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NEWSLETTER #3 MAY 2023

Principal's Reflection

Seatbelts on Buses

After last week's tragic bus incident in Melbourne and the injury of students, we have had several calls from concerned parents about the wearing of seatbelts on the school buses. The bus that is owned by the Secondary College for use during excursions is fully fitted with seatbelts. Staff who use the bus ensure that all students wear their seatbelts on this bus. The buses that take students to and from school are operated private companies. Most of them have seatbelts, but a couple do not. I have sought advice from the DET about seatbelts on buses and received the following response:

The Department complies with the Vic Roads rules on child restraints on buses.

1. **VicRoads provide the following (vicroads.vic.gov.au/safety-and-road-rules/vehicle-safety/child-restraints/)
Do children need child restraints for bus excursions?
 1. **A 'bus' is defined as a motor vehicle which seats more than 10 adults (including the driver).**
 2. **If the vehicle has 10 or fewer seats, including the driver, then any children under the age of 7 years must use an appropriate child restraint or booster seat.**
 3. **If the bus has more than 10 seating positions, including the driver, the children are not required to use child restraints or booster seats.**
 4. **VicRoads *recommends* that child restraints and booster seats are used in buses where possible, and as a minimum the children should use the seat belts provided.****

Foster SC is in discussions with the private bus operators used on our school runs about installing seatbelts.

Resilience, Rights & Respectful Relationships

My message for this newsletter is that our Community must be accepting of differences.

Over the last few weeks at Foster SC we have celebrated Pride Day and IDAHOBIT Day. Throughout the year we celebrate diversity and encourage students to be themselves. These events accurately reflect the culture at our school and in our school community. It is a culture of respect. Our culture acknowledges that every person, staff or student at Foster SC is an individual; they are all unique and no matter what their race, gender or sexuality are, they belong here and will be treated with equality and respect. Discrimination in any form will not be accepted at FSC.

Our staff explicitly teach respect through the Resilience, Rights and Respectful Relationships (RRRR) program. At Foster SC everybody is welcomed and embraced, rather than just tolerated.

Be Kind

Be kind. Appreciate little things people do. Every day, people give of themselves and their time to help or support somebody else. One good deed creates another. Take a few minutes to watch this excellent video that encourages a good deed. Giving to help another is a wonderful feeling.

<https://www.youtube.com/watch?v=PT-HBI2TVtI>

Kind regards,

Important Dates

Thursday 1st June – Gippsland Cross Country

Tuesday 6th June – Careers Expo Year 10

Tuesday 6th June – Valanga Khoza Freedom & Apartheid Performance

Wednesday 7th June - Mid-Year Exams

Wednesday 7th June – Interschool Soccer

Wednesday 7th June – Foster PS Orientation Day

Thursday 8th June Toora & Welshpool PS Orientation Day

Friday 9th of June Fish Creek PS Orientation Day

Thursday 15th June - Year 12 GAT

Monday 12th June - Kings Birthday Public Holiday

Tuesday 13th June Student Free Day

Wednesday 14th June – Headstart Semester 2

Wednesday 14th June – Gippsland Tech Excursion

Thursday 15th June YSAS Drug & Alcohol Sessions

Monday 19th June – Music Performance 7pm

Monday 26th June – School Holidays

Monday 10th July – School Returns

2023 Term Dates

Term 2 Monday 24th April – Friday 23rd June

Term 3 Monday 10th July – 15th September

Term 4 Monday 2nd October – Wednesday 20th December



Photos courtesy of Daryl Callcott

**Outdoor Environmental
Studies
3 Day Prom Hike**

On Wednesday April 26th the Year 11 Outdoor Environment class set out on a three-day hike at Wilsons Prom. Our trip included the loop from Telegraph Saddle to Roaring Meg for the first night, then on to Little Waterloo Bay for the second night via the Lighthouse. The weather was a little unpredictable, but the moods and attitudes of all students always stayed positive. The group found the trip to be a challenge but also very rewarding, and everyone seemed to enjoy it. Perhaps it is true that adversity brings people together. After traveling a total distance of 52km, the trip was a total success. We would like to give a special thanks to Kasey Thorson for her assistance on the trip.



