

Benton Junior College



Our Mission:

*To motivate to learn; to teach to think; to encourage to imagine,
and to show the compassion to care globally*

9th September 2016

Newsletter

Year 6 Exhibition

Our Year 6 students have just completed their PYP Exhibition. During this term they have spent time with a mentor who has watched, discussed and learnt with their Year 6 students. The Year 6 students have embraced their project and have created some truly amazing pieces for their exhibition. It has been a fascinating time which has raised just as many questions for the staff as mentors as it has for the students. I hope that if you had the time to visit the exhibition that you also took the time to talk to some of the students about their learning. I have included below a brief summary of the Year 6 Exhibition.

The PYP Exhibition: encouraging in-depth, collaborative inquiry.

In the final year of the PYP, students carry out an extended, in-depth, collaborative project known as the PYP exhibition. This involves students working collaboratively to conduct an in-depth inquiry into real life issues or problems. Students collectively synthesise all of the essential elements of the PYP in ways that can be shared with the whole school community. It also provides teachers with a powerful and authentic process for assessing student understanding. The exhibition represents a unique and significant opportunity for students to exhibit the attributes of the [IB learner profile](#) developed throughout their engagement with the PYP. It also provides schools and students with a wonderful opportunity to celebrate the transition of learners to the next phase of their education.

Diary Dates

We have two dates we would like you to put into your diaries.

On Thursday, December 1st we will be conducting our Benton Junior College Christmas Carols. This will be a family event where students will perform Christmas Carols in their year levels. Students will sit in their class groups with their teacher ready to perform. Parents and extended family members can watch from behind the classes. This event will be purely a family picnic event with no food or drinks available for purchase at the event. Families will be encouraged to come along with their own picnic and enjoy the carols performed by their children. We would also ask that parents and guardians stay for the whole event to show support for all our wonderful students. More details will follow next term.

Our second BIG event is actually happening early next year. It is our inaugural 'BJC Community Fair', on Saturday, 18th March 2017. A group of dedicated parents and staff are working together to make this an amazing event. Rides and stalls are already being organised. If you are interested in helping out with this committee please contact the office and they will forward your contact details to the organisers.

New Staff

As some of you may realise Belinda Nerantzoulis in Year 6 will commence her family leave from October 3rd. On behalf of the whole BJC community we wish Belinda and Anthony all the best as they start this exciting part of their life together. We have been fortunate to employ Ms. Sharri Byron to replace Belinda in Term 4. Sharri will be at school next Tuesday and Wednesday to meet the students and participate in our 'Student Led Conferences'. This will also allow the parents to meet Sharri too.

Head Lice

I know this is everyone's least favourite topic but I have had a phone call from a very anxious parent who has had to treat her child's hair for lice frequently. Could all parents please make a point of checking their child/ren head weekly and treat it if necessary. Our School Nurse Kerrie has included some treatment ideas in this week's newsletter.



St John Ambulance Sessions

St John Ambulance will visit our school on Monday 12 September to deliver free First Aid in Schools training to all our students. We are pleased St Johns can again return to provide this valuable training program.

We will have 6 trained St John presenters who will provide students tailored sessions on the importance of First Aid and what to do in the event of an emergency. Our junior students will learn about how to identify when there is an emergency, keeping them safe, and how to call for an ambulance. Senior students will learn about delivering CPR (cardiopulmonary resuscitation) and the things they can do to assist in an emergency.

Last Day

Next Friday, 16th September we have an early dismissal at 2.30pm. Please jot that down in your diary. I hope that you all have a wonderful holiday and rest up ready for a very busy 4th term.

School resumes on Monday, 3rd October.

Assembly

There are no year level assemblies during the last week of term or the first week of term 4. A whole school assembly will take place Friday, 16th September in the morning.

School Hats

As we are a SunSmart school it is important that our students wear their hats in 1st and 4th term. So please encourage your child/ren to find their hats over the holidays so they are back in their school bag for the start of term. If you are unable to find your child's hat a new one can be purchased from the office.

Student Led Conferences

Dates for 'Student Led Conferences' are next week on Tuesday, 13th and Wednesday, 14th of September. Please make sure you have booked a time to visit your child's classroom.

