



# The Southern Star

Southern Cross Grammar

**Mr Andrew Ponsford**  
Principal

### **Victorian Representation - Swimming and Hockey**

Special congratulations to Kayla Jones (Year 9) and Coen Sykes (Year 6) who will respectively participate at the state level in swimming and hockey competitions. We wish both students every success!

### **Parent Interviews**

I take this important opportunity to thank all participants for the manner in which the recent interviews were conducted. Feedback to me, following two nights of attendance, has been overwhelmingly positive.

This momentum and collective spirit of support and effort goes a long way to making a productive term.

Any feedback is appreciated, particularly where it helps to improve our processes or indeed affirm those that are currently effective. Alternatively, if more information is required on student progress, please do not hesitate to contact the respective Head of School.



## **Colour Run Carnival**

**NEXT FRIDAY May 11**

**3pm to 6pm**

The PFA invites the whole school community to join in for a fun-filled afternoon, with carnival games, toys and book stalls, hot food, sweets and treats, as well as the opportunity to win an iPad on the day!

To register for the run, students must create a Student Profile Page at [www.myprofilepage.com.au](http://www.myprofilepage.com.au)

All students who register will go in the draw to win an **iPhone SE**, kindly donated by Telstra Watergardens.

The class with the most participants in the **Junior School** will win **VIP passes** to the **disco** next term.

**Mr Troy Heenan**

**Chair of the Southern Cross Grammar Board**

The Annual General Meeting of the School was recently held and it is with delight that I note the following significant achievements over the past year:

- ◆ The first year of 3/4 VCE and VET studies.
- ◆ Substantial interest in the School – the strongest since commencement, evidenced by 120 new students (compared with 94 in 2016) and lowest number of student departures, by number, on record (15 students) with registered dissatisfaction of less than 0.01 %.
- ◆ A further compelling statistic is the 15 students enrolled at Years 10 and/or Year 11 for 2018.
- ◆ Strong continued financial growth and stability recorded for the period where a \$1.557million operating surplus was registered for 2017.
- ◆ The successful planning and building of our VCE Centre in readiness for Day 1 2018.
- ◆ High NAPLAN performances consummate with previous years
- ◆ A high performing staff and admirable student engagement recording less than 0.01% student suspension/expulsion per semester.
- ◆ Presently, SCG is – an Executive member of the Victorian independent schools, the coordinating Galway School (western independent schools cohort), one of only two schools to host gifted and talented activities in the western metropolitan region and has 3 schools in China actively pursuing a ‘sister-school’ partnership.

Following the conclusion of the elected terms for Mr Peter Sykes and Mrs Karen Browne, an election was held with five members standing to fill these positions.

It is with delight that I advise that Mr John Chambers and Mr Nathan Fosnaugh were elected for three year terms and now join the Board in its important role of providing strategic direction and support to the School Executive and wider school community.

Further information on Board changes and acknowledgements of service given will be provided in the coming weeks.

This form of enthusiastic volunteerism is critical component of our on-going growth and development.



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**Ms Louisa Rennie**

**Deputy Principal and Head of Senior School**

## Year 3 – 12 Athletics Carnival

As you know, we are planning for a great Athletics Carnival next week, on Tuesday 8 May. I am really proud of our Sport Captains and Senior Student Leaders – they have been working really hard behind the scenes, during their recess and lunch breaks as well as leading House Spirit meetings with their teams in the mornings.

I am confident that their enthusiasm and pride in their teams will be on display next Tuesday! All Year 3 – 12 students are expected to attend and participate in the SCG Athletics Carnival, to be held at Keilor Park Athletics Stadium from 8:30am to 2pm.

Students are expected to arrive at school in full PE uniform, wearing a plain coloured t-shirt in their respective house colour. Streamers are encouraged and need to be appropriately stored in bags until we arrive at the venue.

Coloured hair spray and face paint are not permitted. Students are required to bring a hat and sunscreen, as well as a packed lunch, healthy snacks and water to sustain their energy throughout the day. Canteen facilities are not available at the venue.

After an 8:30am roll call, we will promptly board buses, departing the school by 8:40am so please assist us by ensuring your child arrives to school on time.

At the end of the Carnival, students will either return to school by bus for normal dismissal, or, they will travel home with a parent. If you intend for your child to travel home with you at the end of the Athletics Carnival, you will need to sign him / her out at the Registration Desk at the Stadium between 1:45pm – 2:10pm on the day of the event. We appreciate your careful attendance to this as it will assist us to ensure that all students are safe and accounted for.

