



The Wyndham WAY

Respect, Co-Operation & Excellence

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Welcome to our Parent Newsletter.

Our aim is to keep parents informed of upcoming events and important dates to remember.

26th February 2020

FROM THE PRINCIPAL'S DESK

Tell me and I forget,
Teach me and I remember,
Involve me and I learn!

IMPORTANT DATES

From the Principal's Desk

In 2020 we will continue to work hard to ensure that our students experience a positive and harmonious learning environment and to that end, the College will be working on implementing the School Wide Positive Behaviours program across the College in 2020.

With that aim our students started and have settled in very well, engaging in their classrooms with their teachers and fellow students in the first three full weeks of term. A reminder to families that this is actually week 5 of our teaching program and our VCE/VCAL students will be receiving their progress checks shortly. This also means that all students will be preparing for their first set of reportable assessments for this year. Students from years 7-10 will be completing their first Common Assessment Tasks (CATs) and our VCE students will be completing their first School Assessed Coursework (SACs).

Our year 7 and 10 students will be supplied with their 'lease to own' laptops starting this week and our year 7's will be completing some on-line testing to help our staff plan their individualised work program. If parents/carers would like to share any additional or new information that will support learning plans please contact the college to speak to our Year level leaders, tutor teachers or our student services area.

All students should now have all school equipment. On day one all students were provided with an AVID binder, their writing books, access to their JacPlus theory books and the World book library and their student planner. The student planner has lots of support material for students and families that help kids fully prepare students to be 'ready to learn'. All students have also been provided with a school locker to be accessed before and after school and during break times. A reminder that the expectation is that school bags and mobile phones are to be put into lockers at the beginning of each school day.

School Uniform

Wyndham Central College is a full uniform school. We consider our students ambassadors for the College and expect all Wyndham students to wear their uniform with pride. All students in Year 7 to 12 are required to wear a blazer.

For terms 1 and 4 the blazer is optional depending on the temperature – however it is the only outer garment permitted if the students want something warmer than their dress or shirt. The sport's top or any other tops are not permitted. Please check the student planner for guidelines.

26 th February	Year 7 Meet & Greet BBQ - 5:30pm – 7pm
2 nd March	School Photos (Catch Up)
9 th March	Public Holiday – Labour Day
10 th March	Athletics Carnival
12 th March	Parent Information Session on Compass - 6pm
12 th March	Parent Information Session on Cyber Bullying – 7pm
17 th March	Grade 5 & 6 Parent Information Session – 7pm
20 th March	Student Free Day – Professional Learning for Staff
23 rd March	Year 7 Immunisations – Round 1
27 th March	Last day of Term 2

All newsletters are posted on COMPASS for parents & students Newsletter Content

- ❖ Important dates
- ❖ Principal's Report
- ❖ Assistant Principal's Report
- ❖ Year Level Leaders' Reports
- ❖ Careers News
- ❖ Sports Report
- ❖ Spanish & Japanese Report
- ❖ Stem Academy Report
- ❖ Science News
- ❖ Administration Requirements
- ❖ Community News
 - African Youth & Parent Forum
 - The how & why of practising gratitude
 - The Huddle – study with free tutors

IT'S NOT OK TO BE AWAY

Be at school on time, in uniform and ready to learn

Adherence to school uniform rules is about respect for this community and its traditions and culture.

Again, I thank parents for their support in implementing our school policy. Anyone experiencing difficulties may contact the relevant Year Level leaders, Assistant Principals or myself.

Communication

All new families should now have their passwords to access our Compass system. If you are new to the school and don't believe you have your access letter or if you are an existing family and you have forgotten how to access Compass, please do not hesitate to contact the college ICT department on 9741 4911. You will find at various places in this newsletters opportunities and invitations for parents/carers to communicate with college personnel and announcements that will also be available via Compass.

Please note, changes of email addresses, phone numbers or addresses can also be made via the Compass system. For the safety of all students it is very important for families to keep all medical information updated. Please see our school nurse to ensure all information is current.

Family nights and our Grade 5/6 Information night for our future families

Thank you to all the parents who have attended the Information Evenings held so far this year. Again a great opportunity to share stories, meet others in the same situation and reflect on our students' journey. The support of our parent community is always very much appreciated and the Year Level Leaders, tutor teachers and classroom teachers enjoy the strong partnerships that are built.

