

The Southern Star

Southern Cross Grammar

Principal

Mr Andrew Ponsford

Opening of the VCE Centre – some final reminders

Thank you to many families for your kind comments of positivity and support concerning our new building and we are pleased that a good number of you will see us at the official opening. It is important to stop and to recognise significant progress. And this is one such occasion that marks a special moment in our brief history.

I am delighted that our senior students will be in attendance to host the occasion.

Bullying. No Way! Activities

This week several actions were emphasised in support of the 'Bullying. No Way!' initiative. Here is a summary, which I hope is helpful family information that keeps you in the loop:

- You have a right to feel safe and be safe. Being bullied can make you feel miserable and powerless but things can change.
- Bullying affects each person in different ways. Common feelings include:
 - ashamed that this is happening to you
 - hopeless and stuck and can't get out of the situation
 - like it is your fault
 - alone, like there is no one to help you
 - like you don't fit in with the cool group
 - depressed and rejected by your friends and other groups of people
 - unsafe and afraid
 - confused about why this is happening to you
 - stressed about what to do.
- But, you're not alone and it's not okay. Watch [I've been bullied](#) (video) to see how other people who were bullied felt and how they changed things.

What can I do at school?

Your school has a responsibility to ensure you have a safe learning environment free from violence, harassment and bullying. It is in everyone's best interests to advise teachers and school staff so they can deal with it quickly and in doing so, address concerns and provide important support. Try:

- Watching Dr Michael Carr-Gregg's (Psychologist) talk about [what you can do](#) if you have been bullied.
- Read [What to do if you are being bullied \(PDF, 180KB\) \(RTF, 55KB\)](#) for bullying in person, or
- [Cybersafety for students \(PDF, 63KB\)\(RTF, 66KB\)](#) for bullying online.

Talk to someone

Telling someone shares the problem. It helps you feel supported. It's not dobbing or weak to tell someone. Bullying is not ok, ever!

It is really important to tell someone, particularly if the bullying has been going on for a while or the strategies you've tried haven't worked.

- Talk to your friends—they can help you tell a teacher or your parents or just to feel better.
- Talk to your parents—tell them the 'who, what, when and where' of what's been happening.
- Talk to your teacher or another staff member—tell them the 'who, what, when and where'. If you don't want to do this where others might hear you, make an excuse to see the teacher about something else, for example your homework, and talk in private.

Try some strategies

These strategies should only be tried if you are not in any immediate danger of being physically hurt and you feel confident you can do them.

- Ignore the bullying—turn your back and walk away.
- Act unimpressed or pretend you don't care what they say or do to you. You could say 'Okay, whatever' and walk away.
- Say 'No' or 'Just stop it' firmly.
- Try using 'fogging' to distract or discourage the person without making them annoyed. Fogging means making a joke or funny comment that makes the other person think you don't care about what they say, or pretending to agree with them so they have nothing to bother you about. For example, you could casually say something general like, "Yeah, that's the way it is", or "Okay, since I'm so (using the person's bullying words); I'll cope. I better just go then, bye."

What can I do away from school?

Bullying can happen anywhere.

Tell someone

Talk to a family member who can help you—tell them the 'who, what, when and where' of what has been happening. If you prefer, talk to your teacher or another staff member privately. Talk to a friend to get help to report it. If you can't talk to someone face-to-face, [Kids Helpline](#) have online chat and email or you can phone on 1800 55 1800. It's a free call. If you feel unsafe you can call the police.



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Protect yourself

You can protect yourself online or on your phone with a few simple strategies.

- Do not retaliate and do not respond when you're angry or upset.
- Give your phone number to friends only.
- Keep your mobile phone away from those who shouldn't have your phone number.
- Use ID blocking on your phone to hide your number when you call others.
- Think before you send a text message or make a call.
- Keep records of calls or messages that are offensive or hurtful.
- Don't share your passwords, not even with friends. Things change, even good friendships.
- Social media is a public space. Don't post anything you really wouldn't want others to see or know about.
- Treat your friends how you would want to be treated.

Deputy Principal and Head of Senior School

Ms Louisa Rennie

VCE Centre Launch – tomorrow

As you know we will officially launch our VCE Centre tomorrow. I look forward to greeting parents and families at the ceremony. A reminder that all Senior students are asked to attend the event to celebrate this important milestone in the school's history. Students are to be well presented in their full school uniform, including blazer. The event provides an opportunity for all students to demonstrate the pride they have in their school and community. All students will be dismissed from classes at 3:00pm. **The ceremony will commence at 3:15pm and conclude at 3:45pm.** Senior students may leave at this point or stay for refreshments.