Parent Helpers are always welcome and we need lots of help on the day, please contact our PE staff [mpell@scg.vic.edu.au](mailto:mpell@scg.vic.edu.au) if you have some time to offer!

## Senior School Formal Dinner

We are excited to see our students arrive at the Lakeside Banquet Centre in formal attire on Friday 4 May for the Y10 - 12 Senior School Formal Dinner. Many thanks to the parents and families who have been supportive of this opportunity for our students to come together in celebration of the year's achievements.

The Formal Dinner is a way of recognising our senior students as young adults and providing them an opportunity to enjoy one another's company in a formal setting. This calls on them to draw on their skills to act and interact in ways that are appropriate to the occasion, developing important skills for the

future. This has been discussed in Homeroom and we look forward to seeing our students interacting with one another at the table during the meal and enjoying each other's company. This means we won't be using our mobile phones at the dinner table!

A reminder that all Senior School students will be dismissed at 1:05pm tomorrow. This is to allow some time for those students who are attending the formal, to get ready for our evening event.

Please be mindful that Formal attendees are expected to arrive at the WELLINGTON ROOM, Lakeside Banquet Centre by 7:00pm. Dinner will be served at 8:00pm.

## Senior School Mother's Day Breakfast

A final reminder to all of our Senior School mums; you are cordially invited to join us for a Senior School Mother's Day breakfast on Friday 11 May. To be held in the VCE Centre Lounge from 8:00am – 9:00am, the purpose of the event is to celebrate the importance of mum's and positive female role models in the lives of our Senior School students.

We are looking forward to this event and the opportunity to hear from our guest speaker, Elizabeth Langdon, Deputy Commissioner of the Victorian Public Sector Commission.

Elizabeth has had a very successful career and has kindly agreed to share her insights with our Senior students, and by doing so, aid them in their preparations for their future career and workplace aspirations. Please RSVP your attendance to: [bmacdonald@scg.vic.edu.au](mailto:bmacdonald@scg.vic.edu.au)

## Year 10 Vaccinations

Our Y10 students will have vaccinations for Meningococcal on Friday 18 May. Students will take information and consent forms home next week. While the vaccination is not compulsory, it is encouraged, and ALL students need to return the form. I take this opportunity to ask parent support with the return of the form – it is a huge help to us if your child can bring forms back swiftly.

## PFA Uniform Shop

The Uniform Shop will be **closed** on **Thursday 10 May** due to setup for the Mother's Day D'art and Color Run the following day. If you have any urgent enquires please contact PFA by email. [pfa@scg.vic.edu.au](mailto:pfa@scg.vic.edu.au)

## LRC News

We are eagerly awaiting the delivery of new shelving for the **JS LRC** and the **MS Think Pad** this week. As a result we will be **closing** both spaces from **Wednesday (2/05) to Tuesday (8/05)** next week. During this time, we will not be holding our usual library borrowing sessions. Students may keep the books currently on loan for an extra week. Thanks for your patience and understanding.



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**Ms Janis Coffey**  
**Head of Middle School**

This week I was listening to a podcast about how managers *manage* to lead high performing teams and create dynamic outcomes for their organisations. It is not a surprise that technology was one of the key themes mentioned and, in particular, how to manage the many distractions in our day.

With pinging push notifications and email pop-ups consistently grabbing our focus, how does one remain on task and not be distracted? It reminded me also of feedback that parents and students are receiving this week in Progress Interviews.

It is not an uncommon suggestion for a Middle School student to be encouraged to *focus more, be distracted less, and concentrate*. But how can we, students included, do this better?

### **Hide your phone from yourself**

Research conducted in schools on the distraction of mobile phones showed that when phones were stored in another room or in a locker, students were able to concentrate better.

You might think, 'I keep mine in my pocket but I don't look at it.' You might not but I bet you're tempted, right? Even having a phone in your reach can be a distraction. Putting your phone on flight mode and disabling push notifications is a start but it's even better if you keep your phone in your locker.

### **Creativity first.**

At the start of the day your brain has full battery power. As the day goes on, you spend time thinking, planning, working, you begin to lose your batter power. Therefore, is there is a task that requires creative thinking, schedule it into your day as early as you can. Then follow with other tasks that might be more straight forward.

### **Get some Zzzzzz's**

It is normal for adolescents' sleep patterns to change. It is not uncommon for teenagers to struggle to get to sleep before 11:00pm. However, it is still recommended that adolescents get around 9 hours of sleep per night.

So even if you fell asleep at 11:00pm on the dot, you'd most likely be late to School if you got a full 9 hours of sleep! So, helpful yourself out, and shut down all your screens 30 minutes before you hope to fall asleep.

