College Principal’s Report

AS 2014 DRAWS TO A CLOSE

Many of our Year 12 students have finished their exams and the Year 11 exams are well under way. Very soon our Year 10 students will commence their exam period. Students on the Middle Years Campus are now completing exams or timed exercises. We have been very pleased with how the students have approached this important time of the year. Students will soon begin their stepUP Programs. All current Year 9, 10 and 11 students are expected to attend their respective stepUP program to enable them to have a flying start to 2015. Valuable information and activities will occur which will not be repeated in the new school year.

PARENTLINE

Parenting is not always easy. From time to time, all families can benefit from extra support.

Parentline is a Department service which began in 1998. It provides information, support, and referral services to parents from 8am to midnight seven days a week.

Whether you’re struggling with everyday tasks, or simply wish to discuss parenting ideas, Parentline is a valuable source of counselling and assistance.

The qualified and experienced social workers and psychologists who staff the service answer approximately 13,000 calls per year from parents from all backgrounds looking for support and advice.

They will work with you to better understand your relationships and personal situations to help you to develop strategies which are tailored to your individual needs.

Parenting is challenging, but Parentline can help you to develop positive coping strategies, allowing you more freedom to enjoy your time with your children.

You can ring Parentline on 13 22 89.

For more information see: http://www.education.vic.gov.au/about/contact/Pages/parentline.aspx

ARTS FESTIVAL

I had the pleasure of opening our Art show on Tuesday 11 November at the Council Offices. As usual the quality of the work was up to Art Gallery standard. An amazing variety of art was also displayed in both Campus libraries. I would like to congratulate our students and thank all staff involved under the leadership of Gina Palamara.

STATE SCHOOLS RELIEF NEW APP - CLK2SELL

State Schools’ Relief has launched clk2sell – a smartphone solution to buy and sell second-hand school uniforms.

This easy to use app aims to help make it simple for you to buy and sell school uniforms.

This new initiative was launched on 15 October.

For more information about this resource go to www.clk2sell.com.au or email: info@clk2sell.com.au
IMPORTANT DATES

We celebrate the success and achievements of our students and the Graduation of the Year 12 students annually at our Awards evenings. With December being such a busy time of year I encourage you to pencil in these very important days:

- Middle Years Campus Awards Night – Tuesday 16 December
- Senior Campus Awards Night – Wednesday 17 December
- Reports will be distributed – Tuesday 16 December

SCHOOL SPORT VICTORIA – HUME REGION

I was pleased to receive a letter from School Sport Victoria – Hume Region congratulating us on the standard of our students and their teacher, Ms Robyn Boyle, who assisted SSV with their Hume Primary Athletics Championship at Epping on Friday 17 October. Well done all!

REMEMBRANCE DAY 2014

On Tuesday 11 November at 11am a minutes silence was observed to remember those who have died or suffered in wars and conflicts.

At Middle Years Campus, three student representatives, Yasmin Chebbou (7AE), Jaslyn Rodrigues (7AE) and Seonaid McCormack (8BS), delivered an eloquent Remembrance Day reading and poem over the loud speaker. Well done girls!

EDUCATION MAINTENANCE ALLOWANCE

From 1 January 2015, the government will provide extra financial support directly to Victoria’s neediest schools instead of providing the Education Maintenance Allowance directly to parents.

Parents will not be able to apply for the Education Maintenance Allowance in 2015.

The money will be allocated to eligible schools through schools’ core operational funding mechanism, with the neediest schools receiving the most funding. Not all schools will be receiving funding in 2015.

This change to how the money is distributed was required by the funding agreement with the Commonwealth government to make sure Victorian schools receive increased funding that will benefit all students and, in particular, those from schools with concentrated disadvantage.

The majority of parents who received the EMA payment already elected to provide the money directly to their school. If you are experiencing financial hardship, you can speak to the Student Welfare Counsellors about how you can access assistance from the State Schools’ Relief Committee for clothing and uniforms.

The end of the EMA direct payments to parents will not affect any other payment you may be receiving such as the Schoolkids Bonus, which is provided directly to eligible parents to assist with education costs.

If you have any questions about this change, please contact the College.

SCHOLARSHIP PRESENTATIONS

Miss Philippa McIlroy and I had the pleasure of visiting Epping Primary School on Monday 10 November to present the Music Scholarship for 2015 to Felix Werner. Congratulations Felix, we look forward to welcoming him to our school next year.