Our college is holding our first 'open night' in mid March for perspective students and families which will be accompanied by various opportunities to tour the school during the school day. It would be appreciated if existing families could pass on the date March 17 at 7pm in the college gymnasium to members of the community whose children are in grade 5 or 6 and that live in our designated neighborhood area (zone).

School Council elections

Each year school council elections take place in term 1, and the process needs to be completed by the end of March. Please see the information provided in this newsletter in relation to the VOTING stage. I thank the parents, staff and parents who have nominated to be a member of school council. The commitment of our college community in 'creating a community of high expectations' is evident in all community interactions and the school council wish each nominee the best of luck in the next part of the process.

The school council also wish the student body the best of luck as students apply for various leadership positions over this period. Families are asked to encourage students to apply for our various student voice and leadership positions. These include the Student Representative Council, Class Captain, House Captains, Program Captains – AVID, Spanish Immersion and STEM Academy, with many other opportunities to lead college Action Groups.

Leanne Gagatsis - Principal
Creating a Community of High Expectations

NEW MOBILE PHONE POLICY for all State Schools in 2020

As you may be aware, Victorian government schools will be required to implement a new mobile phone policy from Term 1, 2020

This new policy will help focus students' attention on learning in the classroom by providing them with:

- (a) a safe environment to learn without inappropriate mobile phone use (including cyberbullying) or distractions
- (b) greater opportunities for social interaction and physical activity during recess and lunchtimes.

The use of technology is important, but the risks and benefits from its use needs to be carefully managed. A summary of research articles is available via the resources named below. It provides the reason for the new policy, including concerns about the impact of overuse of mobile phones on thinking and learning, health and wellbeing.

Students will still be able to bring a mobile phone to and from school, but it will need to be turned off and stored securely away in the school supplied lockers for the entire school day. Parents or carers can still contact their children through the school office in emergencies.

Families are encouraged to continue conversations about mobile phone use and to support their children to become safe and responsible technology users. A range of resources are available for families to support these conversations, including the eSafety Commissioner's 7 Tips for Managing Screen Time, Online Safety: A guide for parents and carers, and Screen Smart Parent Tour and the Department of Education and Training's Bully Stoppers webpage. (Electronic version link)

Our school policy and fact sheets were made available to all parents at the College Step Up interviews in December and are currently available on Compass or via the front office and the College Assistant Principals and Year Level Leaders.

Leanne Gagatsis
Principal

Annual privacy reminder

Our school collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the Schools' Privacy Policy

Please take time to remind yourself of the school's collection statement, found on our website <https://wyndhamcentralsc-vic.compass.education/Communicate/SchoolResources.aspx>

For more information about privacy, see: Schools' Privacy Policy – information for parents.

Reminder - Notice of Election and Voting Period 2020 Wyndham Central College School Council Election – Information for Parents and Students

What is a school council and what does it do?

All government schools in Victoria have a school council. They are legally constituted bodies that are given powers to set the key directions of a school within statewide guidelines. In doing this, a school council is able to directly influence the quality of education that the school provides for its students.

Who is on the school council?

For most school councils, there are three possible categories of membership:

- A mandated elected Parent category - more than one-third of the total members must be from this category. Department of Education and Training (DET) employees can be Parent members at their child's school as long as they are not engaged in work at the school.
- A mandated elected DET employee category - members of this category may make up no more than one-third of the total membership of school council. The principal of the school is automatically one of these members.
- An optional Community member category - members are co-opted by a decision of the council because of their special skills, interests or experiences. DET employees are not eligible to be Community members.
- A mandatory elected student – current student member elected by the student body.

Generally, the term of office for all members is two years. The term of office of half the members expires each year, creating vacancies for the annual school council elections.

Why is Parent/Student membership so important?

Parents and Students on school councils provide important viewpoints and have valuable skills that can help shape the direction of the school.

Those parents and students who become active on a school council find their involvement satisfying in itself and may also find that their children feel a greater sense of belonging.

How can you become involved?

The most obvious way is to vote in the elections, which are held in Term 1 each year. However, ballots are only held if more people nominate as candidates than there are positions vacant.

Ballot Papers and Voting

From Thursday the 27th February 2020 a list of nominated Parent candidates together with a statement from them will be posted in the entry foyer of the college. Parent Ballot papers are available from Administration office of the college or by calling 9741 4911. There are 2 positions to fill therefore you must only elect 2 candidates marked with 1 for first preference and 2 for your second preference (any further numbers will mean it is a null and void ballot paper).

