2015 Term 4, Week 5 - 6 November 2015

Principal's Message

Special Remembrance Day Commemoration

Each year Ravenswood marks Remembrance Day, 11 November. The Years 9 and 11 Cadets, along with the Year 11 Modern History students, will be coming into each class at 11.00am to read a prayer, the Ode and then mark a minute’s silence at 11.11am.

This year is a very special occasion because at the same time a service is being held on the Peace Lawn where the newly installed Ravenswood Memorial will be unveiled by Alister Henskens, SC MP. The Memorial is an initiative of the Ravenswood Old Girls’ Union (ROGU), which is keen to establish a memorial to those who have served their country to coincide with the ANZAC Centenary commemorations.

Year 11 IB Visual Arts students worked to develop the design of the Memorial, which is comprised of five glass panels. These students were mentored by Ms Edwina Palmer, Visual Arts Coordinator.

ROGU is the principal sponsor of the project, supported by donations from the Ravenswood Parents’ Association, the Ravenswood Foundation and an ANZAC Centenary Grant, received as a result of a submission prepared by Dr Catherine Arends, History Coordinator. Proceeds from the sale of the limited-edition Ravenswood Remembrance Camellia will go towards the landscaping of the Memorial.

The plaque at the Memorial states: ‘Service and sacrifice in war and peacekeeping over a century, 1915-2015’.

Ms Vicki Steer

Chaplain's Message

Climate change is a serious issue. It is one that many people think about. It is one that many people argue about. There is good science behind the theory but there are doubters too. It takes quite a lot of spin shedding to get the best information, as many people have their own agenda. However, regardless of the cause, our climate is changing. That is undeniable.

Island countries are experiencing real consequences and we may in the next decades see the increase in climate refugees. It is more than a political issue, it is a global world issue. It is also a faith issue. From a faith point of view, we are custodians of the planet and as our beliefs and values shape our way of living, we need to reflect upon those beliefs and values and ensure they are well integrated and connected within themselves, to avoid inconsistency and potential hypocrisy but are also integrated into our living.

Even if the climate is not changing due to carbon emissions, many of the ways of reducing our emissions relate to how we might live more sustainably on this finite resource that we call the Earth. So, I encourage you to spend a bit of e-time thinking about the issues and concerns of climate change. Your family might consider the People Climate March on Sunday 29 November as worth attending, as a way of actively thinking about your family’s place in this big changing world and the part it might play. It is something to think about. God bless.


On Sunday 29 November, the Uniting Church will join thousands of people in capital cities around the country in the People's Climate March. We're marching for a safe climate for our neighbours in the Pacific, our Indigenous brothers and sisters, future generations and for Creation.
Please join the Moderator, the Synod General Secretary and previous Moderator Rev. Dr Bryan Brown, all representing the Synod on such an important occasion. Visit our webpage for more information.

Rev Jon Humphries

Whole School

The builder for Twilight Aged Care (corner Pacific Highway and Ravenswood Avenue) has given us advance notice of building works which may impact traffic in Ravenswood Avenue, as follows:

- Saturday 7 November: street closure for crane establishment
- Monday 9 to Friday 13 November: traffic control with considerable truck movement
- Saturday 14 November: street closure for crane removal

Mr Simon Jarrett, Director of Property and Facilities

Travel Passes for 2016

New application forms must be completed if your daughter is:

- Commencing Kindergarten in 2016
- Progressing from Year 2 to Year 3 in 2016
- Progressing from Year 6 to Year 7 in 2016

Please note: If multiple modes of transport are used (i.e. bus and train) a form must be completed for each mode (one for the bus pass and one for the train pass).

A new form is also required for any students changing their name or address for 2016. Please do not destroy the old pass as it must be handed in when the updated pass is collected.

Application forms may be collected from next Monday from Main Reception or the Junior School Office.

Completed forms are to be returned by the end of Term 4 2015, to ensure passes are ready for distribution in Term 1 2016.

