We have a number of new staff join our team this year, some returning from leave, others picking up contracts after spending time with us as casual relief teachers. We also have new graduates and experienced staff to add to the mix. Each staff member brings a wealth of talent and enthusiasm to our school.

Ms Renee Alfred - English
Mr Julien Baggiere - Maths/Business
Mr Evan Drury - IT Technician
Ms Cristina Kowalyk - Humanities and LOTE
Mr Vince Maltese - Maths
Ms Rebecca Quigley - VCAL Coordinator and English
Ms Noelene Phillips - Food Technology/ Food Technology KLA Leader
Ms Jacinta Pritchard - Food Technology
Ms Lizzie Wade - Maths/Science
Jane Walters - Psychology/ Health and PE/ Year 11 Coordinator
Mr Ivan Viselka - Technology
Mr Jason Keays - Canteen operator

In addition we’d like to welcome and introduce to you our new Junior School Principal Ms Veronica Hoy. Veronica is a very experienced leader and Science teacher, who brings yet another dimension to our leadership team. Veronica has settled in well with her new team in Junior School.

2013 is a year of new beginnings for all of us at Gladstone Park and I am delighted and very proud to be your new school Principal. I am fortunate that Gladstone Park is a school that has been managed well and left in such excellent condition, both physically and educationally. I thank Mr Lamb for his role in making this such a great school. I also wish him well in his retirement.

I welcome back all families and in particular I welcome new families to our school community. I look forward to building a productive partnership with you all. I am very fortunate to have such dedicated staff to work with and such talented students to educate.

It has been a very smooth start to the year, with all students settling in well to their new classes and with their new teachers.

NEW BUILDINGS

Our large building projects, the Admin refurbishment, Library and Music extensions, progressed well and were ready for occupation within the first week of the school year. I think parents and students would agree that the newly completed spaces are magnificent. The landscaping around the new areas is in place and we are now awaiting the planting-out stage. We plan for mature trees to create shaded areas for our students.

The front-of-school buildings now blend in well together giving a very professional and visually pleasing aspect.

My sincere thanks go to Mr Neave, School Council President; Mr Lamb, retired Principal; Mr Keenan, Middle School Principal; and our Business Manager, Karen Taggart, for their work with architects, builders and landscapers in bringing this project to fruition.

Finally, I wish you and your children well this year and I hope you all take advantage of the wide variety of programs and support we have to offer.

Lynne Gutterson Principal
**TUNING INTO TEENS**

**Emotionally Intelligent Parenting**

**FOR PARENTS WITH TEENS (10-18Y)**

Would you like to learn how to:

- Communicate better with your teen? –
- Be better at understanding your teen? –
- Help your teen learn to manage their emotions when upset, worried or angry? –
- Help to prevent behaviour problems in your teen? –
- Teach your teen to deal with conflict? –

**WHEN:**

Term 2 2013 starts Monday 13th of May and runs for six consecutive Mondays

**TIME:**

10:00am–12:00pm

**WHERE:**

Dianella Community Hall – 35 Johnstone St.
Broadmeadows, Meeting Room 3

**COST:**

Gold Coin donation. Registration is essential.

**ELIGIBILITY:**

Residents of Hume and Moreland

**FACILITATOR:**

Elizabeth Pizarro & Maree Gray

**CHILD CARE:**

Unfortunately we are unable to offer child care.

**CONTACT:**

Counselling Intake on 9302 8803

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**WHAT A DAY IN MELTON!**

On the terrific morning of the 13th February, all the Year 7’s went to Melton Waves Pool! It was a great day! Hearts were pumping like hell as the swimmers took their first steps into the freezing water! Bang! Start! Swim! 7C “Sette Campioni”, the Immersion class, was being screamed from our area on the sidelines. It was really difficult to understand which class was losing the competition as everyone raced with great enthusiasm! Every class had an amazing banner, some with hand prints others with drawings. After racing we went inside for some novelty activities. We were swimming on ropes into the pool, attempting to climb over obstacles and most of us were just looking like fish out of water… and the Tarzan rope… “the lastest thing in Melton Waves”. That was great fun!

When we returned to school, the winners for both the races and banner were announced. When we found out that we “7C” won the day we jumped in the air singing “Campioni, campioni…” It was really a great day. Congratulations to all the participants and thanks to Junior School for organizing such a fantastic day out of school! Like we say, “We are brave; we are strong of school!”

**CHE GIORNATA A MELTONI!**

La fantastica mattina del 13 Febbraio, tutti gli anni 7 sono andati all’acquario di Melton Waves. Era una bellissima giornata! Il suono dei risattoni della classe 7C “Sette Campioni”, visibile chi avesse guardato. Era difficile capire chi era in testa perché tutti i partecipanti erano molto entusiasti. Tutte le classi avevano un bellissimo banner, alcuni con le impronte delle mani altre con disegni.

Tutti dopo aver gareggiato sono andati al coperto per attività divertenti. Dondolare sulle funi, superare gli ostacoli… e abbiamo visto dei pesci fuori dall’acqua… la fune di Tarzan… “la cosa più bella di Melton Waves”! D’altra parte, una giornata spassosa. Ritornati a scuola, sono stati annunciati i vincitori delle gare di nuoto e del miglior stendardo. Quando abbiamo scoperto che la 7C ha vinto siamo esplosi di gioia e abbiamo cominciato a cantare “Campioni, campioni…”

E stato davvero una giornata stupenda, grazie a chi ha partecipato e a Junior School per l’organizzazione. Come dice il nostro motto: Siamo coraggiosi; siamo fatti perché siamo i Sette Campioni!”

