Breakfast- eat "brain food" the morning before. Have a higher protein, lower carbohydrate mix at breakfast. That means less toast and more eggs.

Drink water- water lowers your levels of cortisol that causes stressful feelings. Avoid energy drinks as they rev you up and may interfere with your levels of concentration.

Sleep well- try to get a good night's sleep the night before. If you are feeling really worried, set an alarm so you can wake up early and feel awake and ready .

### **Make yourself smarter**

The biggest obstacle you face in doing well at a test or exam is not your brain. You have plenty of intelligence. The big issue is your level of anxiety.

If you take the time to prepare for the test or exam and use the strategies suggested in this sheet, you will perform at your best.

### **Keep Calm and Carry On**

You have many, many skills that will NOT be assessed by NAPLAN. Tests and exams are important, but they are not the big predictors of life success.

Do your best and prepare as well as you can but don't make the mistake of thinking that your score on NAPLAN is a measure of your intelligence or predicts your future.

Andrew's most recent book is "*Unlocking Your Child's Genius*" (Finch Publishing, 2015).



YOU ARE INVITED TO ATTEND OUR  
LILYDALE HEIGHTS COLLEGE  
**FLORAL SERENADE  
HIGH TEA**

**FRIDAY 13TH MAY 2016**

**9.30AM - 11.00AM or  
1.30PM - 3.00PM**

**COST: \$15 p.p**

**INCLUDES A SELECTION OF  
SWEET AND SAVOURY FOODS  
A CUP OF TEA, COFFEE OR COLD DRINK**

**RUN BY THE YEAR 9 & 10  
CAFE CULTURE STUDENTS**

**Proudly supporting Breast Cancer Network Australia**

**To make a booking  
please call Sharon or Anne  
on 97351133**

# Keys Please!

What could be more rewarding than supervising your son or daughter on their learner permit so they can become a safer driver?

Many parents might add "and what could be more challenging?"

Do you remember your own learning to drive experience?

Year 10 will be taking part in a VicRoads Keys Please session. Whether or not they already have their Ls, this session tells them everything they need to know about making the most of the learner driver period.

<http://www.lilydaleheights.vic.edu.au/Documents/Blog/KeysPleaseCampaign120.pdf>

Parents and carers have an important role in helping their young people develop the skills and attitudes they need to become safer drivers. You should feel like a sports coach (not a driving instructor) and there are two resources to help you.

- The VicRoads Learner Kit given to all successful learner permit applicants contains the booklet Guide for Supervising Drivers that is essential reading – make sure you ask your son or daughter to pass it on!
- Online Lessons from the Road resource.  
Lessons from the Road features eight videos. The videos showcase the emotions and real life issues in learning to drive. They help you work through the four stages required to help learners achieve their goals. Lessons from the Road is easy to use and can be accessed on the VicRoads website at [vicroads.vic.gov.au](http://vicroads.vic.gov.au) and search "Lessons from the Road".

When your student attends the Keys Please session they will be encouraged to discuss the information they have received and to watch Lessons from the Road at home with you.

Please ask them about the Keys Please session and make sure that you watch the videos together. It won't take long and it will help you through the process of learning to drive as well as information for keeping new solo drivers safe.

Research shows that learners who gain experience with parents have about 20% lower crash and traffic offence rates once they are licensed than learners who only take professional lessons. Research also shows that on average learners who gain an average of 120 hours of supervised on-road experience in all conditions have a 30% lower risk of crashing after getting a licence. VicRoads strongly recommends watching Lessons from the Road. Helping your son or daughter to be a safer driver is the one Rewards Program you can't afford to miss out on!

# Yarra Group Swimming and Senior Tennis

Yarra Group Swimming and Senior Tennis.

Congratulations to our school swimming representatives who, on a very warm day, did the College proud with some swimming against older competitors and others swimming in five events over the day.

The school team consisted of Jamie Elliott, Tash Elliott, Tash McGrath, Dean Warren, Brookie Cullen, Phaelin Senior, Harrison Wall, Hannah Ray and Morgan MacDonald, supported by Mr Moningka.

Our success stories, which lead to the school ending 6<sup>th</sup> overall, were Tash McGrath with a 1<sup>st</sup> in the U13 50m Freestyle as well as Hannah Wells, Phaelin Senior, Tash Elliot and Ebony Brookshaw who won the U14 Medley AND Freestyle relay, giving them the opportunity to swim in the Eastern Metropolitan Region Swimming which was held on March 23<sup>rd</sup>. Another congratulations to Tash who did her Personal Best time at this swim meet.

Congratulations also to our Senior Girls Tennis Team, including Rachel Theobald, Janvi Beri, Jess Francis and Keisha Summers, who competed and came second in the Easter Metropolitan Girls Tennis. A great job considering their opponents.



Thank you to Miss Doughty who was their professional coach on the sidelines for the day.

