American poet Ogden Nash wrote “A family is a unit composed not only of children but of men, women, an occasional animal, and the common cold”.

Is it really “Common”, or is your body maybe trying to tell you something? We may never know the answer, but we do know that statistics show that an adult can expect at least 2-4 colds a year, and a young child about 3-8 colds a year. So with the winter chills nipping at our heels it is inevitable that most of us will catch at least one cold during the next few months.

So what are the symptoms to look out for and is there a “miracle” cure. Most colds will begin with a runny nose, watery eyes and a scratchy sore throat but each virus is different, and will affect each of us in a different way. Other symptoms may also include headache, fever and muscle aches and pains.

Medical history tells us that colds are caused by a virus’ and therefore taking antibiotics is of no benefit. There is no immunisation, there is no cure, however, the symptoms are manageable.

Probably the most important things to remember when you have a cold, or in fact any illness is to rest, drink plenty of fluids and have a healthy diet and although it is cold outside some fresh air can be beneficial.

Paracetamol in recommended dosages is good for relieving fever, headache and general aches and pains and there are numerous over the counter medications that are best discussed with your local pharmacist who will advise you which one is right for you or your children.

Most of us have our own remedies, or remedies carried down from generation to generation, either way we have all heard of something that is said to keep the common cold away. Preventers and other remedies are normally in the form of a vitamin or supplement and I say if it works for you and it is safe, take it.

There are a few simple things we can do to prevent the spread of colds throughout the school and wider community. Since colds are spread by coughing, sneezing and direct contact, we should all;
Use tissues and dispose of them immediately.
Cover your mouth when you cough and sneeze.
Wash your hands regularly.
Stay away from school or work when your symptoms are at the worst – if you need paracetamol to get you through the day you probably should be home resting.

Most colds will resolve in about a week with little intervention but always remember that if your symptoms don’t get better or they seem to be getting worse, always consult your doctor.

Louise Hunter - College Nurse

COMMUNITY NEWS

NEWS FROM THE PARENTS AND FRIENDS ASSOCIATION

If you were the recipient of a beautiful Mother’s Day gift, you will know what a wonderful job our Mother’s Day stall team do each year. Our sincere thanks goes to Dara Lazic, Christine MacDonald, Nadia Faccin, Teone Smith, and Ingrid Wilson. If you see them around, give them your thanks.

You should have received home a [flyer for our first aid course](#), running on Thurs 30th May and Thurs 6th June. Receive the equivalent of a level one certificate (the name of the course has changed) for only $85.

We have a growing list of parents who opt to receive an email every few weeks explaining what jobs they can do to use their parent participation points. Email me if you’d like to join the list: [Sally.agostino@pvcc.vic.edu.au](mailto:Sally.agostino@pvcc.vic.edu.au)

Sally Agostino - Community Development Officer

Before and After School Care promotes a healthy and active lifestyle, encourages friendships and supports children to develop new skills – all while having fun!

The program combines active games with planned and unplanned quiet time, homework time and a healthy snack.

Led by enthusiastic, trained and educated Camp Australia staff.

How to get your kids involved:

To find out more about hours of operation, fees or to register your kids; simply:

a. Go to the following registration page and follow the prompts

b. Contact the Camp Australia Customer Service Team directly on 1300 105 343.
A Manningham-Nillumbik discount coupon booklet was donated to PVCC and will be distributed to families free of charge.

WINTER IS COMING
Not that we ever believed it was passing us by this year but the weather has become less predictable and turned towards the blustery days we experience in a rural aspect. Children are encouraged to wear both their jumper and wet weather jacket. Jumpers are for classrooms and jackets are for the playground. Classrooms are kept at the recommended 20-22 degrees during winter but playgrounds require an additional layer for windy, cold conditions. Approved navy beanies, scarves and gloves are available from the uniform shop to equip children who feel the cold. Please name them clearly.

STUDENT ILLNESS
Inevitably students will succumb to winter colds and viruses and we ask that you prepare well ahead and arrange for your emergency contact details to be updated. Please make these arrangements to be firmed up before the emergency occurs. Emergency contacts will be contacted in the event of a sudden illness when you cannot be immediately available to care for your sick child. Please ensure sick children are kept home to minimise cross-infection for others and for their well-being and ability to recover.

