Montague Continuing Education Centre

NEWSLETTER  9th October  August, 2015

Dates for your Diary

Around the Bay Bike Ride  Sunday October 11th
Pupil Free Day  Monday October 19th
Rubicon Camp  Monday October 26th - 27th
Curriculum Day  Monday November 2nd
Duke Camp  Wednesday November 11th - 13th
End of Year Celebration  Friday 11th December 9am MCG

Principal's Report

As we begin the final term for 2015 you are invited to attend a discussion/interview regarding your daughter/son's progress and achievements to date and to discuss their Individual Plan for 2016 on Monday 19th October. School Council approved this day to be a pupil free day. Soutria, David and Lee will be available all day, I do encourage you to take this opportunity where your son's/daughter's options for VCAL, VET, Work Experience, Duke of Ed, sport, camps and other extra curricula activities can be discussed and planned.

Please indicate on form at end of newsletter the times that are most suitable to you on the 19th and we will confirm appointment, if you would like to make an appointment for another time please write 2 alternatives in boxes provided and hopefully we will be able to arrange this.

Camps

It was such a pleasure to accompany Lee and the 5 boys on their 3 day camp at Blackwood Outdoor Specialist School Camp from 16th September to 18th September, they all fully participated in Archery and High Ropes. We certainly discovered hidden talents.

The week long Rubicon Outdoor Education Centre – Thornton Campus camp is October 26th to October 30th and again this is a challenge camp. Activities will include Mountain Bike riding, camping out 1 night in tents, river rafting, horse riding, high ropes and rock climbing. While we feel this particular challenge camp is most suitable for boys there are still some places left so if any girls would like to
participate please complete consent forms and return to Montague by next Wednesday. Cost of this camp is $350. Staff attending are Soutria, Lee, and Peter [Wednesday evening, Thursday and Friday]. I would encourage you to visit the website http://rubicon.vic.edu.au/

The Duke of Ed camp will be November 11th till 13th at Blackwood, Giuliana and Peter will be supervising students. Full details of the activities will follow. Cost will be $90.

Sports Program
10 students will be participating in Southern Special Schools Sports Association Friday competition each Friday again this term. We have entered combined Montague/ Berendale teams this year and this has proven most successful both in opportunities for a selection of sports and socialising with others. This term the students have chosen either cricket or softball, Peter and Marcus will be the coaches! Lets hope another trophy.

As previously mentioned Cathy Northey is taking Long Service Leave in 4th term and is being replaced with Giuliana on most Mondays and Tuesdays.

Our bike riders have trained hard for the big event on Sunday and I do wish them a safe and enjoyable ride on behalf of the whole school community. Watch the news Sunday night you may see a bunch of red!

Geri

Mindfulness Parent/Carer Workshops

Sponsored by: Montague Continuing Education Centre and Anglicare Victoria/Parentzone South

Venue: Montague CEC, corner Gladstone St and 100 Montague Street, South Melbourne

Dates: Saturday 17th October 2015, 10am -2pm 2nd session date to be decided by group

No cost, light lunch provided

Further details on website

Students articles will be on the website.
Monday October 19th

Please tick which teacher/teachers you would like to see

Soutria       David       Lee

Please indicate below the times [1 – 3] that are most suitable to you and we will confirm appointment, if you would like to make an appointment for another time please write 2 alternatives in boxes provided and hopefully we will be able to arrange this.

Name:                                         Student:

Best contact number:

<table>
<thead>
<tr>
<th>Time</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>9am – 9.30</td>
<td>2 – 2.30</td>
</tr>
<tr>
<td>9.30 – 10</td>
<td>2.30 – 3pm</td>
</tr>
<tr>
<td>10.30 – 11</td>
<td>3 – 3.30</td>
</tr>
<tr>
<td>12.00 -12.30</td>
<td>3.30 – 4pm</td>
</tr>
<tr>
<td>12.30 -1pm</td>
<td>4 – 4.30</td>
</tr>
<tr>
<td>1.30 -2pm</td>
<td>4.30 – 5pm</td>
</tr>
</tbody>
</table>

Alternative times:

If you would like to discuss any of the above, please contact me on 9690 3535

Yours faithfully,

Geri Charles
Principal
Parent/Carer Workshops

With Janet Etty-Leal

Sponsored by: Montague Continuing Education Centre and Anglicare Victoria/Parentzone South

Venue: Montague CEC, corner Gladstone St and 100 Montague Street, South Melbourne

Dates: Saturday 17th October 2015, 10am -2pm
2nd session date to be decided by group

No cost, light lunch provided

'The most precious gift we can offer others is our presence. When mindfulness embraces those we love, they will bloom like flowers.'
Tich Nhat Hahn

Mindfulness is a practice to make the most of life!

The aim of these Workshops is for parents and carers to make sense of Mindfulness; to find ways to practice and apply Mindfulness in everyday life and reap the benefits of enhanced wellbeing personally and within the family unit.

Content Includes:
The Power of Pausing: Refining Attention
Establishing Self Awareness
  • Understanding the concepts of relaxation, meditation and self-awareness
  • Basic physiology: the body
  • Basic physiology: the breath
Building Mindful Skills
  • Stress: understanding triggers and reactions
  • The emotional power of words
  • Sense-sational Strategies: sight, smell and touch
  • "sound, taste and humour!"
  • Stillness Practice

Enquiries and Bookings:
Contact Geri Charles, Principal, Montague Continuing Education: Email: charles.geraldine.g@edumail.vic.gov.au
Phone: 9690 3535

© Janet Etty-Leal, Meditation Capsules 2015