Max, Lucas, Hayley, Toby, Luca and Tenzin enjoying the stunning views.

Wellbeing News



The cost of living has increased and buying food for the hungry teenagers isn't cheap! The wellbeing team has access to food bank. We can order in some food and vegetables for our families if needed. Foodbank provides food free to all secondary schools. We have access to soups, tins, lunch items, bread, cereals, snacks, fruit and more. One in three people struggling to get enough food for their household are new to the situation. There is no shame in asking for help. Life happens to us all and we're here for everyone. Please contact Carli Gibson at Wellbeing who can arrange a food order for you.

Taking exams is a stressful thing for both you and your teen to deal with. Causes of exam stress include feeling under pressure to perform, worrying about the future, and finding it hard to focus.



You may be worrying for them and wondering how you can support them. The good news is there are things you can do to help with teenage exam stress.

Parents tips [Exam stress and teenagers - ReachOut Parents Australia](#) Students [Stress | ReachOut Australia](#)

Lifeline 13 11 14 or text 0477131114. Kids Help Line www.kidshelp.com.au 1800 551 800 eheadspace [Online & phone support | headspace](#)

Victoria's Respectful Relationships initiative supports school leaders, educators, and our school communities to promote and model respect and equality – and to teach our children how to build healthy relationships, resilience, and confidence. The Royal Commission into Family Violence identified the critical role that schools have in creating a culture of respect to change the story of family violence for future generations. In 2016, respectful relationships education became a core component of the Victorian Curriculum from Prep to Year 12 and is being taught in all government and Catholic schools and many independent schools. At Foster Secondary College Anna Stefani is leading the implementation of the RR program. The year 9 students are starting to learn about emotional literacy, personal strengths & positive coping. These are topics 1-3 of the RR program.



What is respectful relationships about ? <https://youtu.be/Z3kmDAkd0tQ>

Youth Mental Health

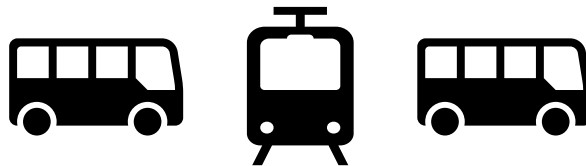
As part of our partnership with Live 4 Life, our Year 8 students had their first of 3 Youth Mental Health first aid sessions today with Kris Cousins.

This course will see all year 8 students obtaining a certificate in Youth Mental Health First Aid.

"This is a really important part of life for our students, being able to support each other in difficult times," said Wellbeing Leader Carli Gibson.

"I can't wait for days 2 & 3," she said.

We thank Kris Cousins for volunteering her time to come to FSC.



Reduced Public Transport Fares for Regional Victoria

On Friday 31 March 2023, the Department of Transport and Planning introduced lower regional public transport fares across Victoria, including on V/Line, local trains, buses and trams.

This means that weekday travel is capped at a daily fare of \$9.20 or \$4.60 for concession. For shorter regional trips, fares cost less. The daily fare to travel on Victoria's regional network on weekends and public holidays is now capped at \$6.70 or \$3.35 for concession. For more information, refer to the Public Transport Victoria website. (<https://www.ptv.vic.gov.au/more/introducing-fairer-fares-for-regional-victorians>)

Senior News

Important Date forthcoming June 15th GAT

Senior students enrolled in a 3/4 sequence of units have been handed an information booklet for parents and families regarding the GAT. It outlines the tests and times, what is required and rules for students.

If you are enrolled in one or more VCE or scored VCE VET Unit 3-4 sequence, you are expected to sit section A and B of the test.

If you are enrolled in one or more VCE VM Unit 3-4 sequence, you are expected to complete section A only.

For more information visit vcaa.vic.edu.au/gat

Next week, June 7-9 is the Year 10 and 11 Midyear Exams, students and teachers are into revision and preparation.

The timetable will be uploaded to Compass for viewing.



School Coffee Van

In exciting news, we have gained the use of the Sandy Point Coffee Van and our Year 12 VCE VM students are managing a new crew of budding baristas. Look out for the van at the local Foster and Corner Inlet Football Club and community events. For any inquiries, please contact the front office.

