



ASSISTANT PRINCIPAL'S COMMENTS

COLLEGE

Week 6, Term 3, 21st August, 2009

GREENSBOROUGH COLLEGE VISION

Greensborough College is an innovative school in which students are happy, confident, taking responsibility for their learning and moving onto further education or employment

COLLEGE COUNCIL

Parents: Russell Nicholls, Noel Dunn, Evelyn Cowman (Treasurer) & Glen Martin (President)

Co Optees: Alannah Bryant & Paul Johnson
Department of Education & Training;
Johan Heitbaum, John Conway, Linda Reid (Vice President) Danida Ferres

IMPORTANT DATES/COMING EVENTS

22 nd Aug	❖ Saturday Detention
25 th Aug	❖ 3.30 Maths Club ❖ 3.30 Homework Club
26 th Aug	❖ 3.15 Model Aeroplane Club ❖ Finance Meeting 5.30pm ❖ College Council Meeting 7pm
28 th Aug	❖ Daffodil Day – out of uniform day gold coin donation
31 st Aug	❖ Yr 9 City Experience Program week
1 st Sept	❖ Lunchtime Writers Club ❖ 3.30 Maths Club ❖ 3.30 Homework Club ❖ 7.00pm PFA Meeting
2 nd Sept	❖ 3.15 Model Aeroplane Club
5 th Sept	❖ Saturday Detention
11 th Sept	❖ College Production
16 th Sept	❖ College Production
17 th Sept	❖ College Production
15 th Sept	❖ Parent Student Teacher Interviews – pupil free day
18 th Sept	❖ Last day of Term 3 2.20 pm dismissal
5 th Oct	❖ Term 4 commences



**FRIDAY 28TH AUGUST
OUT OF UNIFORM DAY
GOLD COIN DONATION**

This week at Greensborough College we had Footy Day. Students and staff were all involved in some way. Either dressing up in their footy colours, participating in the events that were organised or, playing in the staff/student Footy Game during lunch time. Many activities and events were organised by the enthusiastic and motivated Mr. Priest and his dedicated helpers. A big thank you to all the staff that were involved and congratulations to Mr. Priest on a successful day.

Physical education is an important part of the curriculum at Greensborough College which includes training in the development and care of the human body and maintaining physical fitness. Physical education is also about sharpening overall cognitive abilities and motor skills via athletics, exercise and various other physical activities. Here are some of the benefits that highlight the importance of physical education that I have read and is worth publishing in a newsletter for parents/guardians to consider:

Maintaining Sound Physical Fitness:

Physical fitness is one of the most important elements of leading a healthy lifestyle. Physical education promotes the importance of inclusion of a regular fitness activity in the routine. This helps the students to maintain their fitness, develop their muscular strength, increase their stamina and thus stretch their physical abilities to an optimum level. Physical fitness helps to inculcate the importance of maintaining a healthy body, which in turn keeps them happy and energized. Sound physical fitness promotes, increased absorption of nutrients, better functioning of digestion and all other physiological processes and hence results in all round fitness.

Overall Confidence Booster:

Indulging in sports be it team sports or dual and individual sports, leads to a major boost in self-confidence. The ability to go on the field and perform instils a sense of self-confidence, which is very important for the development of a person's character. Every victory achieved on the field, helps to boost a person's self-confidence. Moreover, the ability to accept defeat on field and yet believe in your own capabilities brings a sense of positive attitude as well. Thus participation in sports is always a positive influence on a student's overall personality and character and works wonders for his/her self-confidence.

Inculcating Sportsmanship and Team Spirit:

Participation in team sports, or even dual sports helps to imbibe a sense of team spirit amongst the students. While participating in team sports, the children have to function as an entire team, and hence they learn how to organize themselves and function together. This process of team building hones a person's overall communications skills and

SNOW CAMP

the ability to get along with different kind of people. Thus participating in team sports instils a sense of team spirit, which is a great value addition to anyone's personality and helps a lot in all the future endeavours.

Development of Motor Skills:

The ability to concentrate, the ability to swing the racket just at the right time are some of the examples of development of motor skills in the physical education classes. Participation in sports and several physical education activities helps to sharpen the reflexes of the students. It also brings order and discipline to the body movements and helps in development of a sound body posture as well. The hand-eye co-ordination improves too.

Encouraging Budding Sportsmen:

Physical education classes are an excellent opportunity for all the budding sportsmen and sportswomen who wish to make their mark in the world of sports. Physical education classes allow the budding sportsmen and sportswomen to explore and experiment with several areas until they find what interests them. After this, physical education classes also allow the students to indulge the sport of their choice and then go ahead to participate in several tournaments and competitions, which help to give the students an exposure to the competitive world of sports.