## Cross Country

On Thursday 10th March, we had our annual LHC Cross Country. It was a fantastic afternoon in typical Melbourne weather with excellent participation. Our extra activities on the day including a 3 point shoot out and handball competition, run by our VCAL students, who were constantly busy racking up extra house points for your teams.

The cross country course was completed in some great times by all age groups and the competition was fierce. Well done to our Year 7s completing their first cross country at the College. You all did a great job.

The support from the bank of the oval was excellent to see and created a great atmosphere.

Congratulations to the following students for winning in their age group and being awarded the Age Group Champion:

### Age Group Champions

#### U13s

Sam Evans and Jade Mason

#### U14s

Brendan Davis and Hannah Wells

#### U15s

Jasper Zainor and Shae Scott

#### U16s

Tyson Walker and Rachel Theobald

#### U17s

Lachie Schack and Kiara Bax

#### U21s

Brody MacDonald and Maddie Thomson

The overall results for the day were:

1<sup>st</sup> Yarra

2<sup>nd</sup> Melba

3<sup>rd</sup> Castella

4<sup>th</sup> Olinda

# COMMUNITY NOTICES & ADVERTISEMENTS

Please Note: Such publications do not imply College endorsement of the product or service.



LILYDALE HEIGHTS  
COLLEGE

**Yarra Glen Junior Football Club** is seeking any Under 16's that would like to play football in season 2016. The club will issue all new players to the club.

A new Yarra Glen Football Club sports bag.

All match day uniform.

A training top with sponsors attached.

Any persons interested in joining a "Great family orientated club" please contact Peter Richardson on 0409 145 675.

## KILSYTH JUNIOR FOOTBALL CLUB

### PLAYERS WANTED

Under 8s, 9s, 10s, 11s, 12s, 13s, 14s, 15s & 17s

### NEW PLAYERS FREE REGISTRATION

CONTACTS

**Danny**

**Bonnie**

0419 348 669

0411 406 443

[www.kilsythfootballclub.com.au](http://www.kilsythfootballclub.com.au)

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**Pinks Reserve, Liverpool Rd Kilsyth**  
Behind the Kilsyth Basketball Stadium  
Next to the new Netball complex



**NEW in 2016**

- ⇒ \$60 in real value for 5km & 10km entrants
- ⇒ Medals for all finishers
- ⇒ Spot prizes for early online entrants
- ⇒ Early entrants receive a personalised race bib

## LILLYDALE LAKE FUN RUN

Join the Yarra Ranges Athletics club for a great morning of running around the Lillydale Lake parklands. This is running at the lake, but not as you know it!!

**Sunday MAY 15th 2016 from 9am**

**2km - Family Event, run/walk**

From \$12.00 online entry. Or \$20.00 on the day.

**5km - Bakers Delight Dash**

From \$30.00 online entry. Or \$45.00 on the day.

**10km - Active Feet Lake Challenge**

From \$35.00 online entry. Or \$50.00 on the day.



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EFTPOS accepted

Fully marked and marshalled courses, over gravel, grass and hills.

ENTER NOW at [www.yarrarangesathletics.org.au](http://www.yarrarangesathletics.org.au)

MORE INFORMATION on the website or e-mail  
[events@yarrarangesathletics.org.au](mailto:events@yarrarangesathletics.org.au)

ALL 5km and 10km entrants will receive:  
\$20 voucher to spend at Bakers Delight Lilydale  
\$40 discount redeemable at Active Feet  
ALL FINISHERS receive a custom YRA medal



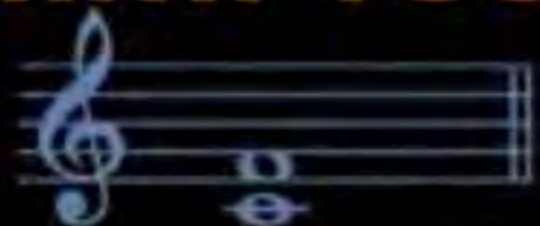
**Foundations**  
Family Day Care

# OPEN REHEARSAL STAR WARS

# MAY THE FOURTH BE WITH YOU

Come and play with the Croydon Wind Symphony!

- 4 May 2016, **STAR WARS** themed rehearsal
- Fun friendly atmosphere, refreshments provided
- Bring an instrument and play or just listen
- Keystone Hall, Civic Square, Croydon
- Search Facebook for Croydon Wind Symphony or see [www.cws.org.au](http://www.cws.org.au)



**LILLYDALE HEIGHTS COLLEGE**

17 Nelson Road Lilydale VIC 3140 Phone: 9735 1133 Fax: 9739 5463

Email: [lilydale.heights.co@edumail.vic.gov.au](mailto:lilydale.heights.co@edumail.vic.gov.au) Visit: [www.lilydaleheights.vic.edu.au](http://www.lilydaleheights.vic.edu.au)