STAGE 2 CRANBOURNE EAST

Students and staff moved into the newly completed Year 7 & 8 Learning Centre last Thursday at the East Campus. The facilities have been designed for students to actively participate in their learning and they are very much looking forward to the opportunity to apply their new knowledge and skills in a variety of different settings. I wish to acknowledge the great team of teachers and staff, led by Head of Campus Mr Roberts who make up the East Campus. They continue to build the fine reputation of our school St Peter’s College and I know they will bring this building alive with amazing energy, activity and a love of learning. The Official Opening of Stage 2 by Bishop Christopher Prowse will take place on September the 3rd.

PARENTING STRATEGIES THAT HELP CHILDREN TO BE BETTER LEARNERS

I include the following advice from parenting expert Michael Grose in relation to good sleeping habits that are essential for good learning. Over the last week I have had the privilege of talking to a number of students in our classrooms about what they could do to develop themselves as better learners and many of them indicated that they could improve their concentration in class if they weren’t tired. They had a good understanding of the impact a good night’s sleep has on their learning, they only need a bit of support and encouragement in establishing sleeping routines that will assist them in becoming a better learner.

IS YOUR CHILD SLEEP-DEPRIVED? ESSENTIAL PARENTING IDEAS: POSTED BY: MICHAEL GROSE

Many kids today are sleep-deprived.

A study reported in Fairfax media today, suggests that sleepiness is holding many Australian children back in the education race. Sleep research carried out in 50 countries, involving 900,000 Year 4 aged students found that Australian kids in the study were the fifth most sleep-deprived in the world.

Anecdotal evidence supports this claim.
Most teachers I meet tell me that a significant number of their students don't get enough sleep. Disturbingly, sleepy kids hold back educational outcomes with many teachers altering their teaching to account for sleepy kids.

The study found that 67% of students were in classrooms held back by sleepy kids.

Lack of sleep is not merely a learning issue. It's a massive well-being issue for children.

Mental health authorities have long identified lack of sleep as having a negative impact on children's general well-being. And as any parent can attest to, tired kids are genuinely more grizzly, short-tempered, and even unpleasant to be around.

Okay so what can you do to make sure your child or teenager gets enough sleep- somewhere between 8 to 10 hours a night. Here are some ideas:

1. **Do a lifestyle check.** Some kids are so busy that they need to go to bed later than is healthy just to fit everything in. Have a look at their routines to see if there are activities that can be eradicated to free up some much-needed sleep time.

2. **Keep regular bed-times.** This sounds obvious but your child's internal sleep clock loves routine. Set a bed-time and stick to it, and let them stay up later on weekends. (My book One Step Ahead has lots of strategies to get you kids to bed.)

3. **Have a bed-time routine.** A routine such as story, bath and teeth-cleaning signal psychologically it's time for sleep. These cues are important to induce sleepiness.

4. **Have a wind-down time.** Start winding down 45 minutes out from bedtime and remove stimuli such as TV, mobiles and other screens that keep kids awake. Limit food and caffeine intake as well close to bedtime.

5. **Keep bedrooms for sleep and not for TV or other screen-viewing.** Bedrooms that resemble caves are the go. If possible, homework should be done in another area of the house so bedrooms are associated with sleep and relaxation.

6. **Work with the 3 sleep cues.** Make sure your child's room is dark (cue 1); lower the body temperature (cue 2) with baths or good ventilation; and stick to the sleep cycles (cue 3) of your child.

Better knowledge of the biology of sleep and of sleep patterns, as well as instigating good sleep habits, will go a long way to helping kids and teens get a regular good night's sleep. It will not only benefit their learning, but their well-being and behaviour will be impacted as well.

Mr Tim Hogan
PRINCIPAL

FROM THE DEPUTY PRINCIPAL-STUDENTS

I am pleased to attach some information from Mr Andrew Fuller. The factsheet is titled “Brainfuel”. This information is aimed at giving tips for families on various topics to help build resilience in individuals. Please take the time to read this invaluable resource from a leading Psychologist.

PROFILE OF ANDREW FULLER

Andrew is a Clinical Psychologist and Family Therapist. He is a Fellow of The Resilience Institute. He is an advisor to the Departments of Psychiatry and Learning and Educational Development at the University of Melbourne and is a Scientific Consultant for the ABC series "Whatever: the science of teens". He is an Ambassador for Mind Matters and a Member of the National Centre Against Bullying.

Mr Anthony Banks
DEPUTY PRINCIPAL, STUDENTS
Brain Fuel
Andrew Fuller

Your brain runs best when you give it the best fuel. If you don’t eat right your brain is like a car full of the wrong sort of petrol chugging up the hills and needing more revving to get going.

Brains need breakfast.

The research is in: if you want to do well at school and in life you have to eat breakfast.