Trish Horner
Congratulations to the Year 11 VCAL PDS students who have worked hard on their final fundraising projects in Term 4 to raise over $500 to support the CURE BRAIN CANCER FOUNDATION. Students have organised and run several barbecues, sweet stalls, cake stalls and a pizza day. Many thanks to those businesses and individuals who assisted with discounts and donations. As well as raising a significant amount of money, developing leadership, teamwork and communication skills, these projects represent a gesture of support for one of their classmates who is battling brain cancer. We wish her all the very best!

Mrs Jan Platek
VCAL Teacher

**YEAR 11 - UNIT 1 BIOLOGY**

The rat dissection is used as a hands on experience for the students in Year 11 Unit 1 Biology. It was held at La Trobe University on Tuesday 28 October.

This is a student’s (Year 11) reflection on the day.

*Today I participated in a rat dissection, I was able to become more familiar with the different body systems that we studied in class – respiratory, digestive, excretory and circulatory systems. We were able to investigate the chest and the abdominal cavities and remove the superficial organs to gain a better understanding of location of all the organs. I discovered that the liver is larger than I had thought and it takes up much more of the abdominal region. Today we also saw a pregnant rat and discovered that it had 13 babies! I thought today was a great experience as I was able to have a hand on experience of the mammalian body systems.*
TASMANIA CAMP
A reminder that the Year 8 camp will be held from Tuesday 9 December to Friday 12 December. Thank you to the parents who attended our information evening last Monday. All monies should have been paid to the front office – please finalise as soon as possible if you have not already done so! Contact Melissa Barnard on 9407 9700 if you have any other enquiries regarding the camp.

EXAMS
Year 9 students and Year 7 & 8 SEAL students completed their formal exams this week. For those students who missed out, catch up exams will be held next week on Monday, Tuesday and Wednesday. Students will be advised via the Student Bulletin of dates and times.

All other students will be completing timed exercises over the next week or as part of their ongoing assessment.

WORK COMPLETION
Students who are at risk of not successfully demonstrating that they have completed the required work will be attending catch up sessions at lunchtime in C01. These students will be notified in Homegroups and will be required to attend these catch up sessions.

MIDDLE YEARS MUSIC NIGHT
This night will be held on Tuesday 18 November in the Middle Years Campus Library at 7:00pm. All of our College community are welcome to attend!
Preparing today's students for tomorrow

Building Resilience

How to help your children successfully face challenges

Q&A with Building Resilience creator Associate Professor Helen Cahill, Deputy Director Youth Research Centre, Graduate School of Education, University of Melbourne

Why is it important to be resilient?
It's important to be resilient so that you can build a capacity to cope and to persist when faced with challenge. Persistence is the key to learning. If children don't understand something and quickly give up, they will learn less effectively, so persistence and resilience are key.

What can parents do at home to help children be resilient?
The number one thing is to be a role model, and then to share with their children the techniques they use to help them face a challenge. Parents can talk to their children about techniques they use to cheer themselves up or to calm down. For example, it can be something as simple as helping a child to make a plan when they are feeling overwhelmed. Or it can be talking with them about counting to 10 when they are angry with their siblings.

What does a resilient student look like in primary school?
A student who is able to identify when they can successfully problem-solve and when they can successfully identify the need to seek help. A child in the playground may be disagreeing with a friend about what to play together and they problem-solve by deciding to take turns playing different games. Help-seeking is about asking a teacher, parent or an older child to assist them when they are unsure.

What does a resilient student look like in secondary school?
In secondary school, students should be identifying those critical moments when they should be sharing certain information with their friends or parents to help them face a challenge.

How can secondary-school aged friends help each other to be more resilient?
Teenagers are more likely to turn to their friends for support and it's important for friends to provide each other with a positive space to discuss problems. Instead of just sounding-off to each other, they can use open-ended problem-solving skills to help them have conversations where they do not feel judged. When they engage in this kind of interaction, teenagers are in a better position to think about all the possibilities and to choose what’s right to do for them. It's important for teenagers to know that asking for help is a strength, not a weakness. It is an act of courage to speak up and ask for help.

If I'm a parent and I don't think my child copes very well with challenges and change, what should I do?
You can provide positive experiences for your child, something as easy as involving them in conversations between you and your friends and neighbours, or encouraging them to participate in group activities such as sport to build connectedness with society. It's important to remind children of times they succeeded at something. For example, a time they used courage or were patient. This encourages a child to build on prior, similar successes.