Parking

This is a reminder that double parking on Racecourse Road parking bay at the front of the College creates a dangerous situation as it encourages students to walk between cars. The parking bay section on Racecourse Road creates a backlog of cars on to Racecourse Road when parents double park along the side road waiting for a parking space. Once again this is a parking area where students walk behind cars that may be backing out to get into their waiting car on the road. If there are no parking spaces available could all parents please move on and come back around to the parking section. Police and traffic wardens do patrol the area and give out traffic infringement notices. Parking is always a challenge at any school, so parking further away and walking is one option or leaving the pick up until 3.25pm can make a difference to the congestion we have. A teacher is on yard duty to supervise until 3.30pm. Finally I have had another parent express concern that we have a 'Kiss and Go' area and parents are actually parking and leaving their cars. Please abide the signage around the school and if you stop in these areas please kiss and then leave, do not leave your car to come into the school.

Our children are our most precious belonging so let's work to keep them safe.

Kerry Griffin - Principal

2016 Important dates Term 3

13-14 September	Student Led Conference
13 September	Footy Day
16 September	Last Day of Term 3—2:30pm Dismissal
17-18 September	Vision Portraits Fundraiser
3 October	First Day of Term 4

NB: These dates are accurate at the time of publishing but may change according to school needs. Changes to this list will be published in future newsletters.

2016 STAFF CURRICULUM DAYS

Monday 31 October

NOTE: Students do not attend on these dates.



STUDENT ABSENCES

Please remember to log on to Compass for all student absences. If you have misplaced your login details please email the school: hilli.sarah.a@edumail.vic.gov.au

CURRICULUM CONNECTIONS

NAPLAN

A couple of weeks ago we received our 2016 NAPLAN results. We can celebrate some really great outcomes, and we can now put some plans in place to improve on the areas that need further work. The learning areas assessed by NAPLAN include:

- *Reading
- *Writing
- *Spelling
- *Grammar & Punctuation
- *Numeracy

In Year 3, our mean scores are above the State in all learning areas. Numeracy mean scores showed particularly good results compared to the State. Almost 80% of all Year 3 students achieved Band 4 or above in Reading and Numeracy. These are very pleasing results.

Our Teaching & Learning plans for 2017 will have a continued focus on Literacy and Numeracy, with a particular emphasis on Reading.

Reading for enjoyment ... developing a love of reading



A big challenge for parents (and teachers) is not simply getting our children to read – it's getting them to enjoy it too. It's one thing for our reluctant readers to trudge through their home reading books, but will they open another book when they have some free time? On the weekend? Or during the school holidays?

... we hope so!

Becoming a lifelong reader is based on developing a deep love of reading from an early age. For younger readers in particular, their home environment is critically important; home is a massive influence. So here are some tips to turn your readers' reluctance into enthusiasm, or to inspire a love of literature that is already evident in your child:

- ❖ **Surround your children with reading material**
Promote positive reading habits in your child by having a large array of interesting books and appropriate magazines available.
- ❖ **Encourage a wide variety of reading activities**
Make reading an essential part of your children's lives. Let them read menus, movie names, signs, school newsletters and other practical information. Make sure your child has something to read in their spare time.
- ❖ **Help them choose age-appropriate books**
Help your children choose age-appropriate books on topics that interest them to spark a passion for reading. Take them to the local library or show them e-readers that provide entire libraries of options online.
- ❖ **Make use of gadgets and apps**
Your smartphone or tablets can be used to install useful reading apps where children can have safe spaces for reading without parents worrying about what they might come across online.
- ❖ **Show interest in your child's reading**
Your response or feedback has a strong effect on how hard they will try to become good readers. Always remember to give them genuine praise for their efforts.
- ❖ **Anything goes - Let them choose what they read**
Introduce your children to a wide variety of texts, mediums and genres – they may surprise you with what they consider enjoyable and embrace diversity in what they read. Comics, ebooks, short stories, online articles and magazines shouldn't be ignored.

Reading for pleasure is one of the best ways for a child to improve their learning at school, but teaching a child to love reading involves a lot more than simply handing them a book. Children who choose what they read, regardless of whether it's a novel, a comic book, or a magazine, will be more engaged with what they are reading.

Happy reading! I'm looking forward to starting a new novel in the school holidays! What will you be reading?

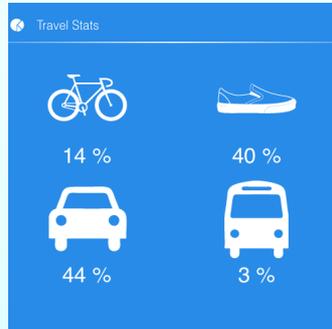
Nadia Walker
Assistant Principal



Ride 2 School update

For our most recent Walking Wheeling Wednesday, our Hands Up Count results were:

- 35 people rode,
- 35 people skated or scooted
- 204 people walked
- 14 people took public transport and
- 228 people took the car.