Junior School

Head of Junior School

Information on: the cubby house construction, Alice in Wonderland, Jr rehearsal, the End-of-Term 4 Chapel Service, congratulations to students and Term 4 dates for your diary.

The cubby house, generously donated by the Annesley House Association, was constructed in the Junior School last week. The girls are so excited to have their new cubby house and are enjoying playing in it. It is located outside my office in Mrs Holly’s garden.
Thank you to Year 6 parents for allowing their daughters to attend the additional rehearsal for *Alice in Wonderland, Jr* on Saturday afternoon. This provided an opportunity for the girls to practise a full rehearsal and fine tune aspects ready for the performances.

The staff and students of Junior School
Warmly invite all parents and friends to the
End-of-Term 4 Chapel Service
Tuesday 17 November 9.20am-10.00am
At the Ravenswood Chapel

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Sunday 29 November  Combined Carol Service - Junior, Middle and Senior Vocal Ensembles and Ravo Voices will be performing, 7.00pm Gordon Uniting Church

**Week 9 B**

Tuesday 1 December  Junior School Presentation Day 9.00am-11.00am Joan Goff Gymnasium - blazers are to be worn and parents are welcome

Term 4 Ends Junior School

Tuesday 2 December  Secondary School Presentation Morning 10.00am-1.00pm Sydney Town Hall - Junior School members of the Symphony Orchestra are required to attend (details to follow)

*Mrs Cheryl Bailey, Head of Junior School*

**RPA Junior School Year Group News**

**Year 2 Parent Dinner to Celebrate the End of Year 2: Saturday 14 November from 7.00pm**

Year 2 parents will be gathering at Vapiano restaurant, corner of King and York Streets, Sydney CBD, to share Italian food and mark the end of Year 2. Full details are available on the Parent Portal.

**Year 3 End-of-Year Gathering for Parents: Friday 27 November from 7.30pm**

All Year 3 parents are invited to the home of Megan Tranter, East Lindfield, to celebrate the end of another fabulous year at Ravenswood. RSVP by Monday 23 November. Full details are available on the Parent Portal.

**Year 5 Parent Cocktail Party: Saturday 7 November from 7.00pm**

The Year 5 parents’ *Mix and Mingle* cocktail party is happening at Alison and Anthony Kingsley's home in Lindfield. Full details are available on the Parent Portal.

**Secondary School**

**Senior Years Uniform for Year 10 2016**

The change to the Senior Years uniform is symbolic of your daughter’s journey towards being a leader within the school. It is important that her new uniform fits and is worn correctly. All Year 10 2016 students need to arrange a uniform fitting at the Ravenswood Uniform Centre.

The Uniform Centre is open on Monday and Thursday between 10.00am-4.30pm. Girls can visit the Uniform Centre during the lunchbreak or after school, no appointment is necessary.

Alternatively if you wish to accompany your daughter, please contact the Uniform Centre on 9498 9815 or email ruc@ravenswood.nsw.edu.au to make an appointment for your daughter’s fitting.

I also take this opportunity to remind you that each student in Years 10-12 must wear a skirt that extends to the knee. Students who shorten their skirt by taking up the hem will be asked to purchase another skirt.

**Student Wellbeing Email Address**

A new email address has been created for contacting our Student Wellbeing team directly. If you have any concerns about the wellbeing of your daughter, please send an email to wellbeing@ravenswood.nsw.edu.au.
Learner Driver Safety Course

Ku-ring-gai Council and the RMS (formerly RTA) are running a FREE practical workshop for learner driver parents and supervisors on how to help learner drivers become safer drivers.

The workshop will take place at the Ku-ring-gai Council Chambers on Thursday 12 November at 6.30pm. Attendees receive a useful information kit including a 'Guide to the Driving Test' booklet. A light dinner, tea and coffee will be provided. Road User Handbooks will also be on sale.

Early bookings are essential. Contact Council on 9424 0798 now to reserve your place.

