

NEWSLETTER # 3-MAY 2021

Principal's Reflection

On Friday, last week, I sat on a selection panel for a Mental Health Practitioner position that our school will share with Leongatha Secondary College and Mirboo North Secondary College. The position is a full-time one with the FSC allocation one full day a week. The successful applicant was Ms. Sandra Challis, a mental health nurse of many years.



The role of mental health practitioner includes:

- provision of direct counselling support to students and other early intervention services;
- coordination of supports for students with more complex needs; and
- contributing to whole-school approaches to health prevention and promotion.

Ms. Challis will work closely with our existing wellbeing team of Carli Gibson (Wellbeing Coordinator) and Anna Stefani (School Nurse). This gives us an extraordinary degree of experience and expertise in this space at a time when the world is throwing very novel challenges at our young people, on top of the usual ones we anticipate them facing.

This week, many of our senior students will head off on their VCE Careers Camp to Melbourne. I'd imagine for a number of them it will be their first trip to Melbourne in quite a while given the nature of 2020 and its impact on the Melbourne CBD. Our senior team has planned a fantastic three days; visiting universities, law courts, museums, galleries and of course, the Careers Expo on Friday. This will be a great opportunity to look at their options and whether further study in Melbourne is something they might be interested in.

I encourage families to have open and frank conversations with their children when they return. Moving to Melbourne or anywhere away from home is a huge jump for our students and is filled with great uncertainties. *What course will I do? Where will I live? How will I afford it? Will I be able to get Centrelink or a job? Will I need a car? Will I know anyone up there? What if I don't like it?*

All of these questions and more can be exciting for some and a source of anxiety for others. The last thing we want is for these uncertainties to stop talented students pursuing their passion and missing opportunities that are available to them. This makes the conversations at home vital in ensuring students go into the decision making with their eyes wide open and aware of the extent to which they can rely on family support. The sooner these conversations happen, the better prepared for 2022 our students can be.

Speaking of opportunities, I firmly believe that while the pandemic has been a huge disruptor (and will continue to be for some time), it has created a lot of opportunities. For example, my daughter is in the process of returning to Melbourne to resume her studies after a year at home escaping Covid. She has got her old job back and said her company is screaming for workers. She has just rented a small but lovely apartment in the CBD for less than half the price it would have rented for pre-pandemic and that is less than a ten-minute walk to her Uni and her job. She has therefore decided to do without a car and pocket the savings.

As I have said before, we all need to look for 'silver linings' thrown up by this great disruption to our lives.

Matt McPhee

Principal

2021 TERM DATES

Term 1	Thursday 28 January – Thursday 1 April
Term 2	Monday 19 April – Friday 25 June
Term 3	Monday 12 July – Friday 17 September
Term 4	Monday 4 October – Friday 17 December

MAY BIRTHDAYS

Heidi Szajer	Karla Williams	Kasey Hoskins	Royce Lemchens
Tai Roberts	Aaron Judd	Sofie Platt	Jarraah Cicero
Rye Cicero	JJ	Ryan Jones-Jacobson	Nathan Bates
Jett Garvey	Angus Harding	Hayley Proudlock	Luca Andreopoulos-Gurr
Tiana Sacaram	Jake Welsh		

IMPORTANT DATES

VCE Careers Camp-Year 11 & 12	Wednesday 28 th – Friday 30 th April
Girls Football & Boys Netball	Thursday 29 th April
Caulfield Grammar Music Workshop	Friday 30 th April
Year 8 High Ropes in Glen Harrow Park	Tuesday 4 th May
First Aid Course – Year 9a	Wednesday 5 th May
NAPLAN Testing Year 7 & Year 9	Tuesday 11 th May – Wednesday 19 th May
First Aid Course – Year 9b	Wednesday 12 th May
Interschool Cross Country	Monday 17 th May
Year 9 Morrisby Interviews	Monday 24 th May – Friday 28 th May
Year 10 Work Experience	Monday 31 st May – Friday 4 th June

VCAL SAUSAGE SIZZLE



The sausage sizzle is on every Tuesday lunchtime. They sell sausages, hash-browns and veggie burgers with wholemeal and white bread. While the students undertake this task they show good hygiene and food handling skills. These show good employability skills and helps them get prepared for the workplace.