This means 53% of Benton Junior College children were active on our last Hands Up Count day. Great job! And we had so many count forms dropped in the box, so thank you for being organised!

Additionally, congratulations to class 634 for winning the Active Travel trophy for this month! They had a HUGE 85% of their class active! Brilliant! The most popular ACTIVEpath this month was the pink Benton square path. However, only 82 students recorded that they came on an ACITVEpath. These paths are a terrific initiative that we have been awarded at Benton, so please use the ACTIVEpaths.

Recently in Japanese classes, we learnt that Japanese kids are very independent and often travel by themselves to school. Across Japan, most kids walk to school, which makes it safer as there are many people around. This is the same idea behind the ACTIVEpaths. The more people we have coming to school on the paths, the safer they are because there is more foot traffic on them. So please double-check which ACTIVE-path is closest to you and start using it to come to school.

From the Benton Active Travel Ambassadors
Nic & Maya (ATA's) & Mrs Adele Jones



Mornington Little Athletics Registrations Now Open

The Olympic Games are over for another 4 years. If you were inspired by the performance of some of our amazing athletes, you might like to join Little Athletics to learn how to run, jump and throw! Registrations for the upcoming 2016/17 Little Athletics season are now open! Register online here:

<https://memberdesq.imgstg.com/index.cfm?fuseaction=main&OrgID=1370>

The athletics season for Mornington LAC begins on Saturday the 8th of October and will conclude on the 4th of March. Our club accommodates children in the Under 6 - Under 16 age groups. Children can join from the age of 5 years.

We will start the season at our old home at Mace Oval, Nepean Hwy, Mt Martha, and hopefully in November will move to our new home at Mornington Secondary College! We will stay at MSC until the all-weather track is built at Civic Reserve.

Warm up on Saturdays starts around 8.45am, and most age groups are finished by 12pm. Each session, the children compete in 1 throwing event, 1 jumping event and 2-3 track events. Our club doesn't focus on who wins each event, but on each child's individual PB's (Personal Bests). Watching the kids break their PB's from week to week is really cool!

We encourage parents to remain with their children and follow them around to their events. Each age group is run by 1 or 2 Team Managers, many of whom have completed the Introduction to Coaching Course run by Little Aths Victoria. But, they can't do it all themselves! If parents can help by writing down times, raking the sand pit and kid wrangling in between events, this really helps the morning run smoothly.

Children in the U9-U15 age groups have the ability to compete outside the club at Regional and State events. These events include:

- Regional and State Relays,
- Regional and State Track & Field,
- State Multi-Event, and
- Regional and State Cross Country.

For relays and track & field, the children MUST qualify for the State Championships at the Regional events. Our club is always well represented at the State Championships - we have quite a few budding Olympians!!

If you would like more information, email the Secretary Lisa Henry at lhenny@morningtonlittleleaths.org, or come and speak to one of our committee members at one of the following events:

AMART Sports, Peninsula Home, Bungower Road, Mornington on Thursday the 15th of September, 5.30-7.00pm.

"Come & Try" session for new athletes only, Mace Oval, Nepean Hwy, Mt Martha on Saturday the 17th of September, 10am-12pm.

We are looking forward to a great 2016/17 athletics season. See you at the track!!

MORNINGTON LITTLE ATHLETICS CENTRE

2016/17 SEASON

Starting 8th October - 4th March
Every Saturday from 8.45 am

! Come and Try Session for New Athletes
Mace Oval, Mt Martha
Saturday 17th September, 10 - 12pm

REGISTER ONLINE NOW

www.morningtonlittleleaths.org

Under 6 - Under 16 Age Groups
(Children must have turned 5 before they can join)

Music Program



It is hard to believe but we have come to the end of a very busy and productive Term 3. Beginning with the excellent Mornington Community Music Camp and moving onto our amazing Arts week including the junior and senior soirees, it has been an incredible time for music at Benton Junior College.

The ensemble band has practised twice each week during the term and provided entertainment for the residents at Opal By the Bay.

There are many students who participate in our instrumental music program ranging from guitar, keyboard, flute, saxophone and drums. Our students play each Monday at the Year 4,5,6 assembly and other school events.

Finally, we wish everyone a happy and healthy holiday break and look forward to seeing you again in Term 4.

