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NEWSLETTER #1 March 2023

Principal's Reflection

As we launch into 2023, student and staff wellbeing has never been more prominent or regarded more importantly in the function and purpose of schools. Less than ten years ago, in most schools, a teacher was given the role of Student Wellbeing Coordinator and provided with around six periods per fortnight to deal with students and their mental health, wellbeing, personal and social issues. The teacher provided as much support as possible in that time, occasionally making connections for students with the local medical centre, psychologists or DHHS, while still having a teaching load that often, included VCE subjects; Needless to say, this was a very difficult job.

Student and staff wellbeing is now at the forefront of schools' concerns and is funded accordingly. At FSC, we have built a dynamic and proactive team and school-wide program, and I want to acknowledge and praise them for their dedication and commitment. Carli Gibson, our coordinator, oversees a team that includes, a school nurse (Emma Hughes), a mental health nurse (Sandra Challis), a Resilience, Rights and Respectful Relationships (RRRR) teacher (Anna Stefani), a team of visiting psychologists and the Youth Access Clinic (YAC). Together, the team has developed what has become a comprehensive wellbeing program that includes weekly surveys of every student to flag issues that need to be addressed, student attendance at (YAC) and the day to day social and emotional issues of teenagers. Carli has formed excellent relationships with support services like DFFH (Child Protection), the Orange Door and other DET student support groups. The team is central in helping teachers to understand individual students and how to support them in classes to get the most positive educational outcomes for them. Our compassionate and empathic team regularly goes above reasonable expectations for the benefit of students. The great work of these people has seen our student feedback data stream ahead of all schools across our network and the state. Our students feel supported and connected to the college. They feel safe and that their differences are appreciated and acknowledged.

Last week the wellbeing team organised a very important day for all Year 12s that included presentations from experts in physical and mental health, local community and government support groups who emphasised looking after themselves with a big year ahead. They were told about the importance of sleep habits and keeping a balanced study / life regime. Year 7/8/9 students attended a presentation about their digital thumb print. Experts spoke to each year level about staying safe with technology. Year 7 – cyberbullying, Year 8 – fake news, Year 9 – your digital identity and keeping safe online. The sessions utilised technology to demonstrate to students in real time how matters can escalate without responsible usage.

Other important events are scheduled for this term, including an International Women's Day celebration and Year 7 – 11 Vaping education session.

The International Women's Day activities are essential in promoting gender equality, helping to prevent the tragedy of family violence and educating students about 'Resilience, Rights and respectful Relationships'. On this day we celebrate women and their vast contribution to culture, Art, History, Science Politics and every one of our lives.

This week, I have been invited to speak at the Gippsland Principals' Conference about Foster Secondary College's excellent Staff Wellbeing and Efficacy data and the positive culture that exists here. This is another feather in the cap of the staff at FSC. It is the result of our theme of collective responsibility.

This is our school; This is your school

Important Dates

- **Pupil Free Day**
March the 10th 2023 is a Pupil Free day.
March the 13th 2023 is a Labour Day Public Holiday
- **Prom Hike**
9A Students will participate in a 3-day hike around Wilson's Prom National Park
Leave: Wednesday 29th March 2023 at 9am
Return: Friday 31st March 2023 at 3.20pm

9B Students will participate in a 3-day hike around Wilson's Prom National Park
Leave: Monday, 3rd April 2023 at 9am
Return: Wednesday, 5th April 2023 at 3.20pm
- **Bushwalk 11 OE**
Students will participate in a bushwalk at Wilsons prom national Park
Leave: Wednesday, 26th April 2023 at 7.30am
Return: Friday, 28th April 2023 at 3.30pm
- **Year 10 Outdoor-Surfers Rescue Practical at Sandy Point**
Wednesday 8th of March 2023
Leave: 11am
Return: 1.45pm
- **Foster Secondary College Pupil Free day**
10th and 13th of March 2023
- **School House Athletics**
Tuesday 14th of March 2023
- **Naplan Test week**
15th of March to the 24th of March 2023
Writing, Years 7 & 9 March 15th, 2023
Reading, Years 7 & 9 March 17th, 2023
- **Gippsland Swimming -Sale**
Thursday 16th of March 2023
- **AGRI Tech Careers Workshop Year 8&9**
17th of March 2023
- **School Photos Monday**
Monday 20th of March 2023 at 8.00am -12.00pm
- **Year 10 OH and S week**
Monday the 20th of March 2023