According to sleep specialists at KidsMatter, light from electronic devices can disrupt the body by suppressing a hormone called melatonin which assists in regulating the sleep-wake cycle. This can make you feel more awake and can keep you alert for a while even after you've put down the device. So, aim for a 10:00pm bedtime, clock up a full 8 or 9 hours and see if it helps your focus at School.

### **Make your bed**

Ok, what does this last one have to do with paying attention at School? Admiral William H. McRaven gave an inspirational commencement speech at the University of Texas which started with, "If you want to change the world, make your bed."

McRaven makes the point that building good habits into our day can fill us with small doses of accomplishment and pride in ourselves. It also emphasizes that we need to focus on the small changes in order to achieve big goals. Focusing on one small shift at a time is both achievable and realistic.

There is a word in the Japanese language that means continuous improvement – *kaizen*. The concept of kaizen puts focus on making small incremental changes which will improve our overall performance. So, make small changes, be consistent and you will see change in your performance and abilities, getting you closer to achieving your goals. Just focus on one kaizen step at a time.

**Michael Pell**  
**Head of Sport (Years 7-12)**

On Monday 30 April, eight Year 11 girls competed in the Maribyrnong Division Senior Netball competition for students in Year 11 & 12.

This is the first time as a school we have sent students in VCE off for Interschool Sports. The girls' first game was a success securing a 25-16 win over Braybrook. The next three games didn't go to plan as the girls were outmatched by some stronger teams.

The girls gave a great account of themselves and should be proud of the effort they gave. Interschool Sport for VCE students is something we will continue to offer as a school, providing a great mental release from the 'grind' of VCE for students and opening up further opportunities for our talented sporting students.



From left: Back row: Kasey Merceica, Jami Declerck, Lylana Anstee & Ellie Codman. Front row: Shontelle Cini, Alaa Elsheikh, Cameryn Morgan-Leheny & Lauren Jones.



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## Ms Pimpini Head of Junior School

Week 3 of this term in the Junior School has a real theme of *engagement*. Students have been engaged with their buddies, making new friends, as well as in our JS Assembly.

Our JS Captains led us through an array of speakers and activities, including;

- ◆ Practising our House chants in preparation for the Year 3-12 House Athletics next week
- ◆ Our Social Justice Captains outlining up-coming events such as the SCG Colour Run
- ◆ Our PFA President, Ms Hannah Radburn, who shared in the array of events the PFA organises for us
- ◆ A JS Dance-Off that involved the entire student and staff population of the Junior School!

It was lots and lots of fun, that's for sure!

What was most obvious was the interest the children had in getting engaged in activities at school.

Next week we have the House Athletics for Years 3 and 4 on Tuesday, as well as the Mother's Day Stall on Friday. Then to top the Friday afternoon off, we have our SCG Colour Run.

I am certain that the 11<sup>th</sup> of May will be a bumper-day in the memories of us all here at SCG ~ and I hope you and your family will be a part of it.

Let's see which class can have the most students registered to join in.



The entire Junior School enjoyed a Cha-Cha slide led by Ms Smart and our student leaders

A HUGE thanks goes out to Ms Smart for her leadership in the Dance-off, as well as our Middle and Senior House Leaders who joined us in our Assembly. Thank you for being wonderful role models and engendering the *journey* of F-12 in our school.



Middle and Senior School leaders helped us practise our House chants

## Jade Panozzo Head of Sport (Years 3-6)

On Wednesday 2<sup>nd</sup> of May, students in years 3- 6 participated in Districts Cross Country at More Park, Ardeer. Well done to all students who made the team. Congratulations to the following students who will be progressing to Divisional Cross Country:

- Josie Woollard placed 4<sup>th</sup>.
- Ashton Dessman placed 5<sup>th</sup>
- Kirolos Georges placed 6<sup>th</sup>
- Luca Spiteri placed 7<sup>th</sup>



We have been advised by Melton City Council that a **blitz** on parking in the SCG vicinity will be undertaken in the coming weeks. Parents and carers are reminded to utilise the Coles car park in order to park for drop-off and pick-up times.

Nature strips, driveways and corners are not to be used for parking or dropping-off/collecting children, as this is illegal and fines will ensue.

Drivers of vehicles must remember they are liable for any traffic infringement issued to them.

Safe use of our roads and parking will be fit everyone, especially our students

## Friday 11 May 2018



Our annual Mothers' Day stall is on its way, with gifts ranging from \$1 - \$15, its an exciting opportunity for students to do some shopping for the mum or special person in their family!