Coming Secondary School Events

Week 6

Monday 9 - Friday 13 November IB Diploma Examinations continue
Monday 9 – Wed 11 November Years 7-11 Visual Arts Exhibition (Centenary Centre Foyer)

Week 7

Monday 16 - Friday 20 November IB Diploma Examinations continue
Tuesday 17 November Year 7 Vaccinations
Sunday 22 November Ravenswood Summer Carnival

Week 8

Tuesday 24 November Secondary School Choral Festival
Friday 27 - Sunday 29 November Boarders’ Closed Weekend

Week 9

Wednesday 2 December Secondary School Presentation Day Ceremony
Wednesday 2 December Boarders may travel home after ceremony

Mr David Garner, Deputy Principal – Head of Secondary School

Maths Help

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MATHEMATICS HELP 2015

WEEK A Monday and Tuesday
WEEK B Wednesday and Thursday
3.30pm-4.30pm
LRC Foyer Level 2

Ms Blair (Mon Wk A), Ms Hazlehurst (Tues Wk A), Mrs Hurd (Wed Wk B) and Mrs Allan (Thurs Wk B) will be available for individual help with homework, preparation for testing or review of problem topics.

All Years 7-12 Mathematics students are welcome.

Please encourage your daughter to take advantage of this opportunity to consolidate her mathematical understanding in a relaxed and supportive environment.
English Support

The English Department is offering English Support in Semester 2 in the LRC from 3.30-4.30pm. This is available for all years 7-12 students.

Miss Bowers will be available Monday Weeks A & B
Mrs Sullivan will be available Wednesday Week A & Tuesday Week B
Mrs Paulsen will be offering EIL support Thursday Week A & Wednesday Week B

Performing Arts

Music

Information on: Alice in Wonderland, Jr, the K-2 Nativity Musical and the Choral Festival

Alice in Wonderland, Jr

Tickets for the Year 6 Musical, Alice in Wonderland, Jr, are on sale. All tickets are $10 and can be purchased via http://www.trybooking.com/1YMU1. Please see the poster in the Community section of this Newsletter.

K-2 Nativity Musical

Baubles!
A Tree-mendous Nativity

Ravenswood's K-2 Nativity Musical
10.45am Friday 13 November 2015

Assembly Hall, Ravenswood, Henry Street, Gordon
Tickets free, must be reserved:
http://www.trybooking.com/1YNP

By Antony Copus
© All of the ARK Ltd. used with permission
Tickets for the K-2 Nativity are available. They are free but must be reserved via http://www.trybooking.com/YNP.

**Choral Festival**

Tickets for the *Choral Festival* are on sale from The Concourse Box Office. Visit [www.theconcourse.com.au](http://www.theconcourse.com.au) or phone 1300 795 012 to purchase tickets.

*Mrs Heather Aird, Director Music and Performing Arts*

**2016 Years 9-12 Drama Production**

**AUDITION NOTICE**

**The Lark**

By Jean Anouilh

‘Without question it was Joan singing like a lark in the sky over the heads of your French armies’

*Years 9-12
Drama Production
Term 1 2016*

This all-female production tells the legendary tale of Joan of Arc; her accusers, her believers, her life – and her death. Every role is meaty and important in this ensemble piece. *The Lark* needs a brave cast of 20 exceptional actors, ready for a challenge. Auditions will be held twice a week, on Wednesdays and Sundays. Performances take place in Weeks of Term 1 2016, in the CI Studio.

There will be a beautiful set, costumes and live music. Auditions are in Week 6 this term, commencing Monday 9 November. Sign up now at the Performing Arts Reception and pick up your audition pack, and see Mr Bird (Drama Department) with any questions.

© Ami Stinnissen
2015 Years 7-8 Play

*Law & Order: Fairy Tale Unit* by Jonathon Rand

In the fairytale criminal justice system, the characters from fairytales and nursery rhymes are represented by two separate yet equally ridiculous groups: the fairytale police who investigate fairytale crime, and the fairytale district attorneys who prosecute the fairytale offenders. These are their stories.

Wednesday 11 November and Thursday 12 November at 7.00pm, Caroline Trotter Studio.


