2-10 Pioneer Street
Foster Victoria 3960
foster.sc@education.vic.gov.au
(03) 5682 2066

NEWSLETTER #2 APRIL 2023

Principal's Reflection

April brings an end to an era for Foster Secondary College. After more than ten years serving the college and the community as School Council President, Reverend Tim Fletcher stood down from the role at this month's AGM. Tim has been a brilliant president and the college and school community owe him a great debt of gratitude for his leadership, his support and consistency. He led School Council through four principals and leaves the Foster Secondary College in a very successful era of VCE results and NAPLAN Data, while also surging ahead of all secondary schools in Gippsland across almost every measure. The staff and students would like to thank Reverend Tim Fletcher for his time, his compassion, his wit and humour. We will not see another like him.

We also congratulate Lisa Barham-Lomax on the beginning of her stewardship of School Council. Lisa has been a school council member for many years and has impressed everybody with her professionalism and diligence. We look forward to a new era under Lisa's leadership.

Government schools provide students with a wonderful education. Our school is funded by the state and federal governments. We are allocated funding according to the number of students enrolled at FSC. We do the best we can to use that funding effectively to benefit all students in the school. We spend on programs such as STEM: Science, Technology, Engineering & Mathematics, Outdoor Ed, Music and the Arts. FSC has a fantastic camps and excursions program that, thanks to funding, we can keep running. Many other schools in our region are having to scale back on these events. We fund mental health education, respect and the consequences of drugs and alcohol use among many other things. Furthermore, our school grounds are among the best kept in the region.

This year we have asked for a Voluntary Contribution from families to support the continued success of the college. The Voluntary Contributions are as follows:

Junior School Student: $300

Senior School Student: $400

Families' contributions, enable us to support students completing VET courses for which the college pays between $3000 - $4000 each and it allows us to provide a breadth of VCE studies for students to select. FSC has worked hard to develop an exemplary transition program that ensures students are supported through the, often difficult, transition from primary to secondary. FSC funds extra support for students who struggle with school and those with high abilities in the Year 7 – 10 levels. Your contribution simply enables us to provide a Gippsland-leading education to all students who are enrolled here at Foster Secondary College. If you have already paid, thank-you. If you are going to pay, thank-you. Your support helps to create the environment for all students to be successful.

Acting Principal

Dean Duursma

Important Dates

Tuesday 4th April – Yr 8 Gumbuya World

Wednesday 5th April - Parent Student Teacher Interviews

Thursday 6th April - Parent Student Teacher Interviews

Friday 7th April – Sunday 23rd April - School Holidays

Monday 24th April – School Council Meeting

Tuesday 25th April - Anzac Day No School

Wednesday 26th April Year 9 - Careers Day

Wednesday 26th – Friday 28th April Year 11 Outdoor Bushwalk

Wednesday 3rd – Friday 5th May - VCE Camp

Thursday 11th May – Road to Zero Immersion Program

Monday 15th May - Cross Country at Mary MacKillop

Monday 15th – Friday 19th May - Dental Van Visiting

Wednesday 17th May - Year 7 & Year 10 Immunisations

Wednesday 7th June - Mid-Year Exams

Thursday 15th June - Year 12 GAT

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

HARMONY WEEK

EVERYONE BELONGS

Harmony Week is a time to celebrate Australian multiculturalism, and the successful integration of migrants into our community. Australia is one of the most successful multicultural countries in the world and we should celebrate this and work to maintain it. The message of Harmony Week is “everyone belongs”. It is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values. These celebrations create opportunities for all of us to think, talk about and recognise how our differences make Australia a great place to live. Australia is one of the world's most successful multicultural countries and our cultural diversity is at the heart of who we are.

Over half of Australians were born overseas or have at least one parent who was born overseas. That's why it's so important that we celebrate our country's diversity through Harmony Week. Harmony Week is also about inclusiveness, respect and belonging for all Australians, from the Traditional Owners of the land to our most recent arrivals.

And celebrating that no matter where you come from, we're united by the Australian values of freedom, respect, fairness, democracy and equal opportunity.