A Stress Buster and Source of Enjoyment:

In addition to the health benefits and the knowledge benefits that the students get from the physical education classes, one important aspect of it remains to be recreation. Students, who are busy with their other subjects in the curriculum, often get exhausted with the listening, reading and writing pattern of studying and need a recreational activity as a source of recreation. Sports and other physical fitness activities offered in the physical education class are a welcome break for the students.

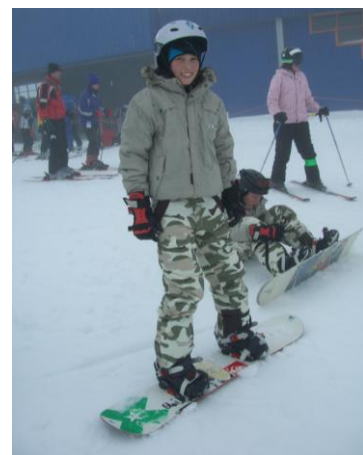
Promoting Healthy Lifestyle in Adulthood:

Children, who learn the importance of health in their early ages, tend to grow up to be responsible and healthy adults who are well aware of the benefits of a healthy lifestyle. Thus the overall physical education program, that includes different types of physical activities and sports and also provides important information about their overall health, helps in creating well-informed pupils. A well-balanced and all-round physical education class helps to create responsible adults who know the importance of a healthy lifestyle.

Concluding, Greensborough College introduces an extensive range of sports in the PE Curriculum along with the extra curricular team and individual sports activities, that are all enhanced through interschool collaboration and competition with other schools. Due to the dedication of our staff promoting these sporting pursuits, this helps our students develop organisational, leadership skills, their independence and confidence.

Tonight marks the return of our third group of snow campers. Each group was treated to amazing weather and some excellent conditions on the slopes. Special thanks must go to Paul Coleman for facilitating all three camps, as well as Kevin Williams (Miss Williams' dad) and Andrew Campbell (Ms Campbell's son) for volunteering to come along on camps 1 and 2 to lend a hand tutoring our beginner skiers and snowboarders. A great time was had by all students and staff involved and we look forward to next year's snow season already!

Miss Felicity Williams



Mrs Dimitra Matheou & Mrs Sharyn Campbell
Assistant Principals

YEAR 8 GIRLS HOCKEY ROUND ROBIN RESULTS



On Wednesday, 19th August, 13 Year 8 Girls travelled all the way to the Footscray Hockey Club in Yarraville ready to defend their title as last year's champs of the Hockey Round Robin.

Although our girls dominated in their first match against Viewbank, they were not able to stop

one goal from getting through in the final few minutes and lost 0-1. Having warmed up, the next match against Macleod was a good way to get their spirits back up, winning easily 7-0. Their final match against Diamond Valley was equally one sided, with Greensborough winning 8-0.

Although, two out of three matches were won by Greensborough, the girls did not make it through to Northern Zones, despite hoping for a re-match with Viewbank! Still, they had a lot of fun and are really working great as team. Well done on improving your team work girls!

A big thank you to our coaches:

Leanna Green and Lauren Sugg from Year 10 for their support on the day, and Miranda Donohue-Edwards and Jessica Khoury of Year 9 for their early coaching.

Well done to all the girls, they all played brilliantly:

Mel Turl (#4), Keeley Moore (#6), Ashley Cunningham (#7), Tori Marcon (#8), Ruby Dowling (#9), Kara Church (#11), Ashlea Melnikas (#12), Amy Brook (#13), Vanessa Lacock-Smith (#14), Jacalyn Brooks (#15), Imogen Bailey (#16) and Goal Keeper – Steph Luttick.
Go Greensy!!

Ms. Stella Ramos
Yr 8 Girls Hockey Team Manager

PARENT OPINION SURVEYS

The use of opinion data monitor school performance is a very important step towards our school the best it can possibly be. In recent years, we have conducted annual and anonymous opinion surveys for staff, children and parents and use the information gained to drive school improvements.

We have randomly selected families and will be sending them out on Monday 24th August. We ask that these families **return the completed surveys** to school by **Friday 28th August to the General Office.**

Please be assured that your responses are totally confidential, the sealed return envelope will not be opened at the school.

Thank you for your co-operation.

John Conway,
PRINCIPAL

GREENSBOROUGH COLLEGE 2009 FOOTY DAY



CELEBRATING MEAT PIES, COLD WINTER MORNINGS, AND THE PIG SKIN

I awoke on Tuesday morning, apprehensive but confident of a successful day. Although the weather forecast had been somewhat dire initially, the weather bureau had again deceived the public as the Football God (Gary Ablett Snr.) ushered in a sunny sky and a beautiful spring morning. What could possibly go wrong?

I grabbed the Cats scarf and guersney, chewed down some Rice Bubbles, centred myself with some organic Japanese green tea, and popped in the car for the journey to work, or should I say play?

I met my Motivators 'R' Us class, who would burden all responsibility for the day. Sure, I would dot the i's and cross the t's, but this day's success would be based entirely upon the willpower and courage of the students. I thought to myself, if this goes really well I shall take all credit, if things go belly up then I will simply explain it as being a learning experience for the year 10s that I had initiated. I couldn't lose. Genius!

