



SOUTHERN CROSS  
GRAMMAR

Thursday 31 May 2018

Edition 262

Principal Mr Andrew Ponsford

# The Southern Star

**Mr Andrew Ponsford**  
Principal

I do hope that many of you took the opportunity to attend one of the four Music Recitals held this week. The musicality of our students continues to develop in a highly admirable manner and it was a real joy to be present. Special congratulations to students and staff for this progress!

Several of our students have now acquired positions in the Melbourne Youth Orchestra who recorded their first 2018 Autumn Concert performance on Sunday 27 May at the Iwaki Auditorium, ABC Studios, Southbank.

This, as you will appreciate, is a significant achievement both individually and collectively.

The Melbourne Youth Orchestra Junior Strings and Youth Strings meet every Saturday to rehearse at Melbourne University. This wonderfully talented group includes - Gabriel Hyde, Sebastian Hyde, Dan Mai, Lily Pham, Lana Sapcanin, Jacob Stark, Kiko Urgel and Alexander Fu.



*Gabriel Hyde, Sebastian Hyde, Dan Mai, Lily Pham, Lana Sapcanin, Jacob Stark, Kiko Urgel and Alexander Fu.*

Southern Cross Grammar

**Ms Louisa Rennie**  
**Deputy Principal and Head of Senior School**

### **Mid-year exams**

Mid-year exams will be held from Thursday 7 June to Friday 15 June inclusive. Exams are compulsory for all Year 7 to Year 12 students and should be seen as an integral part of the learning process. Please discuss this with your child in the coming days. A letter will be sent home to Middle School and Senior School families in the coming days with further information.

### **Year 7 – Year 9 students**

Year 7 to Year 9 students are expected to attend the full school day during the mid-year exam period. Supervised study classes or lessons will run for all Year 7 – Year 9 students on either side of exams.

### **Year 10 – Year 12 students**

Year 10 – Year 12 students are permitted to study at home and come to school for specific exams. This is a privilege that is offered to students in our Senior School, acknowledging their personal responsibility for their learning. All Senior School students are required to *sign in* at the School Reception 20 minutes prior to the commencement of an exam. Upon completing an exam, Senior School students are asked to *sign out* at the School Reception and depart the school premises for the day.

The exam week will be a busy time and Senior School students are not encouraged to congregate at the end of exams. This has the potential to cause disruption to the learning program for other students, and may contribute to anxiety or stress in some students.

### **Exam conditions**

Exams are conducted under exam conditions. Students are required to be in full school uniform, including blazer, for all exams. Students should arrive at the exam room and wait quietly, at least 5 minutes prior to the commencement of the exam. They must ensure they have all the necessary materials with them. They will not be able to return to their lockers once they have entered the exam room.

The following materials are permitted / required on the exam desk; black pen, blue pen, pencil, eraser, pencil sharpener. Dictionaries are permissible as long as they do not contain a thesaurus or personal annotations. Students may bring these materials in a clear plastic (snap lock) bag.

Mobile phones, smart watches, iPads and other technology tools are not permitted in the exam room.

On occasion there will be more than one exam being supervised in a room. If this is the case, students will be required to take work with them, to occupy them until the end of the exam time.

I wish all students every success in their exam preparations. A reminder, that planning and preparation are the keys to success. Aim high and strive to do your best in all that you do.

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

### **Year 7 Wellbeing day**

This week the Year 7 students will be immersed in a range of activities focused on student wellbeing with the theme of KINDNESS. Kindness is an antidote to stress, a buffer for negativity, and a way of approaching a difficult situation.

When we find ourselves in a time of stress or in adversity, the mantra, BE KIND, shifts our mindset and helps us achieve the outcomes we want. On Friday, the Year 7 students will be engaged in sessions focused on social media use, self-compassion, physical wellbeing and friendship.

I look forward to the reflections of the day and what learnings arise for our Year 7 cohort. Thank you to the Year 7 Class Captains, William Bentley, Ethan Wedi, and Ella Rose for designing the logo for our Year 7 Wellbeing Day: #ChooseKind

# #CHOOSE KIND

### **Year 9 Camps**

Parents and students are expected to attend the relevant information session during which you will receive itineraries, flight details, and important information regarding travel.