NAPLANS
Our college conducted the NAPLAN testing procedure this week but results available to parents will not be released until early October. Remembering that NAPLAN is only one of many testing and assessment processes for your child in a given academic year, we look forward to the release of a teacher structured and supervised testing report which will be sent home on the last Thursday of this term. This mid-year assessment of your child will form the basis for the Student Led Conferences provided early term 3.

OPEN DAY
Next Tuesday, 21 May we look forward to the visit of many parents, grandparents, aunts, neighbours and friends to visit the classrooms of our students to watch what happens there. Your program of offerings is now on the website for your information. We hope to see you inside our classrooms at any time between 9am and 12:30 for an insight into the real, live working classrooms where our students engage with their teachers and friends. Please find our Open Day brochure attached to this link to make your choice of activity.

P-2 CONCERT
Practices are well on the way and we are looking forward to the event at college on the 20th of June at 2:30 pm. Our Mini-Concert will be videoed...
for anyone unable to attend at that time. Friday, 31 May will be a dress-rehearsal day when all students from P-2 are asked to wear “street clothes” that day to trial how these can be turned into a costume for the performance by the addition of some simple props and trimmings. Years 3-6 Concert will begin to take shape when Mrs McMurray returns later this term.

WINTER PLAYGROUND RULES
Please review with your active winter-sport-playing students that our college plays a no-contact form of football during winter in the playground. Whilst students are with a teacher in a competitive sporting situation they know that strict contact rules apply and they are required to respond to the umpire in charge. In the playground, students need to fully appreciate no-contact means that clothing and body parts are expected to be left intact. Refusal of students to adhere to this requirement means they will be removed from the playground for their protection and the safety of others. Unfortunately the data on serious injury for young students in contact sport is not encouraging and we ask you to be aware of this unnerving trend. Our college views this advice as a mandatory requirement.

P-2 CHAPEL
On Friday 17 at 2:00 pm the Prep to Two students will attend Chapel with Mr Buijs in the Drama Room – 64/65 in the secondary school – our former assembly room. You are welcome to attend and hear the message and share in the celebration.

ASSEMBLY THIS WEEK
Years 5-6 have their assembly in the Conference Room on Friday, 17th May at 2:30 pm and our topic this week is CURIOSITY. Joshua and Helayna will lead the assembly. Year 6B present their Learning Presentation. You are welcome to attend this event.

NEW EDUCATIONAL ASSISTANTS
We introduce and welcome two new educational assistants to the Teaching and Learning Unit, coordinated by Sandra Sartor. Kerryn Malone and Karen Freeman will be assisting children within classrooms to provide additional support in place of Clare Pepper who resigned last term. We are looking forward to the input and assistance from these experienced parents who are keen to find ways to supplement and support classroom programs under the supervision of the classroom teacher.

Barbara Adams - Head of Primary

LOTE/FRENCH NEWS
Students in years 3 – 6 are at present preparing their poetry for recital. The year 3 students will be presenting to Monsieur Langford, and the years 4,5 and 6 students to the “examiners” from the Alliance Française. The date for the years 4-6 students is Monday 20th of May and the year 3’s will be around that time. The text of their chosen poem can be accessed on the school intranet, and there is a soundtrack as well to assist in improving their pronunciation. If they can listen to this several times a week it will aid both memorisation and accent. We wish them good luck as they prepare.

We will also be celebrating LOTE WEEK, between Monday 20th of May and Friday 24th of May. The timetable of events will be displayed on the windows of the LOTE room, as well as here. The French captains, Catherine and Ryan, have been busy last term helping me prepare for this week, so thanks to them especially.
<table>
<thead>
<tr>
<th>Date</th>
<th>Level</th>
<th>Class Time</th>
<th>Level</th>
<th>Lunchtime</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 May</td>
<td>4,5,6</td>
<td>Poetry Competition</td>
<td>xxxx</td>
<td>xxxxxxx</td>
</tr>
<tr>
<td>21 May</td>
<td>5</td>
<td>Cooking</td>
<td>Prep,1,2</td>
<td>Pétanque tournament</td>
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<tr>
<td>6</td>
<td></td>
<td>Pétanque competition</td>
<td></td>
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</tr>
<tr>
<td>22 May</td>
<td>3</td>
<td>Poetry Competition</td>
<td>5,6</td>
<td>Novelty races</td>
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<tr>
<td>1</td>
<td></td>
<td>Film: “The red balloon”</td>
<td>All levels</td>
<td>Film</td>
</tr>
<tr>
<td>4</td>
<td></td>
<td>Film: Astérix</td>
<td></td>
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</tr>
<tr>
<td>23 May</td>
<td>2</td>
<td>Film: Tintin</td>
<td>3,4</td>
<td>Eiffel Tower building</td>
</tr>
<tr>
<td>24 May</td>
<td>xxx</td>
<td>xxxxxx</td>
<td>All levels</td>
<td>Dress up competition</td>
</tr>
</tbody>
</table>