Breakfast eaters get 40% higher marks in maths. People who eat breakfast are less likely to be absent from school and are less likely to be late to school.

Studies indicate that non-breakfast eaters are twice as likely to be depressed, four times as likely to suffer anxiety and 30% more likely to be hyperactive.

Having a higher protein—lower carbohydrate mix for breakfast enhances concentration and memory. So avoid lots of sugary cereals, juices and heaps of toast and get some eggs, milk and porridge or bacon in.

Sugary drinks give you the wrong sort of buzz.

Firstly they make you sick. Just two soft drinks (75 grams of glucose) results in the free radical production of damaged fatty acids called isoprostanes to rise by 34% in just 90 minutes after consumption.

Secondly, they make you stressed. One study at Yale University gave 25 healthy children the same amount of sugar found in one soft drink and found that their adrenaline levels were boosted to more than 5 times normal levels for up to 5 hours later.

Neuro-nutrition

You don’t need to reach for the medicine cabinet every time you want to feel better. Often making sure you get some exercise, sleep well and eat well can make an amazing difference to how switched on you feel.

Foods that improve your mood, sleep and calmness

These are foods that have relatively high levels of the amino acid, L-tryptophan.

L-tryptophan synthesises in your brain into serotonin the most powerful anti-depressant known to humankind.

It also makes you sweeter, calmer and helps you to sleep better. The foods that are rich in L-tryptophan include:

Turkey
Almonds
Whole wheat
Cottage Cheese
Soybeans
Lean Beef
Milk
Pumpkin seeds
Omega 3 fatty acids

Food that improve happiness, concentration and motivation.

Tyrosine is the amino acid that synthesises in your brain to create dopamine. Dopamine is the neuro-chemical related to motivation and concentration. It helps you to feel pumped and raring to go.

The foods that are rich in tyrosine include:

Fish
Dairy
Yoghurt
Oats
Chicken
Milk
It don't mean a thing if you ain't got that zing!

Give yourself an energy boost by eating foods that are rich in the amino acid, L-phenaline. This amino acid synthesises into noradrenaline and dopamine. Not only will having more of these neurochemicals improve your get up and go, it will also be good for your memory.

Food that are rich in L-phenaline include:

- Lima beans
- Sesame seeds
- Peanuts
- Chicken
- Yoghurt
- Milk

Keep your sunny side up!

Foods that decrease irritability and tension are high in L-glutamine. L-glutamine synthesises in the brain into GABA or Gamma-Aminobutyric Acid.

Foods that are rich sources of L-glutamine include:

- Eggs
- Peaches
- Grape Juice
- Avocado
- Sunflower seeds
- Granola
- Peas
- Walnuts

Help your brain to learn

Choline synthesises in the brain into acetylcholine. When you learn something new, your brain forms a new link or circuit between brain cells. These new links use acetylcholine to form and they are then re-inforced by dopamine.

Acetylcholine not only helps us to learn it also protects our cells and our memory. Foods that are rich in choline include:

- Egg yolk
- Beef Liver
- Beef
- Cauliflower
- Navy beans
- Tofu
- Almonds

Use your pantry to keep yourself well.

While we are considering what foods help us to perform at our best we should also discuss anti-angiogenic foods. These are foods that seem to play a role in limiting the pathologic formation of new blood vessels (angiogenesis) associated with many human illnesses.

Anti-angiogenic foods you should consider having more of in your diet include:

- Almonds
- Artichokes
- Blueberries
- Cherries
- Garlic
- Grapefruit
- Kale
- Mushrooms
- Olive Oil
- Parsley
- Pumpkin
- Red grapes
- Sea Cucumber
- Strawberries
- Tuna
- Raspberries
- Salmons
- Oranges
- Pineapple
- Nutmeg
- Green tea
- Lemons
- Chocolate (dark)
- Ginseng
- Blackberries
- Bok Choy

Eating a balanced healthy diet makes an enormous difference to how well people do at school.

If you want to hear a fascinating lecture about anti-angiogenic foods go to http://www.ted.com/talks/william_li.html

Note:

The food suggestions in this newsletter are general in nature. If you or your child has food allergies or illnesses, it is recommended that you seek the opinion of a health profession before altering your diet.
YR 7 & 8 BUILDING
We’re in! Classes commenced in the new Yr 7 and 8 building last Thursday and while we are not running at full capacity just yet – still waiting on some furniture deliveries – both students and staff are enjoying their new environment, they don’t even mind the longer walk. The official opening will occur in September at which time there will be opportunity to thank people for their efforts in getting the building to completion.

Landscaping works are continuing with the cricket nets, basketball courts and hard landscaping nearing completion. Fencing and planting will sort in the next couple of weeks. A drive past the oval will see that the surfacing has been completed with the grass starting to green up nicely. We hope be able to use it at some stage during Term 4.

