



COMING UP

Monday 25 March	EISM Swimming Champions
Monday 25 March	Prep - Year 2 Swimming start
Tuesday 26 March	Student Free Day K-12 Parent Teacher Interviews
Wednesday 27 March	Preps @ school
Thursday 28 March	Secondary Parent Teacher Interviews
Thursday 28 March	Prep - Year 2 Swimming
Friday 29 March	Prep - Year 2 Swimming
Friday 29 March	Primary End of Term Assembly @ 2:30pm
Monday 1 April	Prep - Year 2 Swimming
Tuesday 2 April	Prep - Year 2 Swimming
Mon-Fri 1-5 April	Year 6 Camp
Mon-Wed 1-3 April	Mission Camp
Wednesday 3 April	No Preps @ school
Wednesday 3 April	PYP Info Night
Thursday 4 April	Prep - Year 2 Swimming

EDITORIAL

I have some wonderful learning opportunities in my role at PVCC and most recently, I attended a professional development day lead by Associate Professor of Psychiatry, Michael Gordon from Monash University.

Michael was talking to us about various developments in the area of anxiety and its outworking in school refusal, self-harm and other issues. I was struck by the enduring principles that underlie the best approaches to managing and treating such disorders, many of which rely strongly on parenting tools.

Michael gave us his top tips for parenting – which I now share with you.

12 Golden Rules of Parenting

1. Red apple – green apple
2. Parents need to talk to each other *AWAY* from the child; agree on their approach and *THEN* meet the child together. *Don't share your working out!*
3. Parents need to be calmer than the child – always. The first pulse you take is your own.
4. Consequences v punishment. Find the balance between love and disciplinary action.
5. Parenting needs to be a guilt free zone.
6. Rights and responsibilities – the Child has rights and responsibilities in equal measure (not more of one than the other).
7. Parents need to *FOLLOW THROUGH* with what consequences they have both agreed to and told their child.
8. Pick your battles.
9. Tag team parenting.
10. Be present for your child.
11. Imagine the situation from the child's perspective.
12. No screen time after 10pm and all screens on the kitchen bench for charging overnight.

A few of these tips might need some further clarification and I am more than happy to talk with you further if you are interested.

As we work together in partnership, it is important that we each fulfil our distinct roles and responsibilities. We also know that parenting is a tough gig! Parents are vital in a child's life – that's why God put children in families. As a school, we want to encourage you in this most precious responsibility.

It is interesting to me that these "rules", that come from an expert who works in the field, are very much in line with the principles that God has given us in the Bible. The scriptures are full of helpful advice about child rearing – crossing cultural and physical boundaries.

Proverbs 22:6 says "Train up a child in the way he should go, even when he is old he will not depart from it." Proverbs 19:18 says "Discipline your son while there is hope and do not desire his death"; Proverbs 29:17 "Correct your son, and he will give you comfort, He will also delight your soul"; while 1 Timothy 3:4 says "He must be one who manages his own household well, keeping his children under control with all dignity" and even Colossians 3:21 "Fathers do not exasperate your children, so that they will not lose heart".

Parenting is a big task with an even bigger reward - family. Our Father God in Heaven is the ultimate expression of a parent and so as we join together in the education of children, may we work in line with the principles of the Father who first loved us.

Lily McDonald

Deputy Principal



COMMUNITY NEWS

PVCC Parents Prayer Group



As parents we entrust our children's education to the school and the teachers, but we choose PVCC strategically for the Christian worldview and nurturing environment. We desire for the best for them and realize that prayer forms a part of that. So we pray !

The parents' prayer group meets roughly fortnightly while school is on, and we pray wherever the spirit is leading. There is lots of stuff going on in the school, in all sorts of different places from the strategic, high level stuff to the small stuff in the playground, and our desire is to earnestly be aligned with God's heart and praying His will into the school. Come join us if you're likeminded.

