The Swimming Sports were a great success. Congratulations to all involved and to Loch Ard, Red House on their victory. It was a pleasure to have parent’s poolside and encouraging the great endeavours of our swimmers.

I would like to welcome our new Assistant Principal, Tony Grayden to the College. Tony brings many years’ experience in education and has settled in very well. With Michelle Ferrari we have formed the College Leadership Team and look forward to working well with our community and representing the College.

Lavers Hill K-12 College Strategic Plan

Over the coming months the College is developing its Strategic Plan for 2015-2018.

The College has built a strong foundation in 2014. We have in place a new leadership team, an active and effective council, strong finances and excellent growing student numbers. Our wonderful teachers have prepared engaging and challenging programs for their students and we are looking forward to working closely with families to support our students’ learning.

As we plan for the future I am also very interested to understand more about the history and traditions of the College and how we have developed over time. Likewise, it is a great opportunity to explore what we see as being the defining elements, and what is unique and most valuable about the College.

A key step in developing our Strategic Plan is to review the suggested future directions developed by our staff, students, parents and community members in 2013 and 2014. College Council is currently reflecting on these possible directions and your feedback will help us plan which are identified as key priorities.

Future Plans for the College

- The opening up of college facilities, including its ICT infrastructure and expertise will enhance the community nature of the college. Agencies will be encouraged to make use of the college’s facilities for various outreach services.

- Specialist Environmental Education facility, inviting other schools to visit and participate in a range of ECO-friendly pursuits in partnership with local organisations and businesses.

- Enhances the visual and performing arts focus of the community.

- Opportunity for Year 9 students from other schools to utilise accommodation, access in-depth environmental learning activities, engage in social skill programs etc. These placements could be for one term and could operate for three terms per year.
- Develop Life Long Learning profile for the College and Community. 0-100 concept and partnering with University of the 3rd Age

- Develop Playgroup and look at best model for provision of Child Care and Kinder

- Develop Community Gardens, Horticulture, explore options with adjacent farms

- VCE Retreat Program: combining reflection and walking along the Great Ocean

- Rural: Country Camp program. Develop accommodation capacity at the College

**Your Feedback and Thoughts.**

If you would like to jot down a few thoughts please do forward them to our office. There will also be opportunities for us to share a meal and plan together for the future of the College.

**College Principal: Andrew Kohane**

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**A View from the Naughty Seat**

The School Council year has just come to an end. It's been an exciting one and the College is almost unrecognisable from what it was twelve months ago. My thanks go to the staff and the Principal, as well as my fellow councillors for their hard work, optimism and enthusiasm. The School Council is now looking forward to its AGM in March. This is when we say hello and wave goodbye, when we renew the chains of office, and when we set out the College’s roadmap for the future.

As we will be saying farewell to some members of the Council, if any new parents would like to become involved then please contact me. Your commitment would be for 8 meetings a year and possibly some working group involvement. Nothing too scary at all! Parent Self-Nomination forms are available at the Office or can be downloaded from the website (have a look on the School Council page). The AGM will be held on Monday 2nd March, 6:30pm at the College.

Adi Gilbert
School Council President, Lavers Hill K-12 College
0439 484250
gilbert.adi.n@edumail.vic.gov.au
www.lavershillp12c.vic.edu.au/school-council
NEWS FROM THE PRE-SCHOOL

THANKYOU

A HUGE thank you to Carol Hernandez for volunteering her time to help out in our pre-school last week, it was much appreciated!

NEWS FROM THE PRIMARIES

VOLUNTEERS

If there is anyone out in the community who has some spare time and would like to volunteer at the school for some classes as a helper please contact Miss Ferrari at the school with times and days that would best suit you. Your support is much appreciated.

BUDDY BEAR

Buddy Bear has come to Lavers Hill. All students in Prep-Year 4 were lucky enough to be given a little purple bear.

Better Buddies, an initiative of The Alannah and Madeline Foundation, helps students in primary school to feel safe, valued and connected to the school community. The school pairs primary school students with a buddy. We look forward to sharing some of our projects with you soon.

STARS

Bryanna Bridgeman – For her fantastic work supporting and encouraging her buddy Josephine in the Swimming Sports. Well done Bryanna, a great buddy role model you are!

Zeke Gage – For achieving his goal, which was completing his work in a set time. Well done Zeke I hope you reach your goal again.