*Mr Chris Bird, Drama Coordinator*

2016 Junior School and Secondary School Dance Auditions

The Ravenswood Dance Companies are audition-only groups that perform at internal and external events such as eisteddfods and showcases. Successful students represent the best Junior School and Secondary School dancers at Ravenswood, presenting a high level of skill, technique and flexibility. The Junior School Company rehearses every Tuesday from 7.00am-8.00am and the Secondary School Company every Wednesday from 7.00am-8.00am. It is an expectation that those students involved attend all rehearsals and performances.

In the auditions for both Companies, dancers will participate in an open *kicks, turns and jumps* style class before being taught two short dances. There is no need to prepare anything for either of these auditions, however, dancers are expected to wear appropriate dance clothing and bring along a water bottle.

Junior School (Years 3-6) Audition: Wednesday 25 November (*Years 1-6 Orientation*) 11.00am-1.00pm.

Secondary School (Years 7-12) Auditions: Dancers can attend one of two auditions on Saturday 21 November OR Saturday 28 November (2.00pm-6.00pm).

If you are interested in auditioning, please contact dance@ravenswood.nsw.edu.au with your name, Year Group in 2016 and preferred audition day before Monday 16 November.

*Miss Ebony Keys, Dance Convenor*

**Sports**

**Snowsports**

Dates have been set for the 2016 Sydney Region, NSW State and National Championships. The schedule is available on the Sports noticeboard and the Sports section of the Portal, for those parents considering their 2016 holidays bookings. Anyone who is interested, please register your interest to join the Snowsports team in 2016 by contacting me on 9498 9919 or dberg@ravenswood.nsw.edu.au.
Community

From the Development Office

RPA Christmas Lunch a Huge Success

Thank you to all those who attended Monday’s 2015 RPA Christmas Lunch at Miramare Gardens. It was a day of warmth and friendliness in a magnificent setting. Special thanks to Mrs Katrina Tritton for her tireless efforts organising an array of quality stalls so guests could enjoy some early Christmas shopping.

Sixteen sleeps until the Summer Carnival!

It is with much pleasure that I gratefully announce the sponsors from our Ravenswood families and local community businesses that are supporting the Summer Carnival on Sunday 22 November. See the flyer below for the list of supporters who have donated goods, prizes and general donations to the Silent Auction, the stalls and to ensure the success of the Carnival. Thank you also to the huge number of families that have logged into Volunteer Spot and committed their time to volunteer on the day. Many of the Year Group stalls are full but we really need extra support for the following food stalls: BBQ Pit, Pizza/Mezze Stall and Food Preparation and Set-Up on Saturday 21 November: http://vols.pt/2YWB42.

Thank you for the Ravenswood War Memorial

I would like to thank the Ravenswood Old Girls’ Union (ROGU) for initiating the War Memorial Project back in 2012. ROGU is the lead donor for building the War Memorial. Funds have also been generously donated by the Ravenswood Parents’ Association and Ravenswood Foundation. I would also like to acknowledge the support of the Ravenswood community in purchasing the camellias and for individual donations from our Old Girl community. We have also had a camellia generously purchased and anonymously donated for the War Memorial site. Camellias can still be purchased http://www.trybooking.com/JGEX.

Tuition Raffle

The Ravenswood Foundation and Ravenswood Parents’ Association are holding the inaugural Ravenswood Tuition Raffle. Tickets are on sale offering free tuition fees for one student for the 2016 school year. Limited to only 500 tickets, this is a 1 in 500 chance of having your daughter’s 2016 school fees covered. Terms and conditions and details are at http://www.trybooking.com/JGFO.

Upcoming 2015 RPA AGMs

Note that the AGM for the RPA Executive will be held in the Centenary Centre Foyer on Monday 16 November at 7.00pm, followed immediately by the AGM for the Years 7-12 RPA Sub-Committee. The AGM for the Junior School RPA Sub-Committee will be held at 8.30pm on Friday 20 November in the Centenary Centre Foyer. Nomination forms are in the files section of the Parent Portal, or contact Anne Reilly in the Development Office on 9498 9825.