During Harmony Week, Australians can choose to wear something orange to show their support for cultural diversity and an inclusive Australia.

To find out more and to get involved, head to www.harmony.gov.au

Did you know?

· Nearly half (49 per cent) of Australians were born overseas or have at least one parent who was.

· We identify with over 300 ancestries.

· Since 1945, more than 7.5 million people have migrated to Australia.

· 85 per cent of Australians agree multiculturalism has been good for Australia.

· Apart from English, the most common languages spoken in Australia are Mandarin, Arabic, Cantonese, Vietnamese, Italian, Greek, Tagalog/Filipino, Hindi, Spanish and Punjabi.

· More than 70 Indigenous languages are spoken in Australia.

Video What is Harmony Week

International Women's Day

Wednesday the 8th of March, FSC celebrated IWD with a student led briefing to all students about the significance of the day. Music celebrating women was played at lunchtime in addition to the year 12's selling delicious purple themed cupcakes.
Thanks to students who wore a splash of purple in honour of the day's meaning.
The money raised from the gold coin donations will go towards a Manna Gum Community house project that supports women and families.

Almost 115 years ago today, 15,000 women marched in the streets of New York, demanding for better pay, and the right to vote, catching the eye of the entire world for their daring ambition, and in the sight of many, their audacity to stand up for the equality that had been sought for decades before them, and is still being fought for today. Three years after the protest marked the first International Women's Day, forged as a strategy to promote equal rights, including women's suffrage, and over a century later, communities all around the world still stand together, to commemorate the battles faced by the generations before us, as well as those that are yet to come. Last year, we all watched on as the media was flooded with headlines of the infringement of basic human rights in many countries. Deprived of education, of independence, of freedom, and of safety, the struggles faced daily by many of the female population in different corners of the globe stood as an unfortunate reminder that despite our progress, it simply isn't good enough. To fight for women's rights is to fight for all rights - and to battle the very injustices in our system that have led us to the place of imbalance we are in. This year, the official theme for International Women's Day is "embrace equity". The Cambridge dictionary defines this as "a situation in which everyone is treated fairly according to their needs", contrasting this against "equality", which, despite the word, is often unfair or unjust. For people in war-torn countries, or those facing famines and droughts, to be given the same opportunities as we have would not lead to equal outcomes. What seems like equality is instead placing one group of people at a distinctly higher advantage over another, making the playing field just as, if not more uneven that it already is. Equity instead allows for resources to be given out depending on the struggle that a particular group is facing. For women, this is vital in securing parity within the workplace, or feeling safe walking home at night in Melbourne. When women are paid 13.3% less than their male co-workers, when over 50% experience sexual harassment at least once during their lifetime, when around the world, there are females suffering under the tyranny of the harsh laws imposed upon them under the threat of death, it is so clear to see why we are in need of a day that acknowledges the flaws in our system, so that we may change it for the betterment of the many generations to come. To embrace equity is not to shun equalness, nor place one group on a pedestal over another. Instead, it allows us to give help where it is needed and offer resources that may be useless to one person, and vital to another. If we as a nation want to support our girls and women, change is needed, and it is needed now.

Dear Families

While we know sleep is essential for good health, research shows that many children and young people are not getting enough sleep on school nights. This can affect thinking, concentration, memory, reaction times and mood.
Research shows about 12% of primary school-aged children, a quarter of 12- to 15-year-olds and half of 16- to 17-year-olds don't get enough sleep on school nights. The recommended amount of time to sleep for primary school-aged children is 9 to 11 hours. For teenagers, it's 8 to 10 hours.
Signs that your child is not getting enough sleep can include:

- **low mood and irritability during social interactions**
- **reluctance or arguing about getting off devices and going to bed.**
- **falling asleep during the day**
- **difficulties waking up for school and sleeping in late on weekends to catch up.**
- **changes to communicating or interacting at home.**

You can help your child to improve their sleep by:

- **establishing a regular sleep pattern and consistent bedtime routine**
- **supporting them to avoid using electronic devices such as smartphones before going to bed and in bed.**
- **encouraging your child to exercise and spend time outside in daylight, steering clear of vigorous activity in the hour before sleep.**
- **encouraging them to wind down and relax before going to bed.**

If your child is still having trouble sleeping, has persistent problems with low mood, excessive daytime sleepiness, restlessness in bed, severe snoring or wakening unrefreshed, despite getting adequate length sleep, they should see a doctor.
For more information on sleep health, you can refer to:

- **Sleep tips for children and Facts about sleep for parents and school staff, from the Sleep Health Foundation**
- **Why sleep is so important, from the Kids Helpline's**
- **Sleep explained, from the Better Health Channel.**

Naplan

"Congratulations to the students and staff for successfully completing 30 NAPLAN tests during the assessment window. Despite technical difficulties and the odd glitch, students and staff persisted with the tests. These tests provide the College with valuable data about the Literacy and Numeracy standards at Year 7 and 9. We expect the department of Education will provide parents with individual data on their child's performance late in Term 2. The College will receive an overview of the data in Semester 2 to use in planning for future improvements in student learning outcomes."

Thanks to Mark Tudor for coordinating this task.

Vaping Survey

As part of the implementation of the Australian Curriculum in Health and Physical Education, Foster Secondary students recently took part in a workshop 'Vaping – What's the real cost on your health?'.

Please complete this short parents & cares evaluation survey. Your response is completely confidential. https://www.surveymonkey.com/r/parents_and_caregivers_vaping_evaluation.

This evaluation data is being collected by the South Coast Prevention Team. The South Coast Prevention Team includes Health Promotion Officers from Bass Coast Health, Gippsland Southern Health Service and South Gippsland Hospital.

Emergency Services Expo

at lunchtime on

Wednesday the 5th April 2023

The premise of this event is to strengthen relationships and promote awareness of our local emergency services. The Foster Secondary College Wellbeing team has had a theme of ***help seeking*** for Term 1 of this year.

Australia's primary emergency call service number is Triple Zero (000), which can be dialled from any fixed or mobile phone, pay phones and certain Voice over Internet Protocol (VoIP) services for Ambulance, Fire or Police.

There are also two secondary emergency call service numbers—112 and 106. 112 is available from most mobile phones. 106 connects to the text-based relay service for people who have a hearing or speech impairment. All calls to the emergency numbers, whether from fixed, mobile, pay phones or VoIP services are free-of-charge.

Look at emergency services vehicles and meet our local teams

The WB team will have a student quiz for the day with some prizes on offer

Music Mayhem

caulfield grammar choir, fsc vocal group and wind orchestra combined music performance

The choral students from Caulfield Grammar will be workshopping with FSC Wind Orchestra and Vocal Group. We will be performing 3 funky, show-stopping charts with them, along with 2 choral pieces, and then have the opportunity to listen to their large choir perform for us.

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 previously been inspired by our fantastic singers, so have decided to bring their own choir this year to join us.

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 2.00-3.10pm. All members of the public are welcome and encouraged to attend the performance which will be held in the FSC gymnasium. We are so incredibly lucky to have such a vibrant music program at this school and we would dearly love for you all to share the experience.

bloomin' beginners begin! Our new music students have been attending lessons and practising hard in order to be ready for their first ensemble rehearsal. We usually begin on the final Thursday of Term 1. However, parent/ teacher conferences are being held then, and so we will begin the first week back of Term 2. Reminder emails will be sent out at the end of Term 1 and the beginning of Term 2. So you can prepare your schedule, Bloomin' Beginner rehearsals are held each Thursday at 7.30am in the FSC Music Centre. Arrival time is 7.20am to set up and warm up. Breakfast is then served at the canteen for the hungry musicians who couldn't bear the thought of food before playing! Students and families are strongly encouraged to keep a close eye on Compass and their emails each Wednesday night and Thursday mornings for any changes that may occur throughout the year. We can't wait to hear the beautiful sounds of our bloomin' beginners!