Venue: the Conference room (next to the general office)

Meeting dates for Semester 1:

April 4 th 7:30pm	May 2 nd 7:30pm	May 16 th 7:30pm
May 30 th 7:30pm	June 13 th 7:30pm	June 27 th 7:30pm

Chris Griffin is the parent coordinator. For any questions please email Chris on pe_chris@hotmail.com

RELAY FOR LIFE

After last year's success of the first PVCC Relay for Life, the event is going to be run again Friday, April 26th on the main school oval from 3.20pm until midnight. Members of the college community have historically been involved in supporting/attending the Cancer Council's local Relay For Life. Its cancellation has led the college senate to host our own event in order to keep the tradition of commemorating those we know who've battled or are battling cancer.

The event captures the essence of the Cancer Council's locally run Relay For Life in that those who attend walk laps around the oval for as little or as long as parents and students are inclined. While the event runs for the whole night we don't expect you or you child to attend the event in its entirety. Throughout the night, there will be music, activities suitable for people of all ages and food sold for fundraising. All proceeds will go to the Cancer Council to allow people to do cancer research.

Tickets and other contribution information can be found at www.trybooking.com/BBEPC

We hope to see you and your family at the PVCC Relay For Life for a night of fun, unity and commemoration!

PVCC Senate



The poster features the Plenty Valley Christian College logo at the top left, which includes a stylized cross and the text 'Plenty Valley CHRISTIAN COLLEGE'. To the right of the logo, the words 'relay for life' are written in a large, orange, handwritten-style font. Below this text is an orange silhouette of a running shoe. On the left side of the poster, the phrase 'HOPE LIVES HERE' is written in bold, white, uppercase letters. At the bottom, the event details are listed: 'Friday 26th April', '3pm-Midnight', and 'PVCC Main Oval'. A call to action reads 'All PVCC students, families and friends are welcome!' followed by 'Make sure to register at www.trybooking.com/BBEPC'. A final orange banner at the bottom states '\$15 early bird prices are available online now! Save \$5 each!'.

HOPE LIVES HERE

relay for life

Friday 26th April
3pm-Midnight
PVCC Main Oval

All PVCC students, families and friends are welcome!

Make sure to register at www.trybooking.com/BBEPC

\$15 early bird prices are available online now!
Save \$5 each!

PRIMARY SPORT

Walk-A-Thon

On Tuesday March 5th, students in years Prep, 1 & 2 took part in the Walk-a-Thon! The students walked or ran as many laps of the top oval as possible to earn their House points. The students received one House point for every lap and after they were tallied up.... the winning House was announced at the assembly or see the table below.

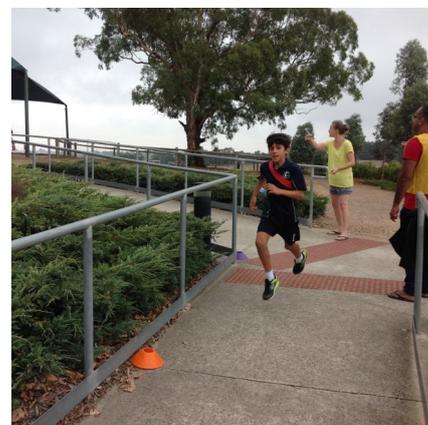
	RED HOUSE Schipers	YELLOW HOUSE Crichton	BLUE HOUSE Meers	GREEN HOUSE Upton	Class Total
Prep L	26	14	18	20	78
Prep S	31	18	24	11	84
Prep C	9	19	27	23	78
1/2 B	42	39	25	12	118
1/2 F	14	33	18	57	122
1/2 M	46	44	16	21	127
Total	168	167	128	144	607
TOTAL DISTANCE OF ALL LAPS: 242,800 m or 242.8 Km					

Congratulations to Red House, Schippers who finished with just 1 more lap! A massive well done to 1/2M who did the most laps out of all the classes. Most importantly a huge round of applause for all the Prep, 1 & 2 students who managed to walk and run 607 laps on the oval in just 30 minutes. Which is 242.8Km or like walking from school all the way to Yarrawonga, near the border of Victoria! Great job everyone.