Gingerbread House and Tree Kits

Choose from the fabulous gingerbread house kit ($35), the gingerbread Christmas tree kit ($25) and the gluten-free house kit ($35). Bookings close at 2pm Monday 9th November. (Sorry: no late orders accepted.) Secure your kits via TryBookinghttp://www.trybooking.com/GEMH.

Ms Liane Leslie, Development and Relationships Manager
RPA Summer Carnival - Sunday 22 November

Call for Volunteers

Reap the rewards of volunteering! If you have yet to sign-up and your daughter’s Year Group stall is fully staffed, please look for other opportunities to volunteer your time and work alongside other members of the Ravenswood community, e.g. the Drinks, Waffle, BBQ and Pizza stalls. General helpers are also required for set-up (including on Saturday 21 November), general help throughout the Carnival, and for pack-up on Sunday afternoon. Click on the link and follow the prompts: http://vols.pt/2YWb42

Student Volunteers (Years 5-12)

Do two hours of volunteering and you are entitled to a Fast Pass get to the head of the queue on some Carnival rides.

Choose stalls where you can work with your friends, e.g. selling tickets. Click on the link and follow the prompts: http://vols.pt/2YWb42.

ROGU Homebake Stall

Are you a BAKER and an ARTIST? If so, this is the competition for you!

As part of the Old Girls Homebake stall at the Summer Carnival, we are running a cakebox decorating competition which will be divided into appropriate age groups from Kindergarten through to grandmas, teachers and Old Girls. You could win a prize. Look for posters around the school.

Cakeboxes arrived at school on Tuesday 3 November.

We would love every family to bake a cake or other goods to sell, even if you don’t want to enter the competition.

For more information, contact Jenny Wells jiwells_1964@hotmail.com from the Ravenswood Old Girls’ Union (ROGU).

Full details are available on the Parent Portal.

Carnival Unlimited Rides Wristbands

The Carnival rides wristbands are on sale – they are cheaper when pre-purchased. Please see the flyer below or on the Portal.

It’s not too late to join Nippers ...

Registrations are still being accepted at North Steyne Nippers for all children aged 5-13 years for the 2015-2016 season. The emphasis is on FUN and education and includes activities such as beach sprints and flag races, wading, swimming, board paddling and other novelty events. Everyone is encouraged to join in and have a go. A Surf Education program is also included to raise surf awareness and help keep our children safe on the beach.

We also are very interested in hearing from runners or swimmers who would like to compete at carnivals this season and offer dedicated competition training for both beach and water competitors.

For more information please call Jodie Frazer on 0411 261 455 or go to our website for more information to enrol: www.northsteyneslsc.com.au.
Gordon Neighbourhood Watch Group

Gordon Neighbourhood Watch group is having its annual meeting with the theme of child/youth crime/law:

Wednesday 11 November at 7:00pm at the Gordon Bowling Club, 4 Pennant Avenue, Gordon.

Speakers:
Snr Cst Paul Cleary, Crime Prevention Officer, NSW Police - Kuring-gai Local Area Command
Snr Cst Stef Murray, Youth Liaison Officer, NSW Police - Kuring-gai Local Area Command
Dr Cedric Spencer (Lawyer and Lecturer) will address: children, the laws and legal issues - What can you do? What can’t you do?

There will be light refreshments provided.

www.facebook.com/KuringGai.LAC
Gordon area Neighbourhood Watch page: www.facebook.com/NeighbourhoodWatchGordon
Local weekly eyewatch eNewsletters from NHWKuringgaiHornsby@gmail.com
NHW in Ku-ring-gai & Hornsby website: www.NHWKuringgaiHornsby.wix.com/NHWKuringgaiHornsby

Kaleidoscope of Lane Cove

FRIDAY 13 NOVEMBER
4.00pm - 6.00pm
Lane Cove Plaza

Drop by and celebrate cultural diversity in Lane Cove at the 2015 Kaleidoscope of Lane Cove event with free entertainment and fun kids activities

Highlights of the afternoon will include:
- Printmaking workshop and collaborative artwork
- Balkans Klezmer Trio
- Spanish classical guitar
- Share Our Stories zine launch
- Henna painting

Contact Council’s Cultural Development Officer for further details on 9911 1594 or cultural@lane Cove.nsw.gov.au

This event is weather dependent, visit www.laneCove.nsw.gov.au/festivals for details

At this event Council will be launching its recent Share Our Stories zine project which was made possible thanks to funding from Multicultural NSW
Ravenswood Summer Carnival Unlimited Rides Wristband

Buy your unlimited rides wristband online now!