nicky bomba and the melbourne ska orchestra So great to see so many of you on the dancefloor getting your groove on to the Melbourne Ska Orchestra! Nothing like a boogie to get the year off to a good start! Just when I thought I might have a mild heart attack from too much dancing, they'd go and play another ripper tune! It was so beautiful to see students from our school enjoying music with their families. Bravo for taking the plunge! Those who participated in the rhythm workshop also did our school proud. Many people in our community who had never experienced our music space were so impressed with your work, enthusiasm and the great facilities. Congratulations to all those who continually take advantage of the wonderful opportunities our school has to offer. Your musical experiences are all the more rich for the bold steps you take!

instrumental music fees Just a reminder the instrumental music fees are due by the end of Term 1. Please feel free to contact the school if you have any queries regarding this.

Yours in music,

Rebecca ***Flutey Tooty Vibrato Vocals*** Bone rebecca.bone@education.vic.gov.au FSC Music Coordinator
Nick ***Bold as Brass*** Beale nicholas.beale@education.vic.gov.au
Roy ***Percussion Party*** John roy.john@education.vic.gov.au
Justin ***World of Wind*** Abicare justin.abicare@education.vic.gov.au
Jamie ***It's All About the Bass…No Treble*** Brandsma Jamie.brandsma@education.vic.gov.au

Senior School News

We have nearly made it through the very busy first term and I am proud of how our senior students have hit the ground running this year. We have a renovated space that is being used well, students are liking the silent working room attached to the Senior office.

With 17 subjects being taken by students online this year we acknowledge the high levels of independent learning skills on display. It is a large uptake of this type of learning and although it adds to workloads, students have not missed any SAC's and are often on conference calls with their "virtual" teachers discussing their learning.

I thank the TAFE students for their diligence in attending each week, catching the bus and being organised with the correct workwear. And I congratulate all those students signing on to Headstart traineeships, work experience and SWL placements.

Well done to all students who attended and participated in both the swimming and athletics carnivals, and to those who have represented the college in further stages.

I also congratulate those students who have put themselves out there and competed in external events, like College Captain's Maddison Boyd who moved through in the Lions Youth of the Year award and Zane Duursma who is playing for Gippsland Power after training with Melbourne in the preseason.

Looking ahead Year 12's will be on their VCE Camp in week 2, Year 10's their first of two work experience weeks on at the same time. Planning for the Year 11 Camp/events will start early term 2 with students involved in the consultation process from the start.

It is about this time where we need to sit back and take stock of what plans have worked and what we need to change to better our use of time and resources. Have I used class time as effectively as I can? Have I attended Wednesday Homework sessions after school to catch up with my teachers? Am I being proactive if I have missed my lesson?

With a rather large break ahead of us it will be imperative that students don't lose the rigour they have worked on in their routines. I would like to ask all students to place sometime aside to prepare for the beginning of term 2 and be organised for the winter months ahead.

Enjoy the break, stay safe. **Mr Johnston.**

Students in Year Ten are all very busy - students have work experience at the beginning of May, so they have been working towards finding their placements. Once students have found somewhere to complete their work experience, they then need to see Louisa Vale, Careers, in order to complete the appropriate paperwork. We have students staying locally, but also have students heading as far away as NSW! This is an exciting time for our Year Ten students, and we look forward to hearing about their adventures after their experience.

A huge congratulations to Max Woodham, and Charli Rees, year ten students who have signed onto their Headstart Apprenticeship/Traineeship - Max has signed on to work with SEAL Plumbing, and Charli has signed on with Eco Hair, in Toora. We thank both Nathan and Shari for providing these opportunities for our students to gain a Headstart into their chosen career!

As I write this, we are at out third week of Year Tens keeping their names out of the 'Catch Up' classes - this is great news, as it shows an awareness of the commitment that is required in the Senior School and is also something we have been working on as a year level. I am very proud of the efforts the Year Tens, and the VCEVM students, are making to demonstrate their motivation for success!

Keep working hard, team! Happy, restful, and safe holidays! **Wendy**