The list of nominated Student candidates are displayed in various locations around the college buildings and ballot papers are available from Ms. Mitchell during break times in the Senior Building. There is only 1 position to fill and therefore you must only elect 1 candidates marked with 1 as your preference (any further numbers will mean it is a null and void ballot paper).

Please note that Voting opens from Thursday 27th February and will close 4:00pm Thursday 5th March 2020

School Council Treasurer Position

The college is also seeking expression of interest for the position of Treasurer with a financial or legal background (either working or retired) such as an accountant, lawyer, bank manager or police officer; they do not necessarily need to be a parent of a student at the college to hold this position.

What are the crucial dates?

- List of candidates and nominations will posted – Wednesday 26th February 2020
- Ballot papers preparation and distribution – Thursday 27th February 2020
- Close of ballot – Thursday 5th March 2020
- Vote count – Friday 6th March 2020
- Applicants notified - Tuesday 10th March 2020
- Declaration of poll – Wednesday 11th March 2020
- First 2020 AGM Council meeting – Wednesday 18th March 2020

Secondary School vaccinations in 2020

The Secondary School Vaccine Program offers free vaccines to Year 7 and 10 students. These vaccines provide protection against:

- Diphtheria, tetanus and pertussis (whooping cough) – one dose for year 7 students
- Human Papillomavirus (HPV) – two doses for year 7 students
- Meningococcal A,C,W,Y – one dose for year 10 students

Parents/guardians of year 7 and 10 students should look out for the vaccine consent card booklet coming home from school with your child. You need to read the information, complete and return the card regardless of whether your child is being vaccinated at school.

The Wyndham Central Secondary College School Council immunisation service may contact you about the Secondary School Vaccine Program. Schools are authorised to provide basic parent/guardian contact details to local councils for this purpose. Contact the school by 28 February 2020 if you do not want your contact details given to the Wyndham Council immunisation service.

To learn more about the Secondary School Vaccine Program, the vaccines, the diseases they protect against, or how you can prepare your child for vaccination, go to betterhealth.vic.gov.au

Additionally, the Commonwealth government is funding vaccinations for all children under 20 years of age who missed any scheduled vaccines, including a catch up program for Meningococcal ACWY vaccine for adolescents aged 15-19 years of age who have not already received the vaccine in school. If students have missed vaccines, either in childhood or adolescence, and require catch-up vaccines, they should speak with their immunisation provider. (ie. local council or GP).

College Information

Road Safety

In the interest of student safety and the efficiency of the school buses, please do not park in the yellow painted curb **2.45pm-3:15pm**. The school buses experience difficulties turning at the end of the road which delay the service and the pickup of students. This increases the risk to student safety and the damage to motor vehicles. Your support is greatly appreciated in keeping students safe.

Bell Times

Reminder of School Bell times and the importance of students being in class on time.

Homeroom	8.50 – 8.58 am	Break 1	11:30 – 12:00 pm	Session 4	1:52 – 3:04 pm
Movement	8:58 – 9:03 am	Locker	12:00 – 12:05 pm	Detention	3:04 – 3:34 pm
Session 1	9:03 – 10:15 am	Session 3	12:05 – 1:17 pm		
Movement	10:15 – 10:18 am	Break 2	1:17 – 1:47 pm		
Session 2	10:18 – 11:30 am	Locker	1:47 – 1:52 pm		

Reminder – **tutor time attendance is compulsory** – during this time students receive all relevant class/school information.

Students on school premises Before School & After School

Please see below an extract from Wyndham Central College's Supervision and Duty of Care Policy

Students will be supervised for a minimum of 10 minutes before and after school. This supervision will include the following:

- Monitoring of entry or exit points and/or designated pick up and drop off areas
- Supervision of the arrival and departure of school contract buses

At Wyndham Central College yard duty supervision at the beginning of the school day will commence at **8.30am**. This supervision will include **Buses Location 1 and Buses Location 2**.

Yard duty supervision at the end of the school day will be provided until **3.30pm for all students**. This supervision will include **Buses Location 1, Buses Location 2, Shaw's Road near the Gate Location 7 each until 3.30pm**.

DET – Detention Duty until 3.40pm.

Supervision is provided if students are needed for CAT/SAC resits until 4.15pm.