Written by Jackson Morgan



CARDS FOR SALE

Our very own Hayley Hymas has created a vast assortment of blank greeting cards, each available from the college main office at the cost of \$3.00.

Hayley's unique style is very captivating as it sees the world through naïve and often humorous eyes.

Please ask to see the assortment available – prepare for your next “card occasion” and support Hayley in her venture.



TUTORING & MIDDLE YEARS LITERACY NUMERACY SUPPORT (MYLNS)

Welcome back to Term 2 - In this part of the College program we are really pleased with the way our students have responded to working with our MYLNS support teachers, Mr Johnston and Mrs Jones (Numeracy) and Miss Kiarna & Mrs Clifton (Literacy) as well as our experienced tutors in Gen Davies and Russell Forte.

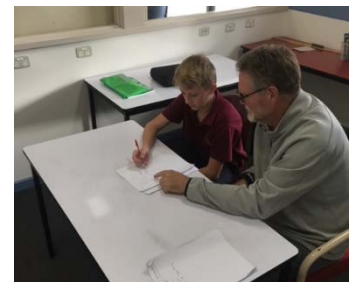
The government grants are being fully utilised in support of a range of students and ability levels across Years 7 to 12.

We are very fortunate that we have had an extra break out room attached to the Flexible Learning Centre which is being utilised for one on one sessions, as well as small group workshops.

Year 7 students have had an extra round of general testing to enable us to find those in need of extra assistance with the data being formally discussed and to be shared with teachers. In the meantime, some classes have had extra support with team teaching and one to one tutoring. This term sees four students attending a weekly session in the Victorian High Abilities Program. Congratulations on your selection Royce Lemchens, Anouar Cunningham, Liam Latham and Paul Gallagher.

At Year 8, Josh Gale and Luke Hannigan completed their Term 1 VHAP program in Numeracy. We have an extension group of year 8 students working through a higher level maths program four times a week. Each student in the group is progressing well through the content. Team teaching and MYLNS support within the classroom is also showing early signs of success, with the identified students on track.

Year 9 and 10 students are being supported in the English and Maths classrooms, the modified numeracy program started years ago being enhanced by the inclusion of VCAL and Foundation Maths for those attending TAFE. It is really great to see and hear students talking and asking about how they can receive the extra support that is available in this program, and provisions are being made to include more students, turning the current one on one work at this level into small group sessions this term and next.



At VCE, students have the opportunity to opt in for extra support with Literacy and Numeracy support with Gen and Russ, both filling their timetables with time for VCE students.

MOBILE PHONES

Students who do choose to bring mobile phones to school MUST have them switched off as soon as they arrive on school premises and then immediately store them in a locked locker for the whole of the school day, including recess and lunchtime. If students need to contact home during school hours they may do so by using the office phone.

ANZAC TRIBUTE

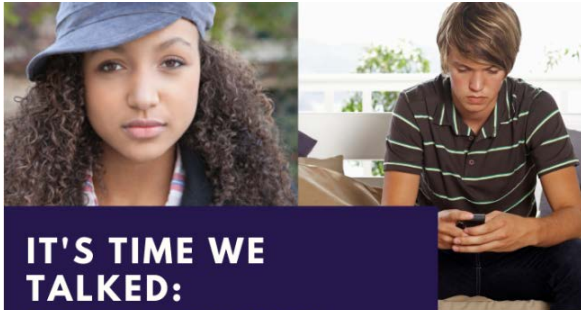


Many thanks to Amy Cox, Angus Harding, Lachlan Rathjen, Will Cashin, Myunah Duroux, Ryan Lavarda and Maddie and Sofie Platt who laid beautiful wreaths at Foster, Fish Creek, Welshpool and Toora on behalf of the College. Also thank you to Harrison Garlick and Oliver Lemchens for flying those flags high at the Foster service.