What is the school's role in building resilience among children?
The school has a number of key roles to play, and the first is about providing a positive environment where students feel safe. Then there is the more explicit curriculum, where teachers teach problem-solving, communication, help-seeking skills and emotional literacy. Then there is the teacher’s role in modelling resilience and problem solving skills themselves.

What is the best advice anyone ever gave you about being resilient?
Rather than being explicitly stated, it was more role modelled. In my family, it was very much ‘have a go of it.’ That was a very strong family message.

Learn more
Preparing today’s students for tomorrow

Healthy Eating

Healthy eating has a long-lasting and positive impact on a child’s growth, development and health.

Foods eaten by your child at school contribute greatly to their daily nutrient intake. These foods considerably influence their eating habits, growth patterns, energy, concentration levels and ability to learn.

You have an important role to play in helping to ensure your child eats well and stays active.

Healthy school lunch ideas include:

- sandwiches or pita bread with cheese, lean meat or salad
- cheese slices, crackers with spread and fresh fruit
- washed and cut-up raw vegetables or fresh fruits frozen water or milk, particularly in hot weather

Highly processed, sugary, fatty and salty foods should only make up a very small part of your child’s diet.

Foods to limit in school lunches include:

- processed meats such as salami and pressed chicken
- chips, sweet biscuits, muesli and breakfast bars
- fruit bars and fruit straps
- cordials, juices containing sugar and soft drinks

It is important to let your child’s school principal know if your child is allergic to particular foods.

Health education initiatives

We actively promote healthy eating and physical activity and support a whole-school approach to health education through the following initiatives:

Healthy Canteen kit - a kit developed to support students making healthy food choices at school and in life.


Food ideas for home and school - the Healthy Canteen Kit provides lots of great ideas for healthy, tasty, attractive foods. While ideas in the canteen manual have been provided to help school canteens create interesting food choices at school, these suggestions can also be used at home to provide healthy food choices.


Resources to help you make the right food choices

At a glance food planner

Your colour guide to healthy eating
Would $500 assist you with education costs?

Join Saver Plus and match your savings, dollar for dollar, up to $500 for educational costs including:

- school uniforms and textbooks
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- TAFE, traineeship and apprenticeship costs
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

Contact Christian Unger, your local Saver Plus Worker:

03 9483 2416 / 0407 817 758 or
cunger@bsl.org.au

Saver Plus was developed by ANZ and the Brotherhood of St Lawrence and is delivered in your local area. The program is funded by ANZ and the Australian Government.
child dental care

bulk billed?

up to $1000
child dental treatment
every 2 years

NO GAP
No out of pocket costs

140,000
children were treated in over 80 public clinics across Victoria in 2012–2013.

- The new Commonwealth Child Dental Benefits Schedule allows for up to $1000 basic dental treatment over a 2 year period for eligible 2–17 year olds.
- 2–17 year olds are eligible if they receive Family Tax Benefit A or other relevant Australian Government payments.
- Treatment is bulk billed via Medicare.

For more information visit
humanservices.gov.au

In all Victorian public dental clinics:
- Eligible children pay $0.
- No out of pocket costs.
- No wait list – your child will have the next available appointment.

What dental services are available?
- Check-ups
- X-rays
- Fissure sealants
- Extractions
- Cleaning
- Root canals
- Fillings

Excludes orthodontic or cosmetic dental work and services provided in a hospital operating theatre.

www.pvch.org.au

Plenty Valley Community Health Ltd (ACN 137 215 398) ABN 48 245 677 427

Epping Centre 187 Cooper Street, Epping VIC 3076
Tel: (03) 9409 8767 Fax: (03) 9409 9600

Mill Park Centre 34A Merring Drive, Mill Park VIC 3082
Tel: (03) 9407 5999 Fax: (03) 9436 5700

Whittlesea Centre 45-47 Wattle Street, Whittlesea VIC 3757
Tel: (03) 9718 9444 Fax: (03) 9718 1490

CORRESPONDENCE: PO Box 82, Whittlesea VIC 3757

www.pvch.org.au

Plenty Valley Community Health

Whittlesea Site
TELL: 9716 9444
40-42 Walnut Street, Whittlesea
EMAIL: dentalq@pvch.org.au

Healthy Communities... Healthy People