If a parent, guardian and/or carer (or other authorised person) drops off or otherwise arranges for a student to be on the school premises before supervision commences at the beginning of the day, the Principal or via the Assistant Principals or the Year Level Leading Teachers will, as soon as practicable, follow up with the parent, guardian and/or carer to:

- advise of the supervision arrangements before school, and
- request that the parent, guardian or carer make alternate arrangements.

If a parent, guardian and/or carer (or other authorised person) has failed to collect the student after school, the next steps may include some or all of the following:

- Attempting to contact the parents, guardians or carers
- Attempting to contact the emergency contacts
- Contacting the Victoria Police and/or the Department of Human Services (Child Protection) to arrange for the supervision, care and protection of the student.

Attendance / Non Attendance Process

Please report all known absences to the Attendance Officer, Ms. Carol Mills by calling the College on 97414911 and selecting Option 1. If your child has been absent please send a note with your child within three working days to explain his/her absence. For further information please see the Attendance Policy on Compass or the Department of Education parent website.

Same-day notification of unexplained student absences

Fact sheet for parents/carers from the Department of Education

If your child is sick or absent, you are required to notify their school as soon as possible **on the day of absence** using one of the following methods:

1. **Online:** log the absence directly using your school's IT platform - Compass
2. **Telephone:** the school's Attendance Officer, Mrs. Carol Mills on 9741 4911 (Option 1 for attendance) and let her know your child's name, class, date of absences and reason.
3. **Email:** your child's tutor teacher, via Compass and provide the staff with your child's name, class, date of absences and reason.

Notifying the school of your child's absence either prior to, or on the day that they will be away, helps ensure the safety and wellbeing of children and will fulfil your legal responsibility.

Why do I need to notify the school if my child is absent?

Schools need to know when and why a child is absent and you need to know if your child isn't at school.

From the end of Term 2 2018, all Victorian government schools are required to contact parents/carers as soon as practicable on the same day of an unexplained student absence. If your child is absent on a particular day and you have not contacted the school to explain why, the absence will be marked as unexplained.

This system also promotes daily school attendance. **Going to school every day is the single most important part of your child's education, they learn new things every day – missing school puts them behind.**

What is your responsibility?

You are legally required to ensure your child attends school every day or you must provide an explanation for their absence. You should let the school know in advance of any upcoming absences or let them know in the morning if your child won't be at school. In order for schools to implement the same day notification requirement, it's essential that you provide the school with your most up-to-date contact details.

Generally one notification will be sent per family. Should there be circumstances that require both parents and carers to be notified, please contact the school to make the necessary arrangements.

What is the school's responsibility?

The school must notify you of an unexplained absence in relation to your child as soon as practicable on the same day.

Schools will let you know either by your school's online communications app, SMS, phone call or email. If you can't be reached because the school does not have your correct contact details (i.e. changed phone number, SMS/email failure notification received etc.), the school will attempt to make contact with any emergency contact/s nominated on your child's file held by the school. Where possible, this contact will be made on the same day of the unexplained absence.

Where can I learn more about the process for managing student absences?

Ask your school for a copy of the *Attendance Policy* which outlines the school's processes and procedures for monitoring, recording and following-up of student absences.

School Nurse

A reminder to ensure all **medical plans** for your children are up to date. Please feel free to contact Ms. Claudia Jara, the School Nurse on 97414911 to discuss any medical needs. If students are unwell at school they are required to attend First Aid and the school nurse will then contact the family if it is deemed necessary. If your child calls you directly please tell them to go to First Aid for medical attention.

School Gates

The school gates are closed at 8.50 am to facilitate students arriving to class on time. Students must report to the administration area after 8:50 am, to obtain a late pass. Consequences for lateness may apply. Your child should have a note to explain a known lateness. Thank you to adhering to school policy.

Bike storage at school

It is important that all bikes are locked onto the racks with a bike lock or padlock and chain. This message has been communicated to all students however we would appreciate it if you could remind your son/daughter of this requirement. A bike helmet is also a legal requirement. Please note: Skateboards and scooters are not allowed in the school grounds.

Environmental duty

To assist our school community in being aware of their environment all year levels are responsible for picking up rubbish in certain areas within the College and also take part in an environmental program to help reduce litter. Could you please encourage your child to be environmentally conscious within the community and use the rubbish bins provided. As a further support please be aware of the amount of packaging being brought to school when preparing student lunches.