Paul Seaman & Ant Richards

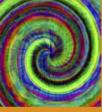
Music Teachers

Footy Day

All children are reminded that next Tuesday the 13th of September is Footy Day and you are encouraged to come in your teams' colours and participate in the parade in the gym. If you do not have any football wear simply dressing in the team colours is fine. Although it is mainly to celebrate the AFL finals, some children may prefer to wear soccer or rugby gear. As always it promises to be great fun.



MPYS The Corner School Holiday Program September 2016

<p>Monday September 19</p> <p>Tie Dye (BYO white t-shirt)</p> 	<p>Tuesday September 20</p> <p>Make your own Dream Catcher</p> 	<p>Wednesday September 21</p> <p>Closed</p> 	<p>Thursday September 22</p> <p>Make your own bouncy ball</p> 	<p>Friday September 23</p> <p>Werribee Zoo Excursion</p> <p>or Friendship Bracelets</p> 
<p>Monday September 26</p> <p>Science Experiment</p> 	<p>Tuesday September 27</p> <p>Art on Canvas</p> 	<p>Wednesday September 28</p> <p>Badge Making</p> 	<p>Thursday September 29</p> <p>Outdoor Lazertag Excursion & BBQ</p> 	<p>Friday September 30</p> <p>Closed Public Holiday</p> 

▶ Holiday Program details:

- ▶ **Where:** The Corner Youth Centre, 91 Wilsons Rd Mornington
- ▶ **When:** Drop In open 10am - 1pm, and 1.30pm - 5pm (excursion details will be sent out to participants).
- ▶ **Who:** Activities and excursions open to young people aged 10-17 years old.
- ▶ **Cost:** Drop In activities are free, excursions are gold coin.

▶ Excursion information:

- ▶ Places are limited - to register your interest in attending an excursion, please book online at mpys.com.au
- ▶ You will receive a confirmation email by September 14 advising whether or not you have received a place.
- ▶ Bookings open 9am Monday September 5, and close 5pm Friday September 9.
- ▶ All excursions are a gold coin donation.

- ▶ **Consent forms** are required for all activities (including Drop In)! See mpys.com.au for consent forms.

- ▶ **Need more info?** Call us on 5975 3114, or contact us on Facebook



Mornington Peninsula Shire Youth Services



Footy News

Well done to those students from our school in the Under 11's Yellow and Under 11's Black teams from South Mornington Football club for winning their Grand Final.

Vision Portraits

Help BJC raise funds & book your family portrait with Vision Portraits.

Date: Saturday 17th & Sunday 18th September

Bookings are still available so get in quick to book a session for your chance to win a \$200 voucher

Information is available at the school office

SUBWAY LUNCH ORDERS

Please be advised that **NO** late orders can be taken to Subway on the day of delivery i.e. Wednesday. If you forget to put your subway order into the School, you must drop it off by 4pm the day before on the Tuesday.

Introducing the Victorian Maths Challenge

Families with children in Years 5 to 8 are encouraged to take part in the new **Victorian Maths Challenge**, a fun way to explore the links between mathematics and real-world situations.

Modelled on the hugely successful Victorian Premiers' Reading Challenge, it provides a range of captivating mathematical experiences that children and their families can participate in together.



Making paper planes, constructing and measuring paper towers, building boats and games are among the eight exciting online challenges designed to make maths engaging for students and their families.

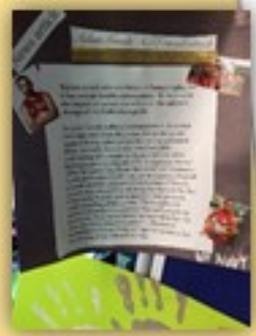
Created with the Mathematics Association of Victoria, activities are linked to the curriculum and are devised to promote problem solving, increase confidence and boost performance in maths.

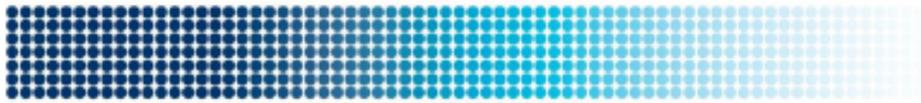
Each activity comes with an instructional video and explanation of mathematical concepts and terms. Families can take on as few or as many challenges as they like and work together to find their own solutions. They can even share their responses, reflections and solutions online.

