



Welcome to our fortnightly Parent Newsletter. Our aim is to keep parents informed of upcoming events and important dates to remember.

If you haven't already done so, please let the College know of your email address so we can let you know when the newsletters are available for download from our website.

Email your address to: galvin.park.sc@edumail.vic.gov.au . Please include in your email the names of the student/s you have enrolled at the College.

IMPORTANT DATES	
1 st June – 5 th June: Year 10 and 11 exams	
8th JUNE: PUBLIC HOLIDAY	
8 th June – 11 th June: Year 12 Exams	
12th JUNE: STUDENT FREE DAY	
EXCURSIONS	
25 th May: Year 12 Business, Fosters CUB	
25 th May: Year 11 VCE Biology, Werribee Zoo	
26 th May: Year 11 Psychology, Glen Devon Primary School	
10 th June: Year 10 Humanities, Australian Stock Exchange	

Vale Andrew Gilmore



All staff members and students at the College were saddened by Andrew's death on Friday 22nd May.

Andrew was a dynamic and personable student over the 5 years he spent at the College. As a passionate sportsman Andrew was a great contributor to many sporting teams and his role as Yr 9 Green House Captain in 2007 allowed many to see his natural leadership qualities. Our thoughts and prayers are with all members of the Gilmore family at this time of great loss.

Peter Newland,
Principal

COPING WITH DEATH AND GRIEF

The following extracts taken from literature developed by Joseph Allison Funerals, outlines in general terms how people cope with death and grief, it may assist you and your child.

Yvonne Harvey
Connie Faranda
Student Welfare Coordinators

“People deal with death and grief in different ways.

There is no right or wrong way to cope with death and it is normal to experience intense and painful emotional reactions when someone important to you dies.

What should we say

Many parents are not sure of how to explain death to a child. Either fearing the child won't understand or in an attempt to protect the child, they may believe it is easier to avoid the issue.

However, children are capable of experiencing grief and they can often accept death better than many adults. Importantly, they also need the opportunity to grieve and to say goodbye to a loved one.

Important considerations

As a general guide, the most important things you can do to help children understand death is:

- *Accept and acknowledge their feelings*
- *Listen to them*
- *Reassure your love for them*

Teenagers may find it difficult to cope if someone close to them dies and they often start to search for meanings and values.

While you should engage them to talk about their feelings, do not force the issue. Try drawing them into discussions by asking their opinion or advice and by listening.

It is important to let them work out their feelings in their own time, but let them know you are there. Some teenagers may find it easier to talk to someone outside their immediate family such as a friend or relative.”

The process of grief

“Grief is a vital part of the recovery process following the death of a loved one. It can involve a wide range of emotions and these feelings, although often bewildering, are common and natural. The process of grief is often described as involving a number of stages from shock to eventual recovery. These stages may or may not be experienced, or may be revisited over a period of time.

Grief is unique to each person and the following descriptions are an overview to assist you in identifying and coping with grief.

Shock

When you first learn that someone you love has died your immediate reaction may be one of shock. This is a natural reaction.

Emotional release

Letting go of your emotions and expressing your feelings helps the healing process and is a positive step. It is normal to want to cry, shout, be angry and reminisce.

Sadness

You may experience feelings of sadness and loneliness – this is often when you realise that the deceased has gone forever. You may become disinterested in what is happening around you.

Remembering

Remembering the past you shared with your loved one is also common. All the good times you shared can become a constant thought. Although it may seem to hurt more, it can bring you some relief to share your memories and feelings with others.

Guilt

You may begin think you could have done more, or why him and I'm OK.

Hostility

It is normal to experience anger and aggression but it is important to let this anger out by talking to someone you can trust and feel comfortable with in discussing the death.

Physical demands

You may experience physical symptoms while grieving. It is important to take time to look after yourself for your health and well being. Make sure you eat properly, exercise regularly, aim to get a good night's sleep and visit your doctor for a check-up.

Signs of recovery

It will take time to work through the grieving process, but eventually you will start to feel better and ready to get on with your life again.

The length of time it takes to work through the grieving process varies from person to person. The painful feelings will diminish over time, but if they remain intense and prolonged, you may require professional help."

UNIFORM SHOP

END OF STOCK SALES: Winter Kilts \$30.00 each. New winter skirt available soon.

MIDDLE YEAR CROSS COUNTRY

On Monday the 18th May 2009 Galvin Park held its annual Cross-Country Run at the Galvin Park Reserve. The morning fog disappeared for a beautiful sunny May day. Each year level completed the run in a double session on the day. After a briefing regarding the event, students lined up along the starting line awaiting the almighty start. It was great to see the number of students completing the run to the best of their ability and gaining some outstanding times. The first 100 placegetters for each year level also received an icy-pole, an added incentive to 'do-their-best'. Students who place in the top 2 for each age group will be contacted soon to represent Galvin Park at Finals in sunny Ballarat on Wednesday 24th June. A very big thankyou needs to be given to all teachers who assisted with their tutor group. Without all their hard work and dedication the event wouldn't run as smoothly as it does. In closing, WELL DONE to all students and staff and we look forward to the approaching Cross Country finals. Happy running!!

Thanks, Miss Oliver

Sports Coordinator

VALUES DAY - LETS IMPROVE OUR COLLEGE

On Friday 26th June 2009, all members of Galvin Park Secondary College will come together and participate in a series of workshops and fun activities to validate our College values of Respect, Tolerance and Co-Operation. The day will involve students from all Year levels working together with staff to design ideas to improve our College environment. The purpose of the day is to get to know one another, and develop relationships to ensure we are all committed and take ownership of our College to make it a place where we all want to be. Staff and student teams will work within the College and at local community venues. The afternoon will be all about having fun, getting to know one another and demonstrating our values. Students and staff will participate in activities such as quizzes, games, sports and other enjoyable activities. On our Values Day, school will start at the normal time of 9 a.m. and finish at 2 p.m. with Year 7 – 10 students collecting their reports before the end of the day.

Ms Stevenson

Values Day Coordinator

GENERATION NEXT - JOHN BATMAN THEATRE, MELBOURNE CONVENTION CENTRE

Saturday, June 13, 6-10pm

A public seminar aimed at understanding the unique health and wellbeing challenges facing generations Y & Z – and how these challenges can be met. Australia's Leading Experts on Children and Teenagers in one events.

For more information visit the website gennextseminars.com