Emergency Management Plan

The Wyndham Central College Emergency Management Plan is tested regularly to ensure the safety of all students, staff and school visitors in the event of an emergency situation. As part of this plan we conduct four emergency drills per year, two lockdown drills and two fire drills and students are made aware of when a drill is about to commence.

Second Hand Uniform

We are asking for your assistance with donations of any items of uniform that your child/children have grown out of or not using anymore. If you can assist, please drop off second hand uniforms to the front office and we will issue to other students within the college as necessary.

Thank you Student Services.



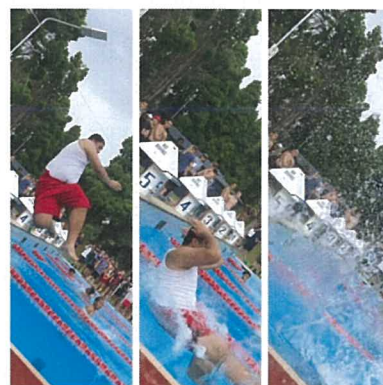
Hello again to new and returning families, we trust your students are settling in well to the 2020 school year. We certainly have made the most of the first few weeks of school and have a few more busy weeks ahead as we move forward with our curriculum, assessments and extra-curricular programs.

It was great to see many happy students at our recent swimming carnival, although the day was cut short due to inclement weather we had got through most of our program and most students had the chance to participate in one of the in-pool activities. As usual our 'bomb' competition proved to be extremely popular, and it was standing room only down the deep end of the pool during this time.

Students in years 7 – 9 are getting used to daily routines at the College including coming to school on time, in uniform ready to learn. While the year 7s always find the transition to Secondary School somewhat daunting with having to move around the school during the day, everyone seems to have got the hang of their timetables and most have managed to learn all their new teacher's names!

We have weekly assemblies in the middle school and already students are being rewarded with VIVO's for their positive behaviours. We have assembly awards which are nominated by teachers who have seen students acting in ways outlined in our School Wide Positive Behaviour matrix. We also have a Student of the Week, where a student is recognised for their outstanding display of our school values.

These students are awarded 1000 VIVO points (which equals a \$10 canteen voucher) and their picture is displayed in the relevant year level building for the week. Their names will be published by the Year Level Leaders in their reports.



Hopefully all year 7 parents will have received their invitations to the Meet and Greet BBQ on February 26 at 5.30pm. If not please contact your child's tutor teacher to RSVP and let us know of your dietary requirements. A reminder of our upcoming information nights for all parents on March 12th where we will be holding a Compass information session at 6pm followed by a Cyber Safety presentation at 7pm. Look forward to seeing as many of you possible there.

Megan Taylor - Assistant Principal – Years 7, 8 & 9

YEAR 7 REPORT

All year 7 students are now settled into secondary school life and are making the most of the opportunities it can provide. The first two days of school was spent setting students up for success. This included organizing books and binders, getting to know the other students in their class and their teachers, a Hope Wall and community building activities.

At our College, there are many opportunities for students to become involved in leadership. Class captains are currently in the process of being elected, as well as those wishing to represent the year level as a member of the school Student Representative Council (SRC). House captains have been selected and were presented at our last year level assembly with their badges by the principal.

Congratulations to the following students as house captains for year 7 2020:

Red House: Annakita Dowling

Blue House: Safiyeh Hovezae

Green House: Hayley Boucher

Yellow House: Savannah McGuirk

Each week at our assembly, we celebrate the hard work and effort of our students with a weekly assembly award. Teachers nominate students each week who receive a 25 Vivo voucher, with three students randomly selected to receive 500 Vivo's. There is also a Student of the Week award. The recipient each week receives a certificate recognizing their achievement as well as a 1000 Vivo voucher. Congratulations to our first Student of the Week for 2020- Thomas Hare.

It is important that your child is at school every day, on time, with the required equipment ready to learn. To reward students for their exemplary attendance, I will be running a year 7 tutor group 'Attendance Competition' in 2020. This will include a reward for the highest attending class each term, as well as students with 100% attendance.

There are many upcoming events for year 7, including the Meet and Greet BBQ on Wednesday 26th of February from 5:30pm-7:00pm, as well as an excursion to Eastern Beach.

Each week, you will be also receiving a weekly update from your child's tutor teacher informing you of any events occurring throughout the term and any work that students have been completing during the week.

As a staff, we look forward to working with your children to ensure they reach their full potential and become the best they can be.