- **Naplan Conventions of Language Years 7 & 9**
Tuesday 21st of March 2023 9.00am to 10.00am
- **Naplan Numeracy Year 7 & 9**
Thursday 23rd of March 2023, 9.00am to 10.15am
- **Interschool Leongatha Velodrome**
Tuesday 28th of March 2023
- **Year 9 Morrisby testing**
5th of April 2023
- **Parent Student Teacher Interviews**
5th of April 2023
4.00pm to 6.00pm
6th of April 2023
9.00am to 12.00 pm

2023 Term Dates

Term 1 Monday 30th January – Thursday 6th April

Term 2 Monday 24th April – Friday 23rd June

Term 3 Monday 10th July – 15th September

Term 4 Monday 2nd October – Wednesday 20th December

Notes from the office

Camps, Sports and Excursion Fund

CSEF is a program provided by the Victorian Government to assist eligible families to cover the costs of school camps, sports and excursions. If you hold a valid means tested concession card you may be eligible for CSEF.

The allowance is paid to the school to use towards expenses relating to camps, sports and excursions for the benefit of your child/ren. The annual amount per secondary student is \$225.00. Please contact the office for an application form before the end of March 2023.

School Sports tops

School sport tops will again be available this year.

Cost per top is \$40

Custom name and number \$40 to be paid to the office.

Great for PE classes and Interschool sports days.

See Mr Hawking for more details.



New staff 2023

Foster Secondary College would like to welcome the staff to our team.

Megan Hawking- is returning after several years of family leave and teaching Maths.

Bronwyn Clifton- is returning from some time off and will be teaching English.

Lachlan Pezet- will be taking on English and Media.

Adeline Collins- a former student, teaching Maths and Science.

Louisa Vale- will be taking over from Roxanne Hurst in the Careers Coordinator Role.

Cathy Gay- has started in the office 3 days a week

Wellbeing Information

Cybersafety workshop – Digital Thumbprint

On the 14th of February, Years 8,9 and 10 learnt about safe use of technology with the Digital Identity program visiting our school.

The Year 8 students learnt about cyberbullying and how to report the misuse of technology.

Year 9 students explored fake news, fake profiles, and accounts.

Year 10 students googled their own identity and learnt the dangers of false accounts and the trouble they cause.

Overall, each year level gained age-appropriate learnings in an ever-changing digital world.

For more information, please click on the link [Digital Thumbprint – DT](#)

Dental Van

Australian Dental Health Victoria – School Dental Initiative

Dear Parents and Carers,

The School Dental Initiative will be visiting Foster Secondary School to provide free dental check-ups and services for students. This service is bulk billed with Medicare for eligible students under the Child Dental Benefits Schedule

All students will receive a free check-up and Tooth Strengthening Remineralisation.

For your child to be seen, you will need to fill in the Dental Consent Form and return it to the school signed as soon as possible. Forms are available at the school office and have been given to all the students.

Consent form collection & return deadline: Mar 20, 2023

Dental Van Visit week is allocated for the 15th of May – 19th May.

If you have any questions, please contact school reception or ADH at (03) 93239607 or via email at info@adhv.com.au.

Year 8 Drugs and Alcohol Workshop

On Thursday 23rd Feb our Year 8 cohort had an educational session with the YSAS Drug and Alcohol Team from Wonthaggi. The year 8 students are learning about the risks and health impacts on drugs and alcohol.

<https://ysas.org.au/>



Health Day for Year 12 FSC Students

Congratulations to the Year 12s who participated in the whole day health education event held today.

The students heard from Youth Support and Advocacy Service about drugs and alcohol managing themselves safely in the social environment, Gippsland Centre Against Sexual Assault (GCASA) about healthy relationships, reducing violence and gender equity, Gippsland Women's Health Service (GWHS)

about contraception, health options and resources.