During the week the French captains will be running a colouring-in competition for the Prep classes – they will visit the classes beforehand to distribute sheets and details. They have also prepared a French quiz which we will squeeze in somewhere.

The Dress up competition this year will have the judges looking favourably on a colour theme e.g. Le chaperon rouge (Red Riding hood), Le ballon rouge (The red balloon), Le petit garçon bleu (little boy blue), The French flag (blanc, bleu et rouge), La grenouille verte (the green frog). to get you started!

More suggestions will be given in class and students can still choose their favourite French character or historical figure.

**Monsieur McMahon**

**Primary Art & Music Excursion – Grade 6**

An excursion has been arranged for the Year Six students to Soundhouse and the Digital Hub at the Arts Centre and the Ian Potter Gallery in the city on **Tuesday 21st May**. Students will be leaving the school at 8.45am and returning to school by 3.20pm. They are expected to wear full school Winter Uniform and bring their own morning tea and lunch. There will **not** be an opportunity to buy food.

**Jennifer Lewis - Primary Visual Art Specialist**

**PRIMARY MUSIC NEWS**

The Litter Muncher

Mini Musical Presentation

By Preps-Two

Our mini musical is well under way with practices, costumes and props being made. The children are looking forward to presenting to their parents, grandparents, and friends.

A reminder that the date is Thursday 20th June 2.15pm in the school gym.

Tickets for this event will be offered in a few weeks’ time. We are asking that you purchase a family ticket for $5 that would cover 2-3 adults and any small children. If you have more adults in your group wanting to attend we ask that you purchase more than one ticket.
A cup of tea is being arranged to enjoy after the presentation, while the children return to their classrooms to change out of their costumes before going home.

*Julie Macdonald*

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**FROM THE HEAD OF SECONDARY**

This week, I have become acutely aware of the short time that exists before our current Year 10s embark on their Work Experience / Mission Program. My own involvement in the Timor Leste Tour has meant visits to the doctor and ruminations about what I need to take! This year, we have an exciting opportunity to include in our program, a local Melbourne Mission. This local program is very encouraging, as it not only provides a great opportunity for our students to have a similar experience at a reduced cost, but the College has always had a vision to involve ourselves locally, nationally and internationally with our Mission Program and I thank Mr Buijs for his work in exploring and developing this option. One of our main goals in educating our young people is to prepare them for service to our community and both the Work Experience Program and our Mission Tours do this very effectively for our Year 10 cohort.

In the last week of the term, our Year 9 students will also be out assisting the community and learning about life, specifically in the area of volunteer work. Some will venture off to Wollangarra, whilst others will be increasing their understanding of the role of volunteers, particularly alongside those sections of our community who are more vulnerable or disadvantaged.

I am proud of our College’s commitment to these programs. The learning experiences are un-matched in the classroom and I encourage you to commit both the programs and our students to regular and specific prayer over the coming weeks for quality outcomes and the extension of His work.

Of course, immediately prior to these activities, both these cohorts, and our Year 11s will be undertaking their mid-year examinations. The dates for these have been published. Students have already been introduced to material that encourages good planning for their exams and I trust that you will support them in their preparation.

**Open Morning**

Our second College Opening Morning will be on Tuesday, May 21st. We will be specifically looking at new enrolment interest for Year 7 in 2015, but are always interested in any families from our community who feel they would like to explore education at Plenty Valley at whatever year level. Our current community is our best advertisement and I thank our students for continually representing Plenty Valley to the highest level. I encourage you to advertise the date amongst your friends.

*Rod Ramsay – Head of Secondary*
NEWS FROM THE CAREERS OFFICE

This week’s Careers News has up to date information from the tertiary sector about their courses as well as information about cadetships. Please take note of Dates to Diarise.

As always, please contact me on susannah.ciardulli@pvcc.vic.edu.au if you have any queries or questions.