If you have any questions or queries, please feel free to contact me via Compass, or through your child's tutor teacher.

Ashley Rowe - Acting Assistant Principal / Year 7 Level Leader

rowe.ashley.a@edumail.vic.gov.au

YEAR 8 REPORT

Hello and welcome all families of students in year 8.

Since the start of the year, the year 8 students have been busy at work settling into the Latrobe building and their classes. Students have been utilising their Binders and Planners effectively ensuring they are organised and ready to learn. As a teaching team we will continue to encourage this, as students will be assessed on these aspects on their upcoming reports.

Last week Victoria Webster hosted our Year 8 camp information session for families. It was lovely to meet a number of parents and carers of the students in year 8 and we look forward to the camp coming up in May. If your child wishes to attend camp, they need to collect an expression of interest form from their Tutor Teacher or Ms. Hamilton and pay the \$60 deposit by 20th March. If you are eligible for the Camps and School Excursions Fund (CSEF), please also collect this form and return to the College with the required documentation. We hope to see your child there.

Last week was our annual Swimming Carnival. It was great to see a number of students participate in swimming events and others get behind their House in support of those participating. Although the day was cut short due to the weather, I appreciate students being cooperative as we made our return back to the College.

This week during assembly, a number of VIVOs were awarded to students for demonstrating positive behaviours at the College, as well as attendance to homework club. I strongly encourage students to attend homework club to gain extra support or time in order to enhance their learning. Homework club is held every Monday and Wednesdays after school in the AVID centre.

Laura Newton - Year 8 Level Leader

newton.laura.m@edumail.vic.gov.au

YEAR 9 REPORT

It was an absolute pleasure working with the Year 9 students last year, and I look forward to working with them throughout 2020. Students have successfully transitioned from Year 8 into Year 9 and have started to settle into their new tutor, subject and elective classes. Our students are prepared for the year ahead and have already had numerous opportunities to interact with their peers, new teachers and Year 9 learning content.

We have had a major focus of building respect, cooperation and excellence within the college this year and have been successful in developing these values with our students. Empowering the students within this space has meant student relationships are generally improving and in conjunction with Respectful Relationships curriculum means students are feeling supported.

Students have transitioned quite well with the change of not having phones at the college. Please continue to remind your child to keep phones in lockers or at home which will enable them to continue the great work and achieve academically without distraction.


We gave out an large amount of VIVOs last year which resulted in lots of students buying prizes from the VIVO shop. We are really proud of each of these students as well as encourage all students to continue down this positive path for 2020. We have added new prizes for this year and expect that these positive behaviours will continue.

Finally, as Year Level Leader I'd like to thank the students, all tutor and subject teachers of Year 9, attached staff, Mr Lepp, Ms Whitfield and Ms Taylor for all their support they have provided students so far. Our transition has been seamless.

Just a quick reminder that the first point of contact is your child's tutor teachers. If you do require any additional support please do not hesitate to email or call.

Scott Lynch – Year 9 Level Leader

lynch.scott.s@edumail.vic.gov.au



YEAR'S 10, 11 & 12 REPORT

All students are well underway with their studies for term one and I look forward to working with and supporting all senior year's students and their families in working towards the completion of a successful secondary school education. Please ensure that your son/daughter has the correct school uniform items and if you need any assistance with this please contact their Tutor Teacher for assistance.

A reminder that in accordance with the departments Mobile Phone Policy issued by the Minister for Education, personal mobile phones must not be used at Wyndham Central College during school hours (8.50am-3.04pm), including break one and two.

All students were given a College planner (diary) at the commencement of this year and I encourage all parents to look through this planner and support your child to use it for writing in important dates and homework. Please use and check the planner for two way communication, between home and the school.

I would like to remind parents about the College promotion policy and that students must maintain a satisfactory attendance of 100% in all subject areas, unless ill. If senior students are absent on the day of a SAC (School Assessed Coursework) then they must provide a doctors certificate to be able to sit the SAC for a scored assessment.

The whole school swimming carnival was held at Lara on the 14th February and it was great to see so many senior students participating in events and cheering on for their houses, well done to all involved.

I encourage you to please make contact with your son/daughters Tutor Teacher if you have any concerns so that they can be dealt with in a timely fashion.