The wheels of motion were switched on like a well oiled machine; balls need to go here, tackle bags will be placed over there, has anyone seen Ray?

By 10.30 the assessment was simple, the students were performing beautifully, activities were engaging and free flowing, and most importantly no one had yet sustained a season ending knee reconstruction. Gee, that must hurt! But the challenge awaited as we were hit like an Ali jab by 300 carnivorous Year 8 and 9 students. Crazy times!

Between recess and lunchtime many of the Motivators R Us students learnt a deal about patience, anger, frustration, authority, and respect. This experience was one that I thought would happen. They learnt a lot about teamwork, communication, patience, strategy, as the year 8 and 9 students provided them with some unique challenges. Thanks to the Year 8 and 9 students for participating in my little experiment. You were a wonderful sample group.

Lunchtime saw a sausage sizzle bonanza, some end to end kicking, and a display of football greatness. The staff team again outplaying their younger year 12 foes, delivering a football lesson matched only in sporting history by the whipping that the Mighty Cats forged in 2007. Although no official score was kept, it was obvious to all who witnessed the game that it was indeed another massacre. The staff team again victorious and nobly humble in victory. Mr Higginbottom was the game's greatest player.

My afternoon was serene as I watched the seeds of my creation grow into an abundance of Northern Red Oaks. The students were indeed running the show and taking responsibility for the day. I felt like a proud father watching his son pitch in the Little League World Series. Grab me a Kleenex. A highly successful day had come to an end. A day that I would be given great credit for, even though all credit should go to the Motivators 'R' Us class who did all the hard yards.

Mr Aaron Priest, PE Co-ordinator

STUDENT WELL BEING Cyber Safety Information

<http://www.netalert.gov.au/>

(Australian Government: Protecting Australian Families on-line)

<http://www.cybersmart.gov.au/>

(Australian Government: **Cybersmart** provides activities resources and practical advice to help [young kids](#), [kids](#), [teens](#) and [parents](#) safely enjoy the online world.)

<http://www.bullyingnoway.com.au/> (developed and managed by all Australian education authorities for use by Australia's Government, Catholic and Independent school communities.)

<http://www.headspace.org.au/>

<http://www.friendlyschools.com.au/>

<http://www.education.vic.gov.au/management/elearningsupportservices/www/classroom/cyberbullying.htm>

<http://www.mindmatters.edu.au/default.asp>

<http://yp.direct.gov.uk/cyberbullying/>

<http://au.reachout.com/find/articles/cyberbullying>

<http://www.iness.com.au/index.html>

SRC –DAFFODIL DAY

As part of the SRC Fundraising efforts for Term Three, the SRC are organising an out of uniform day to coincide with the **Cancer Council's Daffodil Day on Friday August 28th**. The money raised provides vital funds for cancer research, education and support services.

Although traditionally the idea is to wear yellow for Daffodil Day, the SRC members have agreed that this is not mandatory, but all students must remember the usual out of uniform dress code, ie. no thongs, no offensive T-shirts, no extra piercings beyond what is normally accepted.

A gold coin 'donation' is required for all students who are out of uniform, but there is also an opportunity for students to purchase merchandise from the general office for Daffodil Day.

On sale are: toy bears (\$5), pens (\$1), wristbands (\$2) and pins (\$3) and these can be bought either before or after school or during lunch and recess.

Ms Catherine Finnigan, SRC Co-ordinator



10B's 'Romeo and Juliet' poem

Two fighting families, Capulet and Montague
Two people fall in love, they didn't know who
Bloodshed in the streets
No-one retreats

They spy each other across the hall
Late in the garden, he dares to call
The promise they make that night
Causes a rush to the chapel and a few days of
delight

Capulet party had been crashed
Romeo is the person Tybalt wanted to bash
Romeo and Juliet see each other
Decide to get married to one another

Romeo asks Friar Lawrence to marry them
They rush to the church and go to confession
After they get married they consummate
Oh yeah baby! I can't wait

Where Mercutio lies so does Tybalt
While Romeo might as well join them
Before he goes they make their marriage complete
Because they know they may never meet
A pair of star-crossed lovers take their life
Juliet drinks her false death to Romeo's tomorrow
Romeo finds her tomb where Paris stands in sorrow
Romeo finds his wives dying body,
He drinks to his demise
Juliet awakes to find horror
The person to blame is Friar Tuck
He would have delivered the letter faster in a fire
truck

Romeo and Juliet's death
Brings a new beginning
To a violent end
And a silent blanket of peace
Covers Veronas fine morning
The feuding is over

Written by 10B



**STUDENT
ABSENCES MAY
BE REPORTED VIA:
SMS ON: 0429 662 367 or
9433 2699 and leave a
message**

COLLEGE MAGAZINE

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