Click here for the latest edition of Career News

Susannah Ciardulli - Careers Advisor

Music Matters

It is good to praise the Lord and make music to your Name. Psalm 92

We are heading into Recital Season and are looking forward to seeing our talented young musicians perform and share their gift of music. The Secondary Autumn Recital will be held on Monday 27th May and the Primary Winter Recital will be held on Tuesday 18th June. The venue for both events is All Saints Church, Church St Greensborough. The evenings will begin at 6.45pm and there is a $5 donation per family at the door. We look forward to seeing you there!

Jo Roberts - Director of Music

NEWS FROM THE UNIFORM SHOP

UNIFORM SHOP HOURS FOR NEXT WEEK

Monday 20th May 12pm - 4pm
Tuesday 21st May 8am - 2pm
Thursday 23rd May 12pm - 5pm

Please note that the WET WEATHER JACKETS have arrived. If you have pre-ordered one, it will need to be picked up within a week.

SCARVES have also arrived.

Our direct telephone number is 9717 4996

Lydia Ross
NEWS FROM THE CANTEEN

Parent assistance is valued in the Canteen. If you are able to help, please contact the Canteen on 9717 7400. If you are ever in the school during recess (10.40—11 am) or lunch time (12.40—1.40 pm) another person or two to help with serving would be greatly appreciated. **All work in the Canteen can be counted towards Parent Participation Time.** Dads and grandparents are most welcome too!

**Note:** Due to Health Regulations, space and safety reasons, we are unable to accommodate any children in the Canteen.

Wendy Gregory (Ph:5783 1643) OR Denise Robinson (Ph: 9716 1257)

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**Laurimar Craft Workshop**

**Wednesday**

**22nd May**

Click here for more info
**PROVIDE BASIC EMERGENCY LIFE SUPPORT**

**HLTFA211A**

**LOCATION** | **PLENTY VALLEY CHRISTIAN COLLEGE**

**CONFERENCE ROOM**

**DATE** | **THURSDAY 30TH MAY AND 6TH JUNE 2013**

**TIME** | **6.30 – 9.30 PM**

**COST** | **$ 85.00 PER PERSON**

**TOPICS INCLUDE**

- DRSABCD
- CPR
- CHOKING
- BLEEDING
- SHOCK
- CHEST PAIN
- ASTHMA
- ANAPHYLAXIS
- AND MORE...

For full course details:

[WWW.SAFETYFIRST.COM.AU/PROVIDE-BASIC-EMERGENCY-LIFE-SUPPORT/ AND CLICK ON COURSE DETAILS (PDF File)]

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**PERFORM CPR**

**HLTCPR211A**

**LOCATION** | **PLENTY VALLEY CHRISTIAN COLLEGE**

**CONFERENCE ROOM**

**DATE** | **THURSDAY 30TH MAY**

**TIME** | **6.30 – 9.30 PM**

**COST** | **$ 40.00 PER PERSON**

**TOPICS INCLUDE**

- DRSABCD
- CPR
- CHOKING
- AND MORE...

For full course details:

[HTTP://WWW.SAFETYFIRST.COM.AU/PERFORM-CPR/ AND CLICK ON COURSE DETAILS (PDF File)]

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**BOOKINGS ESSENTIAL:**

**CONTACT KMR TO CONFIRM YOUR POSITION TODAY!**

P | 9718 1733 Email | safetyfirst@safetyfirst.com.au

Payment can be made by Cheque, Cash, or Card on the Night

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**TRAINING YOU TO MAKE A DIFFERENCE**

P|F 03 9718 1733 | safetyfirst@safetyfirst.com.au | www.safetyfirst.com.au
Enrolment for Prep and Transition to Year 7

Prep students are admitted via an initial interview. In October—November, through an orientation process over four sessions, a collaborative decision is made about the school readiness for each child.

Enrolment occurs via an interview with the Head of School supported by academic and personal references. After the enrolment decision, you may be offered a place for your child if one currently exists in the appropriate year level. Alternatively, you may be offered a waiting list position.

For transition to Year 7, the academic and social progress of each student is reviewed to ensure that college and family goals are still sympathetically aligned.

Christian perspectives are incorporated into all aspects of the curriculum and the practice of Christian values is an integral part of student and teaching life at the college.