University visits

Students from Y10 – Y12 will experience two university visits this term. The University of Melbourne delivered a presentation to our senior students on Friday 23 February and tomorrow, RMIT University will offer an insight into their campus life and the study options that are available to students at their campuses across Melbourne.

The visits from the universities have been interesting and thought provoking with regards to the future - post-secondary and into later life. The information received has given me an insight as to the structure of a university course, as well as the different models of curriculum available. A look into what is on offer at the university in terms of the courses and degree opportunities has opened up a range of ideas and possibilities for the future that I had not considered. Armed with this knowledge, those who attended the session will be able to make a smarter long-term decision about the university and course that they choose to do. Stefan Banovski Y11.

As a result of the presentation with a Melbourne University speaker, I was informed about scholarships, undergraduate degrees, entry requirements, accommodation options and the opportunities to enhance my study. I came away from this event feeling very educated and enlightened. When I arrived home I spoke with my parents and this session with Melbourne University seemed to give me more confidence in making important decisions that will impact my life and my learning. Overall it was a great experience and I am looking forward to more opportunities like this from other universities. Eliz Ahmet Y10

I am grateful to Mr Paolo Familiar, Pathways Coordinator, for coordinating the visits and providing these opportunities for our students. Understanding what university life looks like and the different experiences that are available at university assists young people to make informed decisions about their future. Have you considered applying to attend the University of Melbourne's "A Day at Melbourne"? To be held on Friday 6 April, the program is designed to assist students understand more about university life. Apply here: <http://go.unimelb.edu.au/3bfm>

Head of Middle School

Ms Janis Coffey

Last week my newsletter article focused on 'bullying' and understanding what it looks like and how it is addressed at SCG. Tomorrow all Middle School students will receive a Take a Stand Student Pocket Card with tips for supporting their peers and how to respond to negativity both in person and online. This week I am focusing on how we can support our young people with positive digital behaviours and what habits we should keep and which ones we need to adjust.

The *Bullying No Way* campaign recommends the following:

- Avoid responding to online bullying
- Block and report anyone who is bullying online
- Protect yourself online by using privacy settings and keeping records.

Technology is constantly changing and evolving. There are constantly new apps, new games and new features to get our heads around. Last month I attended the City Of Melton Police & School Consultative Committee hosted by the Caroline Springs Police Department. A range of topics around student safety were discussed including how to keep students safe online. Ensuring that technology is being used in the open at home is still one of the key recommendations. This opens the possibility for conversations with parents as well as the potential to supervise online activity.

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Understanding how the internet works and when you could be at risk is also important for young people. The website, <https://www.digitalllicence.com.au>, has some excellent resources for Parents to explore with their children in order to equip young people with digital skills and protect them online. Try taking the survey together as a family and see how much you know about online safety!

Reminders

As we begin to near the end of the term, it is important we remember the following points:

Hats

All students in Middle School are required to wear hats in Term 1 and Term 4. Please ensure that students have a School hat to wear during break times. It is a part of the uniform requirements.

Locks

All students are required to place a lock on their locker. This ensures that their personal items are safe and secure. Please purchase a lock from the Middle School Office for \$10 or bring one from home.

Year 9/10 Interschool Sports

Mr Michael Pell

Congratulations to our Year 9/10 Boys Tennis team who won the Maribyrnong Division Interschool Sports Tennis tournament on Friday.

The team of Liam Giacchi, Cristan Apostol (Year 10), Stefan Filippone, Josh Rainbow, David Vu and James Kojdovski (Year 9) were up against some stiff opposition throughout the day but were able to come away undefeated from their pool games against Maribyrnong College, Footscray City College, Brookside College and Braybrook College which then meant they faced Lakeview Secondary College in the final.



The boys proved to be big time performers to run away with the final in convincing fashion. They will now progress to Western Metropolitan Region Finals later in the year.

A big congratulations also to our Year 9/10 Boys and Girls Volleyball teams who fought gallantly in their two pool matches respectively, however, were unable to advance to the finals.

Head of Junior School

Ms Romina Pimpini

In the Junior School, we look to lay strong foundations. Recently I wrote to you about our Junior School students' PGP's (Personal Goal Plans). As we look to embrace our SCG Student Centred Vision and establish goals that matter both at school and beyond, it is important to:

- Ask your son/daughter to explain the goals in their own terms ~ and give them time to share with you
- Understand the process they might undertake to achieve their goals ~ not the end result
- Talk about what might occur if they don't achieve the goal ~ what may be the process?