Junior House Cross Country

The Junior House Cross Country Carnival was on **Thursday March 21st**. This was a great opportunity for the students in Years 3-6 to test their physical fitness, as they have been practicing their longer distance running in Physical Education this term in preparation for the event. All students who completed the course earned points for their House teams and the results will be announced at the next assembly. Students with the fastest times from this event will be selected for the District Cross Country team, who will represent our school on Tuesday May 28th at Bundoora Park. Well done to everyone who participated and thank you to all of the parent helpers!



Early Years Swimming Program

All students in Years Prep-2 will soon begin their annual swimming program. This year the students will complete an intensive swimming program of 7 lessons during the last two weeks of Term 1. The lessons will be on the following dates: **Monday March 25th, Thursday March 28th, Friday March 29th, Monday April 1st, Tuesday April 2nd, Thursday April 4th & Friday April 5th**. Parents should have already been contact about helping, if you are unable to assist please contact your child's classroom teacher to make any changes.

Sally Donaldson

Primary Physical Education & Sport Coordinator

Outside School Hours Care - Camp Australia



Tuesday 26th March is a 
Bookings are now open for a student free day program.
Log onto your Camp Australia account to book.

View the [April holiday program here](#).



SECONDARY SPORT

EISM DIV 3 SWIMMING CARNIVAL REPORT

On Thursday March 14th , 50 keen Plenty Valley swimmers headed to Aquanation in Ringwood for the EISM Division 3 Carnival. We had come 6th very narrowly in Div 2 in 2018 and so were hoping for great things this year in Div 3!

And we were not disappointed!

The swim team had been training hard during our early morning training sessions at Diamond Creek pool and were expertly coached by ex-student Julia Tennent. Thank you Julia!

Plenty Valley finished 1st overall and swim captains Prue W & Ben T collected 3 trophies including the Combined Aggregate, the Boys' Aggregate and the Most Improved School!

En route to our carnival win there were some great individual & relay team results. Ryan C had a top day in the pool with 3 first places in the U14 boys' individual events (freestyle/backstroke/breaststroke) and a 2nd in the b/fly. Ryan swam together with fellow Year 8's Tristan W, Charles K & Isaac C and they gained 1st place in both the medley & freestyle relays. Ryan is the sole PVCC swimmer to be invited to the VSAC carnival! Congratulations Ryan!

Plenty Valley made a clean sweep of all the boys' medley relays which was a credit to all swimmers.

New student Charley M had a fantastic day too and finished with 1st places in the U15 girls' free & back and a 2nd in the U16 b/fly.

Winners and 2nd placegetters now go through to the Champions' Swim Carnival at MSAC on this Monday March 25th .

Many thanks to staff Lisa Watkins, Sune Burger & parent helpers Jeni Gregory, Esther Cathie & Shelley Parker! And also to our swim team who supported each other, barracked hard and thoroughly enjoyed their day.