HEADLICE

We have had some reports of head lice in the primaries, can parents please check their child’s hair. Head lice needs to be treated before children return to school. Thanks.
We are looking for people who would be able to run some swimming classes or fill in when needed at our indoor pool. These people need to have an Austswim qualification and they need to have their Pool Lifeguard qualification. If you are qualified or interested in becoming qualified please contact Miss Ferrari at the school on 52373213. Thanks

Middle Years News

Last Wednesday was a day of much excitement in the Middle Years as our much-anticipated iPads arrived. The students are having a great time exploring all the capabilities of this new technology (yes, really, there’s more to iPads than games!)

We also had the chance to interview a very interesting young woman, Caitlin, who works for Project Rockit, an organisation that works with school students to prevent bullying and cyber-bullying. The students were able to ask questions about how she puts her personal values into action through her work, which will help them to think about how they can act on their own values.

The question isn’t “how intelligent are you?” it’s “how are you intelligent?”

A reminder to parents of students in the Middle Years that next Monday 23rd February from 7-8:15pm is our first end-of-unit gathering, the Team Challenge Night. It would be great if a family member could come along to find out more about what our students have been up to in this unit. Please contact Anne O’Sullivan or Sarah Douglas if you have any queries or concerns.

Lavers Hill P-12 College
SWIMMING CARNIVAL REPORT 2015

The Inter-House Swimming Carnival was a huge success last Thursday. The College decided to move the carnival to February again which allowed many of our senior students who were keen swimmers to be involved. The improvement in the swimming ability of our students has been outstanding, thanks to our regular swimming program providing free instruction to our students in the indoor heated pool. The students of Lavers Hill are extremely lucky to have the opportunity to do swimming within the regular school program throughout the year.

All participants should be congratulated for having a go. There were a number of the Age 7 and 8 year students who swam as well. The participants were in mixed competitive groups to ensure suitable and age appropriate competition.

The number of competitors in each team were fairly balanced, and it was a close competition for most the day. At the end there was a difference in the separate sections as scored for Primary (Ages 7 – 12) had Blue with 257 points over Red with 206 points, and in the Secondary (Ages 13 to Open) had Red clear winners with 229 points over Blue with only 74 points. Sadly for Blue House there were less swimmers from the Secondary who participated, which we hope will change in the future.

FINAL SCORES

ERIC THE RED 517 DEFEATED LOCHARD BLUE 386.

INTERHOUSE AGE GROUP CHAMPIONS

The current practise is to award the best two performing participants in four sections, the Primary and Secondary for both boys and girls, with a Champion and a Runner-up. The carnival this year produced equal points for several students in each section.

Special congratulations to the Age Group Champions, and the one Runner-up. What a fantastic effort.

PRIMARY GROUP

Male TWO CHAMPIONS Tom Gilbert = Zeke Gage, both on 27 points.
Female TWO CHAMPIONS Ella Brauer = Georgia Tremeer on 30 points.

SECONDARY GROUP

Male CHAMPION Teilo Gage (30 points),
RUNNER-UP Bryce Bridgeman (24 points).
Female CHAMPIONS Amy Brauer = Zoe Brauer = Skye Martin, all three on 30 points.

The next step in the interschool swimming involves a selection of competitors based on qualifying times. Students must be competent to swim the required distances and with correct technique in order to be entered. Students will be advised if they have qualified to the next level. The Primary competitors will be swimming in Geelong, and the Secondary competition will be held in Apollo Bay, against Colac’s Secondary College and Trinity College, plus Lorne and Apollo Bay P-12 College’s.

A big thanks to Mr Randall Fitzgerald for organising the Inter-house Swimming Carnival. Ms Kath Speirs will take over as Sport Coordinator while Mr Fitzgerald is on leave. Ms Melissa Potter will assist Kath

Yours truly, Melissa Potter
In the last week of last term the College held a Cross Country for the students. It was a lovely morning with the sun shining, and some energetic performances were seen on the course which was within the school grounds.

The competitive groups were set up for Lower Primary (Age 9 and under), and Upper Primary (Ages 10/11/12), Lower Secondary (Ages 13/14) and Upper Secondary (Ages 15 and Open). The distance run was longer for the older students. Congratulations to the following students for achieving an award winning position:

<table>
<thead>
<tr>
<th>PLACE</th>
<th>PRIMARY</th>
<th>SECOND</th>
<th>THIRD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lower GIRLS</td>
<td>Bryanna Bridgeman 7:56 min</td>
<td>Raukura Horo 8:09 min</td>
<td>Elia Brauer 8:30 min</td>
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<tr>
<td>Lower BOYS</td>
<td>Jasper Newton 8:15 min</td>
<td>Zeke Gage 8:39 min</td>
<td>Te Horo 8:45 min</td>
</tr>
<tr>
<td>Upper GIRLS</td>
<td>Grace Martin 15:40 min</td>
<td>Skye Martin 15:55 min</td>
<td></td>
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<tr>
<td>Upper BOYS</td>
<td>Bryce Bridgeman 13:36 min</td>
<td>Tom Gilbert 14:29 min</td>
<td>Matariki Horo 15:22 min</td>
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</table>

<table>
<thead>
<tr>
<th>PLACE</th>
<th>SECONDARY</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Lower GIRLS</td>
<td>Zoe Brauer 26:25 min</td>
<td></td>
</tr>
<tr>
<td>Lower BOYS</td>
<td>Andrew Felici 15:33 min</td>
<td>Mark Felici 17:10 min</td>
</tr>
<tr>
<td>Upper GIRLS</td>
<td>Dakota Milliken 26:25 min</td>
<td></td>
</tr>
<tr>
<td>Upper BOYS</td>
<td>Jack Langley 15:22 min</td>
<td>Marley Steen 17:15 min</td>
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Points have been awarded towards their Houses. Every student that participated received a point for their House. Eighteen students competed for Loch Ard Blue. Seventeen students competed for Eric the Red.

The final tally was **Eric the Red [66 points]** having a close win over **Loch Ard Blue [64 points]**.

*By Melissa Potter (on behalf of the Sport Team)*
There has been an alarming trend in adolescents not getting enough sleep. Studies have identified that many teenagers are staying up so late that they are not able to function properly during the day time.

**Here is some useful information and advice:**

Sleep is food for the brain. Lack of sleep can make you look tired and feel depressed, irritable and/or angry.

Mild sleepiness can affect performance in a whole range of activities, including learning at school, completing tests or exams, sports and video games.

An adolescent who gets between 8.5 and 9.5 hours sleep per night should wake feeling refreshed, not tired.

Maintaining consistent patterns of going to bed at a similar time each night and waking up at a similar time each morning will help a person form healthy routines for their body. Avoid altering the pattern for more than two nights in a row.

Avoid stimulants like coffee or other caffeine sources and nicotine after midday.

Relax for at least an hour before going to bed without study or computer games. Don’t fall asleep in front of the television.

Learn to understand your own good sleep pattern. When establishing a good pattern try to go to bed ten minutes earlier each night, until the desired time is reached to ensure enough hours of sleep can be obtained.

For example, if you need to get up at 7am in the morning, you need to be asleep by 10pm the night before to get 9 hours of sleep. Aim to be in bed by 9:30pm and lights out at 9:45pm.

Parents should support their children when they are younger so that a good sleep pattern can continue into the adolescent years. It’s never too late to change behaviours and help your children be at their best when they are at school.

*Ms Melissa Potter*
A Healthy You

A NEW health addition to the school newsletter. This section will contain topics, facts and tips about health, fitness and wellbeing.

This week we are focusing on Australia’s Physical Activity and Sedentary Behaviour Guidelines for 0–5 year olds. **Make your Move – Sit less – Be active for life!**
Lunch orders need to be placed at the **OFFICE** by the start of Thursday morning!!

Thank you to our wonderful Parents Club Volunteers that make this happen😊

<table>
<thead>
<tr>
<th>LAVERS HILL P-12 COLLEGE CANTEEN MENU</th>
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<tbody>
<tr>
<td>Nuggets</td>
<td>$1.00 each</td>
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<tr>
<td>Corn on the Cob</td>
<td>$1.00</td>
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<tr>
<td>Steamed or Fried Dim Sim</td>
<td>$1.00 each</td>
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<tr>
<td>Spinach &amp; Ricotta Patizzi</td>
<td>$1.00 each</td>
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<tr>
<td>Partie Pies</td>
<td>$1.00</td>
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<tr>
<td>Sausage Rolls</td>
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<tr>
<td>Fried Rice</td>
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<tr>
<td>Large</td>
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<tr>
<td>Small</td>
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<td>2 Minute Noodles Beef or Chicken</td>
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<tr>
<td>3 Nuggets With Salad</td>
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<tr>
<td>Chicken Salad Wrap</td>
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<tr>
<td>Tuna Salad Wrap</td>
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<tr>
<td>Chocolate Milk</td>
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<tr>
<td>Strawberry Milk</td>
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<td>Super Dooper Icy Poles</td>
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<td>Popcorn</td>
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<tr>
<td>Berry Muffin</td>
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