Please note the following dates:

- **Hong Kong Tour – Monday 4 June, 3:15 – 4:00pm**
- **Broome Adventure – Tuesday 5 June, 3:15 – 4:00pm**
- **Melbourne Experience – Thursday 14 June, 3:15 – 4:00pm**

All Sessions will be held in Room C103

Parents who are unable to attend will receive an information booklet with all of the relevant details.



**Ms Romina Pimpini**  
**Head of Junior School**

### **Book Week at SCG**



The shelves have been filled and all colours a-glow,  
Wish Lists are ready and books are on show.

Mrs Lira has stock that we can all buy,  
Fiction, Non-Fiction and activity books to try.

Welcome to our 2018 Book Fair at SCG,  
Oh how AMAZING reading can be!



### **5 Reasons to Keep Reading Books With a School-Age Child**

One of the biggest milestones kids experience during the school-age years is learning how to read. Once they unlock those magical words on the page, the whole wide world opens up for them. Whether it's a lovely story for beginning readers like *Frog*

and *Toad* or a can't-put-it-down chapter book series like *Harry Potter*, both younger and older school-age children have plenty of options when choosing a great children's book.



It's also a good idea for parents to keep reading with them, even when kids become strong readers. Here are some reasons why:

#### **It Encourages a Love of Books**

When reading is a regular part of your family routine, it becomes a normal thing like eating [dinner together](#). The more your child reads with you and sees you reading your own books, the more they're likely to love diving into a good story, too. When you cultivate a love of books with young children by reading with them, you're instilling a great habit that'll last your child a lifetime.

#### **More Book Time Means Less Time on Screens**

When you make reading a built-in part of your schedule, it'll naturally translate into [reducing your child's screen time](#). You can also make sure that the time your child does spend using tech devices includes educational content like online math games, which means they'll have to figure out how to manage time on a screen while reading every day.

#### **Spending Time Together Strengthens Your Relationship**

One of the best ways to connect with your child is by opening up a good story, it will give you a chance to share your reactions and thoughts and opinions about whatever story you're reading. It will encourage your child to think and to form their own opinions and communicate them. So, reading together can help your child become intellectually strong.

#### **It Helps Kids Practice Reading out Loud Which Is an Important Skill**

You can take turns reading passages from a book out loud. Reading aloud also helps kids improve pronunciation, increase their vocabulary, and help them really access and understand the deeper meanings of a story.

#### **It's Fun!**

Just because you're a grownup, it doesn't mean you can't enjoy a great kids' book like the *Harry Potter* series or *The Mysterious Benedict Society* series. One of the biggest perks of reading great kids' books with your child is that it's fun. Having fun with your child has benefits that extend beyond bringing you and your child closer together in the present: Research has shown that parents playing and having fun with kids is one of the best ways to increase a child's chances of being happy and healthy later in life.

Whether your child is a beginning reader or a confident fifth grader who's mastered chapter books, reading together offers many benefits for both kids and parents.

<https://www.verywellfamily.com/reasons-to-read-books-with-a-school-age-child-4106092>



**Mr Damien Morrison**  
**Y4 Classroom Teacher**

### **Gateways**

On Wednesday 30 May and Thursday 31 May Southern Cross Grammar were host to GATEWAYS for the mathematics program, 'Equations that Changed the World'.

Students participated in a range of lessons over the two days and discovered new facts about rebel numbers, the speed of light,  $e=mc^2$ , integers, multiple ways of answering questions, lattice method of multiplication, polyhedrons, Pythagoras theorem and many more.

Students greatly enjoyed the activities and made new friends from other schools who came to Southern Cross Grammar to participate in the program.



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

On Thursday 24 May, 34 students from Years 7-11 competed in the Maribyrnong Division Cross Country Carnival at Pipemakers Park in Maribyrnong.