1st place

U13 B medley relay – Nathaniel R/Ryan O/Delandt P/Hayden A

U14 B medley relay – Tristan W/Isaac C/Ryan C/Charles K

U15 B medley relay – Austin W/Aaron E/Jeremy A/Levi L

U16 B medley relay – Nick N/Josh J/Zach A/Oliver S



Open B medley relay – Max B/Ben T/Josh C/ Marnus P

Ryan C – U14 B Free/back/breaststroke

Charley M – U15 G free/back

Levi L – U15 B free

Nick N – U16 B back

Max B – Open B back

Aaron E – U15 B breaststroke

Ben T – Open B breaststroke

U14 B free relay - Tristan W/Isaac C/Ryan C/Charles K

U15 B free relay - Austin W/Aaron E/Jeremy A/Levi L

2nd place

Isaac C – 100m Open free

U13 G medley relay – Kayla P/Nina T/Gabby G/Jasmine T

U15 G medley relay – Ali B/Isobel S/Charley M/Sophie M

Delandt P – U13 B free/back/breaststroke

Nikola C – U14 G free/back/breaststroke/fly

Jeremy A – U15 B back

Mikayla C – U16 G back/breaststroke

Prue W – Open back

Charley M – U16 G b/fly

Josh C – Open B b/fly

U13 B free relay - Ryan O/Delandt P/Hayden A/Cody B

U15 G free relay - Ali B/Isobel S/Charley M/Sophie M

Open B free relay - Max B/Ben T/Josh C/ Marnus P

Multi-age G free relay – Jasmine T/Nikola C/Charley M/Mikayla C/Prue W

Multi-age B free relay – Delandt P/Ryan C/Levi L/Zach A/Marnus P

Head of Secondary Sport/Gym Manager



FROM THE CAREERS OFFICE

Welcome to this Week's Careers Newsletter. I have included some important dates for this term as well as some interesting information on defining some jobs of the future. **Also we have launched our new dedicated Careers website. Check it out at: www.careers.pvcc.vic.edu.au**

Important Dates:

- **Year 10 Work Experience – Monday June 24 – Friday June 28** (Placements to be finalised this term).
- **Year 12 Career Interviews this term.**
- **University Experience Days (various dates in Term 1 holidays)**

I am more than happy to assist students and parents. Please call the school or email me on helen.madden@pvcc.vic.edu.au to make an appointment.

The Careers Newsletter will be available fortnightly with lots of important information on courses, events and opportunities for career exploration as well as important dates for VCE students.

[CLICK HERE TO READ.](#)

Helen Madden - Careers Advisor

CANTEEN

All work in the Canteen can be counted towards Parent Participation Time. Dad 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.

Contact Wendy or Denise in the Canteen if you can help.

Have a look at the canteen menu online - [CLICK HERE](#)

Flexischools App

Flexischools have now released an app on both Android and iOS which makes the process easier than before. Just search for: 'flexischools' in the app stores.

<https://play.google.com/store/apps/details?id=com.flexischools&hl=en>



Flexischools
Flexischools/InLoop Business
3+
★★★★★ 17
This app is compatible with all of your devices.
Add to Wishlist Install



Online ordering is here!
The fast and secure way to order and pay online.
From your mobile, tablet or desktop:
Android Apple Windows

Our school now has a great online ordering system called Flexischools.

As well as being convenient for parents, online orders are faster and easier to process - so it helps to simplify everyone's day!



CASH FREE, HASSLE FREE

PAY ANYWHERE, ANYTIME

SAFE & SECURE

Take advantage of this convenient new service. Go to flexischools.com.au and click **register**.



flexischools

UNIFORM SHOP

Shop Hours:

Mondays	12:00pm - 4:00pm
Tuesdays	8:00am - 2:00pm
Thursdays	12:00pm - 5:00pm
First Saturday of the month	9:30am - 12:30pm

March 26th

Student Free Day & Parent Teacher Interviews

Please note that the uniform shop will be open from **12pm - 4pm** instead of normal trading hours.

The **uniform price list** and uniform policy are available on the [College Website](#).

Our direct number is: **9036 7354**

Lydia Ross

UNIFORM AVAILABLE **24 / 7**

DID YOU KNOW THE PLENTY VALLEY UNIFORM
IS AVAILABLE TO ORDER **on-line?**



HAVE YOUR UNIFORM POSTED TO EITHER YOUR HOME, OFFICE
OR CLICK & COLLECT FROM THE ON-CAMPUS UNIFORM SHOP



VISIT THE BOB STEWART WEBSITE
www.bobstewart.com.au

FOR MORE INFORMATION

LOST PROPERTY

Please mark all uniform items with a permanent marker. Named uniform items may be collected at the general office.