The Challenge is open for 12 weeks until 29 November 2016. To get involved and find out more, see: [Victorian Maths Challenge](#)

Year 6 Exhibition

Be the change you want to see in the world!





Sleep Well – Be Well Newsletter

August 2016

The Sleep Well – Be Well project is now complete!

Just to recap: the Murdoch Childrens Research Institute and the Primary School Nursing Program have been working together with your schools over the last 4 years to deliver the *Sleep Well – Be Well* study to 334 families.

There were 3 stages of *Sleep Well – Be Well*:

Stage 1: Screening - for sleep problems.

Stage 2: Intervention - sleep education sessions delivered by school nurses to parents of half those children we identified with a sleep problem.

Stage 3: 6 & 12 month follow up assessments - children's learning and working memory were assessed by researchers, and parents and teachers completed surveys.

This important research was funded by the National Health and Medical Research Council (NHMRC) and would not have been possible without your school's participation!



What we found: Results from this study! 6 months later:

- ❖ **65% of children whose parents saw the school nurse no longer had a sleep problem**, compared to 47% of children whose parents did not see the nurse.
- ❖ Parents who saw the school nurse were also **25% less likely to suffer symptoms of depression** than parents who did not.
- ❖ Children whose parents were in the school nurse group **slept for an average of 84 minutes longer per week and took less time to fall asleep.**
- ❖ Children in both groups had **similar levels of social and emotional functioning, academic outcomes and working memory scores.**

12 months later

- ❖ By 12 months **most sleep problems had resolved in both groups** - about a third persisted in both groups.
- ❖ Both groups again had **similar levels of social and emotional functioning, academic outcomes and working memory scores.**

What nurses and parents thought of SWBW!

- ❖ Nurses really enjoyed working with families to help with sleep problems.
- ❖ 95% of parents said they would recommend the program to other parents who are going through the same problem.

What's happens next with the *Sleep Well – Be Well* study?

Now that all phases are complete, the research team will take it from here!

- ❖ We will be presenting the results at conferences and in publications.
- ❖ We will also write to parents explaining the results and
- ❖ We will be presenting to the Victorian Primary School Nursing Service to see how they can act on sleep problems in the future.



The dedicated nurses from the Southern region of the Primary School Nursing Programme



Any questions?

Kate Paton

P: 03 9936 6742

E: sleepwell.bewell@mcri.edu.au



Head Lice Tips

Head lice and nits don't discriminate, they live in long, short,, curly, straight, clean or dirty hair.

The two most popular treatments are commercial products or conditioner treatment.

⇒ If using a commercial treatment:

- Read the product instructions carefully.
- Rinse out any hair conditioner before using the product, as this may inactivate the product.
- Lift hair in sections, and saturate the hair with the treatment, combing through with an ordinary comb from the scalp to the ends of the hair.
- Leave for the recommended time, then wash out.
- Section the hair and comb through with a fine tooth "nit" comb.
- Repeat treatment as per product instructions.

⇒ If using the conditioning treatment, any type of conditioner may be used together with a fine tooth "nit" comb:

- Apply plenty of hair conditioner to dry hair until saturated. Using white hair conditioner may make it easier to see the head lice.
- Section and comb the hair thoroughly with a metal fine tooth comb several times in different directions.
- Wipe the comb on white paper towel to check for lice or eggs.
- Continue combing the hair in sections until the whole head has been screened.
- Rinse the hair conditioner out when finished and dry the hair.
- Repeat this process every one to two days over a 10 day period, to cover hatching cycle of the eggs.

It is better to find head lice early as it will make treatment easier...!



No treatment kills all of the eggs, so follow up treatments are essential.

Kids with head lice don't always scratch. The only way to rule out infestation is to look carefully through your child's hair using a fine tooth "nit" comb and plenty of conditioner.

Check your child's scalp and hair once a week and encourage older children to put a "nit" comb through their hair in the shower every time they shampoo/conditioner.

Remember...!

- ⇒ Tie long hair back in a braid and/or put it up and avoid sharing combs and brushes. Consider applying hair gel, hair spray or styling products. These do not prevent or repel lice but may help to keep stray hair strands from contact with other heads .
- ⇒ Check other household members and treat if required.
- ⇒ If you do find head lice, notify friends and family who have recent contact and the school.
- ⇒ Only the pillowcase and towel requires specific laundering. Either wash in hot water (at least 60 degrees centigrade) or dry in a clothes dryer on the hot or warm setting.



Vigilance and perseverance are the key to controlling head lice.