The day started with FSC Mental Health Nurse Sandra Challis outlining coping and self-care strategies when dealing with stress and anxiety and ended in a Meta-fit session with Helen Nicholls Personal Trainer.

Thanks Year 12's for your adult approach to this education event and the ability to take on new information for when you may need it in life.

Pictured are students with YSAS including Scout the dog who was part of the entourage and another photo with our fit and healthy students engaged in a Meta fit program.



VAPING - 'Vaping – What's the real cost on your health?'

As part of the implementation of the Australian Curriculum in Health and Physical Education, Year 7-11 students will be participating in a workshop run by the South Coast Prevention Team on 'Vaping – What's the real cost on your health?' on the 8th & 9th March. The South Coast Prevention Team comprise of Health Promotion Officers from Bass Coast Health, Gippsland Southern Health Service and South Gippsland Hospital.

The workshop is based on messages and research from Quit Victoria and the Royal Children's Hospital. The South Coast Prevention Team will be delivering this workshop in collaboration with our teachers and school nurses. The session will run for approximately 1 hour.

Below is some information to help you stay informed on the topic of vaping (e-cigarettes).

E-cigarettes, or 'vapes', are not safe for young people. They come in many shapes and sizes and can be hard to spot as they can look like everyday items including highlighters, pens or USB memory sticks. The take-up of vaping by young people is increasing. Research has found that in Victoria around 14% of secondary students have tried an e-cigarette (ASSAD 2017).

Here are a couple of videos about the dangers of teen vaping designed especially for parents and carers:

- The Royal Children's Hospital - ['E-cigarettes, vaping and teens: Do parents know the dangers?'](#)
- Quit Victoria - [The dangers of teen vaping – for parents, carers and teachers.](#)

Music



Mayhem

Music for well-being

Students at Foster Secondary College were treated to some fantastic and funky music by the Navy Band the week before last. The courtyard came alive with dancing and singing as the students and staff alike came out to enjoy the wonderful entertainment. Senior music students from the Wind Orchestra joined the Navy Band to play 3 high-powered numbers, bringing joy to our school and proudly displaying their high standards of performance and playing.

Special thanks to Emma Hughes for knowing that music is a key factor in bringing a collective sense of wellbeing to our students. Members of our community came to listen, pockets of students from all year levels couldn't help but get into the music and everyone happily danced off to class as the band played after the bell for Period 5. This was a true community event and brought a lot of joy to a lot of people.

A heartfelt congratulations to all music students involved for the professionalism and joy with which you perform. You should be incredibly proud of all you gave to your school that day. Thank you.

Melbourne ska orchestra/

Come hit some stuff with Nicky Bomba

All members of the school's music community, including our adult instrumentalists, and friends and families of our music students, are all invited to join in the free rhythm and percussion workshop with the incredible Nicky Bomba from the Melbourne Ska Orchestra this coming Saturday March 11, 2.00-3.00pm in the FSC Music Centre. Anyone who loves to hit stuff, make some noise and groove to some funky percussive music is welcome to join us. This is a rare opportunity to play with this fabulous musician who has brought joyful music to the masses for decades. We are so lucky to have Nicky with us, and, of course, we hope to see you all at the Melbourne Ska Orchestra gig that night at the Foster War Memorial Arts Centre. For tickets to the evening gig, get on

the Prom Coast Festival website. You won't regret heading out to see this amazing band. Otherwise, we'll see you at the free workshop that afternoon to make a mighty sound and share the infectious joy that is Nicky Bomba.

Caulfield grammar combined music performance.

The senior musicians from Caulfield Grammar will again be workshopping with the Wind Orchestra and Vocal Group. We will be performing 3 funky, show-stopping charts with them, and have the opportunity to listen to their top-class Big Bands.

They have been so impressed with the calibre of our musicians and the energy of our music, that their students have begged to return to this school three years running. They have also been inspired by our singers and will bring their own choir this year to join us also.