Only $26*
$38 on the day
Single rides $5-$8

http://www.trybooking.com/IKIF
*plus booking fee

Rides for all ages!!!

SAVE by pre-purchasing an armband covering all these rides at TRYBOOKING for $26 (+ booking fee) or $35 on the day.

http://www.trybooking.com/IKIF

No refund in the event of cancellation. Armbands are non-transferable and will not be replaced if lost or damaged.
Summer Carnival List of Supporters

Ravenswood would like to gratefully acknowledge the following proud sponsors of the
Ravenswood Summer Carnival

Snack Brands Australia  McCarroll’s Automotive Group  Toscano
Sue Kim  Yuko Yamamoto  Gordon Family Dental
Don & Katrina Tritton  Inspired Exteriors Pty Ltd  Canon Australia
Jonty  Lydia’s Jewellers  Lenovo Australia
Prosperity Advisors Group  Primo Smallgoods  Inghams Enterprises P/L
Sydney Car Wash Café  Gordon Medical Centre  Pottery Green Bakers
Helloworld Travel, Gordon  Body Sense Solutions  Scholastic Australia
Burke Family (Sophie Burke)  Pymble Veterinary Clinic  Bush’s fresh Meats
Steve & Olga Naumovski  Gillian Adams Salon & Spa  Avondale Golf Club
The Little Grocery Service  Northern Suburbs Locksmiths  Triforce Sports
Harvesttime Australia P/L  Harvey Norman  Ray White, Turramurra
Bras N Things  Sydney Aviators  Mind Heart Body Centre
Savills Cordeau Marshall  Uber Photography  Bunnings Gordon
Willoughby Seafood  City Golf Gordon  Turramurra Drapery
Killara Golf Club  Ooooby Sydney  Paper Creations Sydney
Papaya Homewares  Bakers Delight - Gordon
K-11 Visual Arts Exhibition

Visual Arts Exhibition 2015
Kindergarten to Year 11

Official Opening Wednesday 4 November 6.00pm-8.00pm

K-6
4-5 November 8.30am-4.00pm
6 November 8.30am-2.00pm

Years 7-11
4-9 November 8.30am-4.00pm
10 November 8.30am-2.00pm
Saturday 7 November 10.00am-2.00pm please enter via Gate 3 on Henry St

Ravenswood Centenary Centre Foyer and Auditorium, Henry Street, Gordon
Visitors to the school should arrive via Main Reception
Front Images: Jessica Williams, Genevieve Smith, Lynette Yang, Year 11 IB Diploma
Back Images: Chloe Smith Year 8, Renee Nguyen Year 4, Remy Hayman Year 9
Alice in Wonderland, Jr

**Ravenswood’s Production of Disney’s Alice in Wonderland Jr.**

*Music and Lyrics by Sammy Fain and Bob Hilliard, Oliver Wallace and Cy Coban, Alle Wrubel and Ray Gilbert, Mack David, Al Hoffman and Jerry Livingston*

*Music Adapted and Arranged and Additional Music and Lyrics by Bryan Louiselle*

*Book Adapted and Additional Lyrics by David Simpatico*

Based on the 1951 Disney film “Alice in Wonderland” and the novels “The Adventures of Alice in Wonderland” and “Through the Looking Glass” by Lewis Carroll

By arrangement with Hal Leonard Australia Pty Ltd, exclusive agent for Music Theatre International, NY

19 + 20 November 2015
7.00pm

Lorraine Smith Auditorium

General Admission Tickets: $10
(on sale 12 October 2015)

http://www.trybooking.com/1YMU
Study Skills Newsletter Tip for November

Top 10 Tips for parents to manage and communicate expectations about schoolwork and results

Parents often have high expectations of their children in relation to how much homework they will do, and what results they will achieve in their studies. These expectations may result from cultural beliefs, personal experiences, desire for children to have better opportunities than their parents had and the like. Research shows that whilst parental expectations can play a significant part in children achieving high results, they can also contribute to high levels of student stress.