HEALTH & WELLBEING

EDUCATION OPPORTUNITY AVAILABLE FOR ALL PARENTS/GUARDIANS.



IT'S TIME WE TALKED: PORNOGRAPHY, YOUNG PEOPLE AND SEXUALITY

SEMINAR PRESENTED BY MAREE CRABBE FOR PARENTS/ADULTS OF OUR COMMUNITY

@ KORUMBURRA SECONDARY COLLEGE PERFORMING ARTS CENTRE

3RD OF MAY, 6:30-8:00PM
LIGHT REFRESHMENTS PROVIDED

Maree Crabbe is Director of the Australian violence prevention project It's time we talked (formerly Reality & Risk: Pornography, young people and sexuality). Maree is an educator, author and filmmaker who is passionate about supporting parents, schools, communities and government to address pornography's influence on young people.



LET'S TALK ABOUT PORN

Pornography has become a parenting issue we can't afford to ignore.

Over the past decade or so, pornography has become mainstream. For young people growing up in this era of ever-new and accessible technology it is almost impossible to avoid exposure to pornography. Consumption - particularly for young men - has become normalised.

But porn is no longer the centrefold it used to be. Porn's move from a brown paper bag onto smart phones and personal laptop computers has been accompanied by a shift towards more aggressive content.

While many young people express some awareness that porn is fantasy, they also commonly convey the ways their sexual understandings and experiences are being influenced by what they - or their partners or peers - observe in porn. Porn's influence has serious implications for young people's capacity to develop a sexuality that is respectful, safe, freely consenting and mutually pleasurable.

For more information about the session, please contact Vaya at KSC on 5655 1566. For more information about the issues visit: <https://itstimewetalked.com/parents/>



body project
Australia

Want to feel more comfortable in your body?

Many young people experience negative thoughts and feelings about their body.

Messages from friends, family and social media can intensify negative body image, making it difficult for young people to feel confident in who they are and engage in activities they enjoy.

Negative body image is a risk factor for developing an eating disorder, meaning it is important for young people to get support when body image concerns are arising.

Understanding and improving body image can have a positive impact on self-esteem, mood, anxiety, physical health, social wellbeing and life satisfaction.

Sign up for The Body Project Australia in Gippsland today!

www.bpa-gippsland-community.eventbrite.com.au

Questions? Contact Rosie at education@eatingdisorders.org.au

CONFIDENT

The Body Project Australia is a group-based program for young women that has been delivered worldwide. The program aims to help participants to challenge societal messages that focus on an ideal body, and to start to engage in strategies to improve their relationship with their own body.

Is this program for me? This program is for young women aged 14 to 18 who identify as having body dissatisfaction (you have negative thoughts and/or feelings about your body). The program is open to all young women who live in Gippsland, Victoria.

The program takes place through four, 1.5hr Zoom sessions with two facilitators (she/her) and a small group (max 10 ppl). Free to join!

This is an interactive program in a friendly, small group setting. You can expect a combination of education, reflection and discussion within the group. At the end of each session you will be given an activity to complete in real life. These activities will be discussed together the following week.

There will be two programs running during Term 2:

Program 1	Program 2
3/05/21, 4pm-5.30pm	19/05/21, 4.30-6pm
10/05/21, 4pm-5.30pm	26/05/21, 4.30-6pm
17/05/21, 4pm-5.30pm	2/06/21, 4.30-6pm
24/05/21, 4pm-5.30pm	9/6/21, 4.30-6pm

Learn more about what we do.
www.eatingdisorders.org.au | 1300 550 236