Enrichment Activities for Learner Challenges

MUSIC PROGRAM

The Primary School campus has a weekly music program with a qualified specialist teacher. Optional membership of choirs and performance groups are available for interested or gifted students. Individual music lessons can be provided by arrangement with Ms. Jo Roberts, Head of the secondary Music Faculty.

PHYS ED PROGRAM

Students participate in an active weekly physical education program and from Years 3—6 learn major games for participation in interschool sport within the Diamond Valley Primary Schools Sports Association. House sports are conducted in Cross Country, Athletics and Swimming.

CREATIVE PLAY

With an additional room provided to preps this year we have commenced a Creative play program for them to enhance their independent thinking skills and social interaction skills.

INTEREST CLUBS

Photography, Calligraphy, Kelly Sports After-School and Gardening Club speciality groups provide opportunity for challenge to active minds and bodies.

CHAPLAIN

Mr. Rohan Bijuis, the college Chaplain, provides support to individuals and Chapel Services throughout the year for primary and secondary students.
Primary School Curriculum

"In Christ: Wisdom and Knowledge“ Col.2:3

2013 PROGRAM FOR CLASSROOM VISITS

9:00 Year 1B Art session
    Year 1M Music session
    Year 5C M French
    Year 4P Spelling/English
    Preps PMP & Numeracy
9:55 Year 3F Phys Ed
    Year 5C French
    Year 2T Literacy Groups
    Year 4N Numeracy groups
    Year 2I Literacy through iPads
11:05 Year 4N Music
    Year 2I Physical Education
    Year 4P Art session
    Year 1B Literacy
    Year 5C Library session
    Year 3F Unit of Inquiry
11:50 Year 4N Music session
    Year 2T Physical Education
    Year 1M Unit of Inquiry
    Year 5CM Literacy session
    Year 3B Numeracy

IBO PRIMARY YEARS PROGRAM The primary school became authorized as an accredited IBO school in 2011. Accreditation of learning proficiency and effectiveness is undertaken by international teaching experts.

Over the course of their Prep to Year Six, students access forty–two highly developed Units of Work which incorporate key learning areas of science, geography, history, technology, personal and social education, biology and ecology.

Units of Work are structured using the framework of the International Baccalaureate’s learner profiles and attitudes through a Guided Inquiry methodology.

Reporting to parents occurs through information nights, open days, informal discussion, parent-teacher briefings, student-led conferences and twice-yearly written reports from each student’s class and specialist teachers.

Excursions, incursions, school camps, visiting speakers, student-led conferences, choirs and primary band all provide opportunities to enrich an integrated language approach to all learning outcomes.

OUT OF SCHOOL HOURS CARE operates during the school term and is provided by Camp Australia. Register online: campaustralia.com.au

MATHEMATICS Our Mathematics curriculum is characterised by active learning through integrated media software and differentiated classroom instruction. Attendance at regular training workshops ensure teachers deliver a comprehensive Maths program. Talented students are encouraged to participate in school, state and national mathematics competitions.

ENGLISH & LANGUAGE Beginning at Prep, students are taught an integrated, whole-language approach to reading, writing, speaking and representing their language. Using the Early Years literacy materials and Benchmarks, language is integrated into the framework of the Primary Years Program of the International Baccalaureate.

Students participate in an annual Public Speaking completion from Years 3–6 and a Primary School Musical every second year.
Busy fingers are required for a new initiative to help the people of Dunalley, Tasmania move forward after bushfires destroyed their homes and livelihoods recently in January. It’s a healing process for everyone, so many of us are still recovering and it’s a wonderful feeling to reach out and help others in need. We’ve been living with the aftermath of the fires for four years, their journey is just beginning. It’s the personal things that leave the greatest impression. All Community houses & groups partaking in these workshops are gratefully donating their time & facilities to allow these workshops to happen.

**Laurimar Craft Workshop**

*Wednesday 22nd May*

9.30am - 12.30pm at
Laurimar Community Activity Centre
with The Hive Craft Group

Come and learn a new skill, meet people, have fun and create something wonderful for the people of Tassie.

No experience necessary, absolutely Everyone Welcome!

There will be knitting, sewing, quilting and appliqué cushions to be made.
Absolutely No experience required.
Your enthusiasm is all that's needed!

For more information,
Please ring Kirrily  0437 817 446

**Connect** is a Proud Initiative of **Kinglake Ranges Arts Alliance**

admin@kinglakeartsalliance.com.au  Lee McGill  0427 001 031