Setting goals and understanding how to achieve them is a reflection of *Understanding Self and Personal Best*. Of course, as adults, many of us might re-adjust or align our goals and outcomes. Importantly, through the PGP strategy, we hope to instill this method of resilience in our learners. Here's hoping we can work together to make this happen!

You might like to check these out:

<https://www.parentingforbrain.com/words-of-encouragement-for-kids/>

<https://www.youtube.com/watch?v=BKisdb9tBYg>



Our 2018 Foundation students were welcomed in to the SCG House Program this week



Coles Vouchers

We only have until the end of term to collect Coles vouchers! Vouchers can be earned at all Coles stores, Coles Online and Coles Express. Congratulations to 4DW who won the Junior School Challenge recently, collecting 1359 vouchers. Great teamwork made this happen...Oh! and superb shopping parents!



Please ensure every voucher you earn is sent in to our School

Reception by Thursday 29 March, so that we can maximise our chance to collect as much sports equipment for our students.

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Ride2School

- Have you got your bike ready?
- Is your helmet prepared?
- Have you teamed up with your House Mates?
- Will you wear your House Colour t-shirt?



Students in Years F-9 are encouraged to choose an alternative to car travel to commute to school on this day.

House points will be awarded for any student who:

- Rides their bike or scooter to school to their allocated House gate,
- Rides or scoots safely wearing a helmet,
- Wears a House Colour t-shirt with their PE uniform on the day.

Detailed information will be re-sent to all families early next week, including House gates, as well as group pick-up locations in preparation for this event. We look forward to all F-9 students and families actively taking part in this activity. Happy huffing and puffing!

Safety

Please take care when travelling around our school's proximity – student safety is important and we must be reminded of the **legal 40km/h speed zone in and around schools.**



School Photo Day 2018

Friday 20 April is our School Photos Day. All students are expected to wear their winter uniform on this occasion, including Blazer from Years 3 – 12. Further detailed information will be communicated via email to all families prior to the end of this term. Please mark this important date in your calendar and diary so that everyone is best-prepared.

PFA—Pre-loved uniform sales at SCG

The Parents and Friends Association at SCG operate a preloved uniform shop called 'New to you'. We sell good condition SCG items. These are roughly half the price of new uniform at Noones. We are open every Thursday from 2:30-4:00pm or by appointment and can be found through the glass sliding door next to the canteen. Now is the perfect time to plan for your students winter uniform. We have very limited girls winter items and are in need of more. If you have any great condition uniform and would like to list it for sale please drop it off at reception with your contact details and a list of included items. We will contact you if anything is unable to be listed for sale. A percentage of your uniform sale is retained by the PFA and all money raised by the shop is used by the PFA to support our school. We have lots of excellent condition sports jackets sizes 16, 18 and 20 available for \$50. Students are very welcome to attend outside of school hours.

PFA Meeting - 21 March - 7pm - Junior School Hub

All are welcome to join us at our next PFA meeting, to be held at 7pm on Wednesday 21 March, in the Junior School Hub. There is lots of news from the PFA - click this link to read all about it: <http://bit.ly/2lny2tg>

The PFA is also seeking volunteers to assist with a range of activities in the school so if you are able to help out then please click here <http://ems.gs/3Aub0lhbbWh>

PFA News

Let's go to the movies!

The SCG PFA is delighted to bring you two private screenings at Hoyts Watergardens as a fundraising event for our school community.

Tickets are available for \$20.00 each or a Family Ticket for \$70.00 (2 Adults and 2 Children). You can also pre order popcorn and drink combos at a special price.

Peter Rabbit—Celebrate the end of term one with an Egg Hunt and a viewing of Peter Rabbit: Join us on **25 March** at 10am. Follow this link for tickets to Peter Rabbit: <https://www.trybooking.com/362210>

Avengers: Infinity War—This **release day** private viewing will be held on **25 April** (Anzac Day) at 4:30pm. Follow this link for tickets to Avengers: <https://www.trybooking.com/362444>



Siblings and family members are welcome but tickets are strictly limited to 97 per session so hurry as we anticipate these will sell out quickly! We look forward to seeing you there!

SCG Colour Run - Friday 11 May 2018

Ponsford Oval, Southern Cross Grammar

After the amazing time had by all at the event last year, be sure to mark this year's event in your Calendar NOW! More details to follow shortly.

Board Nominations and Annual General Meeting

The School Company Annual General Meeting (AGM) will be held early in Term 2.

Company members will, in the coming weeks, be asked to nominate other company members to stand for positions on the School Board. When required elections are held at the AGM with only company members eligible to vote on these important appointments.

Company membership application forms are available from the School Reception located in the Junior School as well as online on the school's website www.scg.vic.edu.au by navigating to Information \ About Us \ School Board.