NAPLAN
Students in Yr 7 and 9 this week have been undertaking the annual NAPLAN testing. The results from this testing becomes available during September. Parents will have individual results posted home at this time. From a school perspective the data provides us with another tool for us to assess how we are going across the board and identify possible strategies to assist with student learning.

ANZAC DAY
On Wednesday the 24th we had the opportunity to commemorate ANZAC Day as a Campus. The students heard that ANZAC Day is not about the glorification of war but about reflecting on the sacrifices of 1000s of Australians. It is about believing in our country, our community and in one another and being prepared to stand up for those beliefs, just as Jesus did for us and his beliefs as witnessed in the Gospels.

STAFFING
On Friday we farewelled Cathy King who has been replacing David Podhaczky as our Integrated Aide while he has been on study leave.

START OF THE DAY
Parents are reminded that school commences at 8.45am every day. Students who arrive late more than 3 times in a term may receive a detention.

LEAVING SCHOOL GROUNDS
Students have been reminded this week that they are not permitted to leave the school grounds after school for any reason if they waiting for the school bus or to picked up. This for their safety and our duty of care which requires them to wait on the grassed area in front of the Lyons Building or in the Discovery Centre.

Mr James Roberts
Head of Campus – Cranbourne East
LOTE NEWS/EXCHANGE NEWS

JAPAN FESTIVAL
In support of the Japan Tsunami Appeal there will be a Japan Festival on Sunday the 19th of May from 10am to 5pm at Box Hill Town Hall and Box Hill TAFE. The entry fee is $5. There will be performances of Japanese Drumming, Traditional Dance, Kendo, Naginata and Shamisen. There will be exhibits of Ikebana (flower arrangements), Bonsai and a Model of the Bullet Train. There will be demonstrations of Japanese Tea Ceremony, Calligraphy and Origami. There will be stalls selling. Sushi, Takoyaki, Yakitori, Crafts, Tea, Ceramics and Kimono.
If you need any further information please contact Miss Bonica on 5990-7777 or email ybonica@stpeters.vic.edu.au.

SPORT NEWS

JUNIOR BOYS BASKETBALL
The Junior Boys Basketball team made it 2 from 2, after a tight 2 point win over Padua-Mornington last week. SPC had a comfortable 58-29 victory over St Francis Xavier in game 1. Jonah Rokodi scoring 10 points, with Joseph Mammone showing great speed up the court, and Jye Clarke helping on the rebounds. Against Padua scores were level at half time, before Padua broke away to an 8 point lead. To the boys credit, they were able to fight back due to some smart offense and went on a 5 min scoring spree to lead by 8 points with 1 minute to go. Padua stepped up its defence it the last minute and forced us into silly mistakes and with a shot on the buzzer reduced the margin to 2 points. SPC winning 40 – 38. Hayden Olman was strong in the post scoring 11 points, and Riley De Martino made some clutch baskets in the second half, top scoring with 13 points. Our next game is against Nazareth.

SIS INTERMEDIATE GIRLS SOCCER
St. Francis Xavier 4 – 5 St. Peter’s.
The opening fixture saw the girls travel to Beaconsfield, with the coach having very little idea about the team having only had one short trial at lunch. This was reflected in the opening 5 mins, which was described as “the worst opening to a game in the 12 years I have coached school soccer”! At 2-0 down and looking demoralized, the team seemed dead and buried. With a few substitutions and some reshuffling, the girls settled down and began to gain some confidence. The game remained pretty even and goals from Dodgson (an exquisite chip over the keeper) and Dakic kept us in the game at 4-2 with 10 minutes to play. It was at this point that captain Dakic finally sprung into life and stamped her authority on preceedings. Two superbly taken solo efforts and a break away goal from Madul saw us register a 5-4 victory, leaving coach driver Parton to burst into song whistling the theme tune of “The Great Escape” all the way home (which was significantly shorter than the trip out via Pakenham and Berwick he took us on !). With lots of students to choose from, there will be some changes for next week's away trip to Mornington to play perennial bogley team Padua.

Justin De Goldi
COACH.

Mr Andy Broadley
COACH.
Religious Education News

The year 11 retreat was held last week with a focus on the passage from I Corinthians that speaks of “…many gifts but the one Spirit…” and our images of God. The students were encouraged to not only look at their own giftedness but how this might be used for the common good. Of course when we look at the common good, this includes the family, school community or work community. Sometimes we focus exclusively on academic or sporting gifts without acknowledging the gift of healing that we have, or the gift of prophecy which allows us to speak out in the face of injustice.

To excel academically shows a wonderful use of God’s gifts, so also does the perceptiveness to see someone in need of help or friendship and to step forward. If we have the gift of good health and strength we can do no better than to use these gifts by helping the homeless or the sick and elderly. At St Peter’s we have never had a problem in this regard. Whenever we have outreach activities we always have more volunteers than are needed.