Some things to think about in relation to parental expectations include:

1. **Understand your own motivations:** Why do you want your child to do particular marks in their studies? Is it because you have pressure from family, friends, society about what your child will achieve? Do you want them to follow in your career footsteps? Do you want them to have opportunities you never had as a child or young person? Understanding your own motivations will help you find balance in your expectations of your children.

2. **Help your children set realistic goals:** Keep talking to your children about what they want to achieve, in individual subjects, at school overall and in other aspects of their life. Their career goals may mean they want to focus intensely on something like art or music, rather than maths or science. Helping them to identify their goals will enable them to determine what subjects they need to focus on and what marks they are likely to need, which means that effort can be concentrated on the areas which will help them to achieve their goals.

3. **Be involved in your children’s learning:** Throughout the term talk to your children about what they are studying. Ask them to show you their bookwork and homework. The more you understand about what they are doing and how they are going along the way, the better you will be able to set and manage your expectations.

4. **Make sure you really communicate what you expect:** Many students feel like they are not meeting their parents’ expectations. Often this is a result of poor communication about expectations by both parties. Reflect on your motivations (see 1 above) and think about how you communicate your expectations to your children. Remember to praise them for the effort they make rather than the results they achieve, as this way they are motivated to keep on trying, even when learning is difficult.

5. **Develop an understanding of the school’s assessment and reporting structures:** Assessment and reporting systems change over time and are different in different schools, states and countries. Making sure you really understand what your children’s report means may help you to understand what they are actually achieving. Your school can explain these to you if need be. Sometimes students are excelling, but reporting structures don’t clearly represent ties to parents.

6. **Remember nobody is perfect:** Even the brightest, most highly motivated child will struggle at times. They may struggle to understand a particular topic or concept, or they may struggle with motivation, particularly for a subject they don’t particularly enjoy. Problems with teachers or peers can also contribute. It is unrealistic that anyone can work with 100% effort all the time.

7. **Provide practical homework and exam support:** Provide practical help them to your children to enable them to access past papers or practice questions and work with them by things like proofreading and reviewing drafts, checking work and listening to speeches. Remember though, it is not your work, so don’t make changes, rather make suggestions and provide guidance.

8. **Spend time together doing something fun:** Make sure your relationship with your child is about more than homework and study. Allocate some time to do fun things together. This is the time in which your child is most likely to open up to you about the things that they are struggling with and you can work out how best to help them. Ideas include going for a walk or run together, registering for a team sport, having a dinner date or going to a gallery or museum.

9. **Support your child to do their best:** You can do this by providing healthy, nutrient rich food; opportunities for exercise, rest and relaxation and an environment which is supportive of and conducive to study.

10. **Keep alert for the physical and mental signs of stress:** Familiarise yourself with how your child responds to stress. Do they withdraw? Act out? Work harder or stop working? When you notice that your child is stressed, provide them opportunities to discuss what is worrying them and work with them to identify how you can help them. You may wish to involve the school counsellor, a teacher or tutor at this point.

You can learn more about how to support your student’s learning at [www.studykitshandbook.com.au](http://www.studykitshandbook.com.au) by logging in with these details:
Username: ravenswood
Password: #achieve
Health Promoting Schools Newsletter Spring 2015 - Vitamin D and the Summer Sun

Vitamin D and the summer sun

How much sun is enough?