Kimberly Schuch & Mohamed Ben Rondhane

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**Premiers’ Reading Challenge**

The 2013 Premiers’ Reading Challenge has begun for this school year. All students in Year 7 will be participating in it over the next three terms. Students in Years 8 to 10 are encouraged to sign up for the Challenge, too. The aim of the Challenge is to attempt to read 15 books between Feb 1 and the middle of Term 3. The web site has not been updated yet, but all students in Year 7 will be enrolled over the next few weeks. If you do not wish for your child to participate, please let Mrs. Gleason, the Library Coordinator know. Older students may see the Library Staff regarding enrolment for this year’s challenge.

Karla Gleason
Here are some pointers:

- Teens need protein for muscle and bones (meat, fish, poultry and vegetable sources such as lentils). They need good carbs (fruit, veg, whole grains) for energy and good fats (avocado, nuts, fish oils).
- Make water the main drink. Put a cap on soft drink consumption.
- Make sure they eat breakfast for classroom or workplace concentration. Consider fruit, yoghurt, toast or eggs.
- Pack a nutritious lunch as good takeaway is hard to find – friends may come before lunch, but at least the idea is getting planted.
- Let them eat after school. Teens often come home hungry and raid the fridge. Keep stocked with healthy leftovers!
- Eat at the table, not in front of TV. Studies show this cuts down obesity by them becoming more food aware.
- Encourage them to try different foods – teen cooking is now OK thanks to numerous TV shows.
- Reinforce that treats are just that, for special occasions, not for every day.
- Be consistent but don’t make everything turn into World War III. They don’t have to eat healthy 100% of the time. After all they are teenagers!

Teenagers are often “missing” – too reluctant to go to the doctor with a parent and too shy to go alone. Yet health habits of a lifetime can be set up in teenage years. Sometimes they have huge appetites, often around the time of a growth spurt or because of high energy activities like sport. This is the main point — building blocks for a healthy body come from food.
Every Night Makes a Difference

A home cooked meal, a warm bed and your care could be the greatest gift you could offer. There are many care options available to support children and young people, including emergency care, respite care, short term and long term care.

What sort of care would suit your family?

Foster Care Information Session – Broadmeadows
Tuesday 26th March 2013, 7pm - 8.30pm
To register and receive an information pack phone Kay Gyngell 9301 5200 or email kay.gyngell@anglicarevic.org.au

HAVE YOU RECEIVED THE SCHOOLKIDS BONUS?

Do you know about the Schoolkids Bonus? It is a new cash payment to help eligible families and students with the costs of primary and secondary school studies. Around 1.2 million families have already benefitted from the first wave of payments in January 2013 – have you?

If you receive a family or income support payment, including Family Tax Benefit Part A, you could be eligible to receive $410 a year for each primary student and $820 a year for each secondary student, with half paid in January and half paid in July.

The Schoolkids Bonus replaces the Education Tax Refund (ETR) and is a much simpler system. You no longer need to collect receipts and payments are made automatically so you don’t have to wait months to make a claim via your tax return. Unlike the ETR you can choose how you use the payment to best support your children’s education – whether it be school books, stationery, uniforms, school fees, or excursions.

Check your eligibility by visiting australia.gov.au/schoolkidsbonus and if you think you might have missed out on the January payment, contact Centrelink – either in person at a Centrelink-Medicare Office or by calling 132 468.

ATTENTION YEAR 11 & YEAR 12 PARENTS

Parents are reminded that where a Year 11 or Year 12 student is absent from school due to a family holiday, this will be an unapproved absence.

VCE and VCAL have attendance requirements which must be met in order for a student to pass.

MARCH 2013

Every Night Makes a Difference

Attention Year 11 & Year 12 Parents

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March 11th Labour Day
March 19th Athletics House Sports
March 27th Immunisation
Parent Teacher Interviews – Yrs 7-12 [1.30-7.30]
March 28th END TERM 1 - 2.30 FINISH
March 29th GOOD FRIDAY
April 15th START TERM 2
April 22nd-24th Year 7 Camp
April 25th ANZAC DAY
May 1st Open Night
June 10th QUEENS BIRTHDAY
June 12th GAT Yr 11 & 12
June 14th Report writing day NO STUDENTS
June 28th END TERM 2 - 2.30 FINISH
July 15th CURRICULUM DAY – NO STUDENTS
July 16th START TERM 2
July 24th Yr 12 Parent Teacher Interviews
August 14th-16th Yr 10 Summit Camp
September 13th Year 10 Formal
September 18th Parent Teacher Interviews – 7-11(1.30-7.30)
September 20th END TERM 3 - 2.30 FINISH
October 7th START TERM 3
October 15th ART SHOW – 6pm
October 23rd Yr 12 BBQ & End of Year
October 30th-22nd Nov YEAR 12 EXAMS
November 4th CURRICULUM DAY – NO STUDENTS
November 5th MELBOURNE CUP DAY
November 25th Year 12 Graduation
November 29th Year 12 2014 Course Confirmation
December 2nd-6th Year 12 2014 Orientation Week
December 5th Year 10 2014 Course Confirmation
December 9th Year 11 2014 Course Confirmation
December 10th Year 7 Orientation
December 11th Year 11 Orientation
December 19th LAST DAY FOR STUDENTS
December 20th END OF TERM 4

2013 Important Dates

Have You Changed Your Details?

Please notify the College of any changes you may have made ASAP
– Thank You –

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National Ride To School Day

Friday 22nd March 2013 is the National ride2school day. We would love to see many students ride their bikes to school on that day. Please ride with your helmet on your head and a bike lock to lock up your bike in the bike racks near the gym.

Ride2school is about encouraging the school community to make active travel a normal part of their everyday lives.

Riding to school reduces traffic around the school. Students arrive at school more alert, are more attentive in class, and riding helps develop important life skills.

Thanks Ms Lee-Anne Talbot