Plenty Valley
CHRISTIAN COLLEGE
In Christ: Wisdom & Knowledge

www.pvcc.vic.edu.au

840 Yan Yean Road
Doreen Victoria 3754

P: (03) 9717 7400

F: (03) 9717 7475

VISION STATEMENT

The vision of Plenty Valley Christian College is to be a learning community with the creative and responsive mind and spirit of Christ.



ENROL NOW FOR TERM 1 2019

TENNIS LESSONS
WHITTLESEA TENNIS CLUB
74 LAUREL STREET, WHITTLESEA

TERM 1 AUS OPEN SPECIAL!
FOR THE FIRST 10 NEW STUDENTS ENROL NOW & RECEIVE 30% OFF YOUR FEES & ALSO RECEIVE A NEW HEAD TENNIS RACQUET FOR FREE

WE SPECIALISE IN LESSONS FOR BEGINNERS

FOR MORE INFORMATION
TEL: 0425 831 666
WEB: WWW.TOPLINETENNIS.COM
EMAIL: INFO@TOPLINETENNIS.COM

TOPLINE TENNIS ANZ HOT SHOTS

dance power

COME & TRY
First lesson FREE

Dance like nobody is watching...

ANNUAL PERFORMANCE WITH NO COSTUME MAKING
Brand new leather dance shoes, tights & body stockings available

- Ballet
- Tap
- Contemporary
- Hip-Hop
- Jazz
- Cheerleading
- Boys Hip Hop & Breakin'
- Musical Theatre
- Drama & Singing

Visit our website www.dancepower.net.au
DANCE POWER at Laurimar Community Centre
25 Hazel Glen Drive, Doreen
phone: 0419 133 366 or 9438 5632 email: info@dancepower.net.au

MONTY BASEBALL CLUB

PLAY T-BALL OR BASEBALL!

Come and join the fun!

T-Ball Program

Friday nights, March 15 - May 31
6pm - 7:15pm

Malcolm Blair Reserve,
Karingal Drive, Greensborough

Rookie Ball, U-13/15/17

Saturday mornings, starting April

Registration nights

Friday 15 & 22 March, 6pm-8pm



GREAT FUN,
BE ACTIVE,
LEARN NEW SKILLS!
ALL EXPERIENCE
LEVELS WELCOME!

AGE GROUPS:
T-BALL: 5-8
ROOKIE BALL: 9-11
UNDER-13: 12-13
UNDER-15: 14-15
UNDER-17: 16-17

For more information, or to register,
contact **Ryan Jenkins** at
juniors@montybaseball.com.au
or on **0408 402 037**

www.montybaseball.com.au

www.facebook.com/montybaseball



School Holiday



Writers' Workshop

Does your child love to write? Would they love to join other young writers and develop their skills?

Designed for students, these sessions aim to develop writing skills, motivation and enjoyment of writing short stories.

Location: Eltham Library Multi-purpose hall

Date: Wednesday 10th April

Cost: \$30 per child

2 sessions only!

Book now, limited places available.

Session 1:
9am to 11am
Grades 5 and 6

Session 2
11.30am to 1.30pm
Year 7 and 8

Contact Mike by phone on 0430646330, or via [facebook](#) by searching "Writer's Workshop"

(Mike is a published writer, current teacher of Junior and Senior high school and has a B.Ed and M.Ed.)



Aussie Hoops is a fun, inclusive, structured introductory basketball program aimed at 5-10 year olds, with graded increases in competitiveness until participants are ready to transition into local WCBA competitions.

Wednesday's 4pm
Mill Park Basketball Stadium
TERM 2 - 1st May



To register for this program go through our website here at
Whittlesea City Basketball Association
and look for the
Aussie Hoops icon.



For further information please call the office 03 9404 1999 or email Natalie.pacers@wcba.org.au