When do I need sun protection?
Most Australians need sun protection when the UV Index is 3 or above. The UV index is an international standard measurement of the strength of UV radiation from the sun at a particular place on a particular day. UV levels are low in the early morning as the sun comes up, gradually increasing to a peak around the middle of the day when the sun is at its highest, and then decreasing slowly as the sun gets lower in the sky.

In the northern parts of Australia (for example Brisbane and Darwin), UV levels are above 3 all year round and reach extreme levels of 14+ in summer, so sun protection is needed daily.

In the southern parts of the country, there are times of the year when sun protection is not necessary. For example, in Adelaide, Melbourne and Hobart, the average daily UV levels remain below 3 from May to August, so sun protection is not required unless you are at high altitudes, outside for extended periods or near highly reflective surfaces like snow.

UV Index in selected Australian cities averaged over the days in each month

The table above is a guide to average peak UV levels by month for Australian capital cities. The shaded area identifies the months of the year when sun protection may not be required.

News

Year 8 Creative Curriculum

Last week, Year 8 students were involved in Creative Curriculum. Each year this is a wonderful opportunity for students to be immersed in an independent, inspirational guided inquiry project exploring a multi-disciplinary challenge inspired by the Year 8 curriculum.

In essence, Creative Curriculum enables students to develop various research, analytical and creative skills, through the exploration of an area of interest to them. The buzz in the LRC during Creative Curriculum week is wonderful to witness as students widen their knowledge of the world in which they live.

This year, we added the Design Thinking strategy, Hexagonal Thinking to the students’ tool kit to assist them to synthesise and make sense of the information they found during their research. Hexagonal Thinking involves each student writing key concepts on hexagonal cards at the end of each day. They must record the information in a way that makes it clear to their peers. With the assistance of their mentor, the group then had to work together to place the cards together in the way that makes sense of the connections between ideas and concepts. The five sides of the hexagon allow for multiple connections to be made each day and students reported this strategy shaped their final presentation.
Each day commenced with a period of direct instruction in a key aspect of information literacy. Over the course of the week students had opportunities to demonstrate to the mentors their competency in: effective online searching, note-making, evaluating websites, appropriate referencing and presentation skills.

The week is designed to achieve what Winchester University's Professor Guy Claxton calls 'split screen' learning where students learn content alongside process and work with each other and their mentors to develop their four learning muscle groups:

1. Active engagement - locking onto learning through inquiring, persisting, venturing and concentration
2. Skillful learning - building a cognitive toolkit by imagining, connecting, crafting, capitalising
3. Thinking and reflecting - developing strategic awareness through organising, self-evaluation, analysing and applying
4. Social sophistication - learning with others by collaborating, resisting pressure, empathising and collecting feedback.

Family members of Year 8 students were invited to attend the Year 8 2015 Creative Curriculum Presentations and Showcase, and this gave parents and in some cases, grandparents the opportunity to view presentations of the girls' research and in particular, to hear about their research journey and findings.

Students will be completing an anonymous survey on their experience of the week so that we can continue to make improvements to the program, which has become an important part of the experience of students at Ravenswood in the middle years of schooling. The Creative Curriculum committee is a core group responsible for planning and scaffolding the learning experiences for mentors and students. The committee, Ravenswood's teacher-librarians and the mentors are instrumental to the program's success and I would like to thank these staff for their commitment and energy during the week. A final enormous thank you to the students of Year 8 for your focus and enthusiasm - it was a joy to witness your explorations evolve over the course of Creative Curriculum.

*Mrs Terrie Jones, Deputy Principal – Head of Learning and Innovation*

#KidsOut

*Photo: Year 11 Social Service Captains Ingrid, Jemima, Annie and Belinda with Mrs Jane van Beek, Social Justice Coordinator*

Ravenswood marked #KidsOut (an initiative of Asylum Seekers Resources Centre) by sending a petition opposing children in detention centres to the Prime Minister, the Hon Malcolm Turnbull MP. The students also voiced their opposition to The Border Force Act provisions that limit freedom of expression. As a result of the Social Service Captains presenting their case in Chapel at school, more than 500 students and teachers signed the petition.