Southern Cross Grammar was the most represented school at the event and managed to have eight placed students overall. The results were as follows;

Cameryn Morgan-Leheny – 17 Years Girls – 1<sup>st</sup>  
Kristine Marasigan – 12 Years Girls – 1<sup>st</sup>  
Shontelle Cini – 17 Years Girls – 2<sup>nd</sup>  
Elise Bloor – 16 Years Girls – 2<sup>nd</sup>  
Tayla Bloor – 14 Years Girls – 2<sup>nd</sup>  
Damien Trajkovski – 14 Years Boys – 2<sup>nd</sup>  
Linden Cini – 17 Years Boys – 3<sup>rd</sup>  
Jordan Shettigara – 13 Years Girls – 3<sup>rd</sup>

Congratulations to all who participated.





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

### **Food Technology**

This week students in Year 9 Food Technology undertook their final assessment task. Students were allocated a specific criteria randomly and had two theory lessons to research and develop a recipe based on this criteria. Some criteria options were:

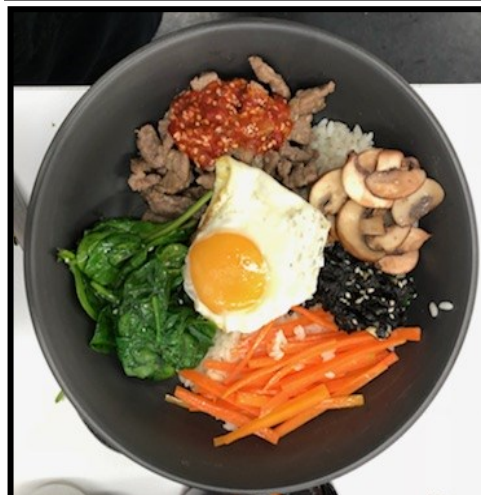
Vegetarian, Chicken, Beef, Fish, Sweet, Savory and Gluten Free.

Students then had one and a half lessons to prepare their meal in preparation for the panel of judges consisting of Mrs Ferris, Ms Brkic, Ms Moss and Ms MacDonald.

From all reports the taste & flavours of the dishes were exceptional as was the presentation. All students are to be commended on their final product! Please see below some pictures of the day.



## **YR 9 FOOD TECHNOLOGY**



### PFA uniform shop

A limited number and sizes of wet weather uniform are currently available. Spray jackets are a lightweight waterproof option and include a hood for \$13. Sizes available are 6-8, 8-10 and Large. Another option is the anorak which is a lined warm waterproof overcoat option with pockets and hood. Available for \$48 in sizes 6-8 and 14-16. The Uniform shop is open every Thursday from 2.30-4pm located from next week in the Junior School Hub.



### Road 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**



### Community Offer from Jetts 24 hour Fitness

Dear Students/Parents,

For the month of June the team at Jetts Fitness Caroline Springs will be running a program to increase the awareness of Health and Wellness in the local community.

We will start by offering every student from Southern Cross Grammar who are 14 years of age and older and their parents, a 1 month FREE membership to Jetts Caroline Springs. Included in the 1 month membership is a personalised exercise program to make sure you are reaching your goals faster and also a consultation to make sure your nutrition is on the right track.

It doesn't matter if you haven't exercised before, we will show you everything you need to know.

To activate your free membership, all you need to do is contact Jarrod on 0422 759 519 or come visit us at Jetts Fitness Caroline Springs and mention that you are from Southern Cross Grammar. We will organise a time for you to come down and get started. This offer is valid until July 31<sup>st</sup> 2018.

\$10 from every membership in June will be donated to Southern Cross Grammar.

Jetts Fitness are a 24 hour gym who pride themselves on making sure their members feel "welcomed and included" every time they walk through the front door.

The team here at Jetts Fitness Caroline Springs are looking forward to helping the students and their parents reach their health and fitness goals and improve their quality of life.

The logo for Jetts 24 hour fitness, featuring the word "jetts" in a large, white, stylized font with a registered trademark symbol, and "24 hour fitness" in a smaller, white, sans-serif font below it, all set against a red background.