A workshop will be held during Periods 3 and 4, Friday May 5 (so disappointed it's not May the fourth be with you!), followed by a combined performance from 2.15-3.15pm. All members of the public are welcome to attend the performance which will be held in the FSC gymnasium.

Congratulations!

Congratulations to all students who have been practising hard and attending every band rehearsal so far in 2023. We have been making some great music already this year and you should be proud of all you have achieved so far. Keep it up. The more you practise, the more gigs we do, the more repertoire we build up and the more musical satisfaction for audiences and musicians alike. Let's share the music!

PS

See you all on the dancefloor Saturday night at the Melbourne Ska Orchestra! Nothing like a boogie to get the year off to a good start! And a great way to celebrate and support our amazing musicians....win-win

Yours in music,

Rebecca Bone

FSC Music Coordinator

rebecca.bone@education.vic.gov.au



Senior School News



Year 10/VCEVM

I am very impressed with the support and co-operations students have shown in terms of ensuring they are getting to school on time, and in full uniform. Thank you!

The Year Tens have had an extraordinary start to life as a senior school student - they are working well as a team to keep up the number of green Compass posts earned by the year level, and to reduce the number of Yellow 'Work Not Submitted's. This is impressive, and certainly looks very promising for their VCE/VCEVM journey, with this year being the foundation year.

Congratulations Year students Ruben, Hailey, Jemima and Maya for accepting the challenge to take on the Brain Bee Challenge for 2023! These students have agreed to study the resources and compete against other regional students in a one-hour exam to test their knowledge at a date yet to be set in March - good luck, team!

Congratulations to Year Ten students Cooper (Commercial Cookery, Foster Pub), and Scarlett (Early Childhood Care and Education/PCCC), as well as Year 11 VCEVM student Jack (Luke Grylls), who have all signed onto a Head start Apprenticeship/Traineeship in the past couple of weeks. You can check out their excited faces on the school Facebook page: <https://www.facebook.com/fostersecondarycollege>

Wendy Vitols

Year Ten/VCEVM Coordinator



Wazka Support Services Supporting your local area

Wazka Support Services is a Family founded, Support Services Business supporting NDIS Participants and members of the community living with a Disability and/or Mental Illness.

We have qualified Support Workers that come from all different backgrounds.

-Capacity Building tasks such as: Household and Domestic assistance, Planning/cooking meals, washing & supporting healthcare needs. Including / not limited to:

- medical / non medical appointments,
- Skill building / building job skills

-Personal care tasks such as:

Assisting with in-home care, routine building, Medication, Support for complex Medical needs and / or assistance, hygiene support, showering & dressing -Assistance Accessing the community - outings, events, appointments etc

- Finding & building Hobbies / interests
- 1:1 mental health support
- exercise & improved wellbeing support
- peer mentor for younger participants
- accessing community for wellbeing activities
- Social support
- Indoor & Community based Group activities and much much more!

We have a Wheelchair accessible van, ready to book !

5655 2748

Email: info@wazka.com.au

www.wazka.com.au



South Gippsland Kinship Carer Support Group

Are you caring for a child or children because a family member or friend is unable to? Would you like to meet others who are in a similar situation and will understand what you are going through?

Would you like to be with people who will listen to your stories without judgement?

All Kinship Carers are welcome and morning tea will be supplied

WHEN:
The second Thursday of each month at 10am-12pm

WHERE:
Leongatha Community House
16 Bruce Street
Leongatha

RSVP FOR CATERING:
Anita on 0475 740 927 or
kinshipcaregippsland@berrystreet.org.au
or use the following link to register
<https://forms.office.com/r/GxK2dgVsBu>

2023 MEETING DATES:

- 9th of February
- 9th of March
- 13th of April
- 11th of May
- 8th of June
- 13th of July
- 10th of August
- 14th of September
- 12th of October
- 9th of November
- 14th of December



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Welcome
Foster Secondary College

Hello 2023

Topic of the month: START OF YEAR!!!

**“A NEW
SCHOOL YEAR
MEANS NEW
BEGINNINGS,
NEW
ADVENTURES...
AND NEW
CHALLENGES.”**

- Denise Witmer