When the students broke up into small groups on the retreat to discuss their images of God, the results were wonderful. One in particular stays with me, it was made on Somers beach out of sand, seaweed and shells. It was a heart with three segments, bread, fish and the Holy Spirit. This signified that we will always get what we need from the heart of God through the Holy Spirit. Those students had responded well to the Spirit In what they presented. Images of God can be a difficult topic to deal with but it is a very rewarding exercise.

Whatever our own image of God is, it is good to recognise that God is part of each of us and each of us has God given gifts. May we always thank God for our gifts and use them to build up the Kingdom.

A Reflection on Galatians (often quoted by Bishop Coffey)

It is not enough that we do good; for our goodness will not be recognized straight away by God if we do good, but only if we “do not grow weary in doing good.” Many begin, many in a way persevere, yet later they give up, either tired or led astray. He justly warns them that they should not grow weary in any way, lest by their weariness they leave off what they began when they began to do well.  

Gal 2:6-9

Deacon Tony Aspinall
College Chaplain

St Agatha’s News

Sacrament of Confirmation: Children preparing for the Sacrament of Confirmation will be making their commitment along with their parents at all Masses this weekend. Please keep these children and their families in your prayers. Parents please ensure you have handed in your child’s commitment/enrolment form and collect their 1st worksheet from Sr. Anna after Mass. Please contact Sr. Anna on 5996 1985 if you have any questions or concerns.

Mr Greg Nelson
ST AGATHA’S REPRESENTATIVE

Parents & Friends Association

The Parents and Friends Association undertakes numerous activities, including fundraising activities and the donation of such funds to various areas of College activity. Meetings are held on a Tuesday evening, twice a term, and at most meetings a staff guest speaker comes to address the group on activities associated with their day to day life at the college, and our Principal reports on relevant College issues and activities.

Next Meeting
Tuesday 11th June
7.15 Tea and Coffee
7.30-9.00 pm Staffroom St Peter’s College West Campus
Frankston-Cranbourne Road, Cranbourne, 3977
Enter via Navarre Drive Gates Please

Guest Speaker – Mr Steve Nash – Religious Education Leader
Cert.IV Assessment & Workplace Training; M.Arts (Theology)
Religious Education Leader, Learning Advisor, VCE RE, RE

Steve joined us at the beginning of 2012, for the previous 13 years Steve held the position of Religious Education Leader at Sale Catholic College and before that taught at De La Salle College and Salesian College in Sunbury. The parents and friends meeting will be a good opportunity for Steve to introduce himself to our community and talk a little about his role and the Catholic Youth Ministry Program which is in its fourth year of operation at St Peter’s College.
ENTERTAINMENT BOOKS 2013/2014

Reminder that any outstanding payments for Entertainment Books not returned are due NOW. Thank you for those who have supported this significant fundraising effort. Payment details are on our website or contact College Reception.

Once the book is paid for you will be able to take advantage of all the offers for over 13 months, as you can start using discounts straight away. Cost is again $65.00 with $13.00 going directly to the St Peters College Parents & Friends Fundraising Funds which are then distributed across numerous initiatives during the year directly supporting students activities.

RITCHIES COMMUNITY BENEFITS CARD.
A Reminder that 1% of your spend will be donated to St Peter’s College P&F Association. All new parents to the College will be sent the card for them to activate in the next week. Thank you for your support of this program.

ST PETER’S SCULPTURE & GARDEN FUNDRAISING PROJECT
We are again in 2013 giving families and individuals the chance to have their name as a permanent part of the landscaping of our Sculpture Garden at the West Campus. To order please see attached flyer or visit the College website in the Our College/Parents & Friends section. Order forms are available to download from our website or from the College Reception.

Members of the Executive of the Parents & Friends Association may be contacted:
Phone: 03 5990 7777
Fax: 03 5996 8277
Email: office@stpeters.vic.edu.au

ST PETER’S COLLEGE WEBSITE
Visit our College website www.stpeters.vic.edu.au for all up to date information on the College structure and activities. Recent updates include Catholic Education Week Activities. Important information for Year 11 Retreat Parents, French Trip Blog details. You will also find details of the current P&F Fundraising initiative.

You will also find in ‘News and Events’ numerous current and past stories and pictures of the ‘Day to Day’ College life of our students.

ST PETER’S COLLEGE NEWSLETTER
Find details on how to register to get your College Newsletter on-line. Remember anyone can register to receive the College Newsletter on-line, so sign up extended family members and friends. Grandparents particularly love to keep up to date with your children’s school day to day activities.

YEAR 7 TO 12 WEST AND EAST CAMPUS
UPCOMING DATES

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