Bryan Woollard - Assistant Principal – Years 10, 11 & 12

YEAR 10 REPORT

Year 10 students are required to undertake a compulsory one week work placement/work experience, which will be held in week two of term two, from the 20th April until the 24th April (there will be no classes at school during this time). Students are required to find their own placement, preferably in an area that they are interested in working in, in the future. Students are advised to start making contact with businesses now, as it may be difficult to find something suitable at the last minute. Students must also return a signed agreement form to the college prior to commencing work, as this is a legal requirement.

It is an expectation that all students are in complete school uniform, arrive to school on time and that they bring all their necessary equipment ready to learn, could you please support your son/daughter to ensure that this is done.

If you need any assistance with anything, please contact your child's Tutor Teacher.

Year 10 team

YEAR 11 REPORT

We have started Year 11 in a very positive way and students are focused on their work and have adapted well to the demands and rigors of the year level.

Teachers have completed progress checks for all VCE students that are now available on Compass which indicate how students are tracking for Term 1. Students must ensure they are completing all outstanding tasks as indicated by the checks to ensure they are best prepared for their upcoming assessments. If you have any questions about this, please contact your students tutor teacher.

Congratulations to the Year 11 Class Captains for 2020. There will be high expectations for the following students as Leaders of the Year 11 cohort to act as a voice for the student body and uphold Wyndham Central College Values, support school events and present at school assemblies.

11A – Jeremiah Fuatimau
11D – Nge Dah Lue Wah
11G – Mullata Hunde

11B – Jordan Moala Pati
11E – Eh Doh Kunoo

11C – Janae Sadkowski
11F – Luke Di Mauro

We also have two students on the School Representative Council for 2020 who will support the students and aim to bring student ideas for a better schooling community at WCC. These students are: Holly Darcy and Aaron Sciretta

Our House Captains for this year will take responsibility of organizing House Sports and our new House Rewards system. The students are: Janae Sadkowski, Aye Thu Aung Maungkyein, Cayden Preston, Olivia Plichta.

Please be sure to check your student's uniform daily, as they are required to be in full school uniform. Your assistance with this allows us to focus on their academic progress and supporting their educational needs.

A reminder that student's attendance goals should be 100% attendance. If there is an absence, please be sure to contact the school and your student to bring a medical certificate upon their return. I look forward to seeing the students of this cohort grow and reach their full potential.

Chad Cook - Year 11 Level Leader

cook.chad.a@edumail.vic.gov.au

YEAR 12 REPORT

Welcome back and congratulations to all Year 12 students. The start of Year 12 officially began last year in Step Up last year. Students were issued a number of holiday tasks by their teachers to complete in preparation for this year. I hope these tasks have been completed to ensure the best start to the year. On the first day back we started with a whole year level workshop day which has set the expectations of the year. We also reiterated the school values of being at school every day on time, in uniform and ready to learn. The students took part in study skills workshops to develop some very important skills needed for successful SAC and Exam performance.

Class Captains:

12A Philip Taroy

12B Kelly-Ann Savage

12C Nathnael Haile

12D Dylan Pritchard

12E Miguel Haugh-Emmerton

12F Harrison Vize Boyle

12V Courtney Gibson

House Captains:

Red: Emily Lockwood and Hayley Scott

Green: Abigail BSERANI

Blue: Chyeann Sao and Nevada Hancock

Yellow: Taylah Alexander and Ella Castle

I look forward to all students having a very successful year. Year 12 will be a challenging year but with hard work and persistence, students will be able to achieve amazing results. I look forward to working with the students to achieve their best. If you have any questions throughout the year feel free to contact myself or your child tutor teacher. We look forward to meeting with you soon at Parent/Teacher interviews.

Rebecca Sandlant - Year 12 Level Leader

sandlant.rebecca.j@edumail.vic.gov.au

School Captains Report:

Hello and welcome back on behalf of the School Captains for 2020. Our final year of secondary school has commenced as our Year 12 VCE studies begin. We are all committed to make this year one of our best years for both academic growth and personal growth.

On the 14th of February, the students attended the swimming carnival. Several students dressed up and despite the looming storm front, the year twelve cohort especially made the most out of the day.

Lastly, we would like to wish all of our peer's good luck for their respective studies and to maintain confident and positive. We look forward to sharing more information in the coming newsletters.

Bailey, Charlotte, Maggie & Beviene

TEACHING & LEARNING REPORT

Students are now settled into term 1, with students and teachers collaborating to work through the Semester 1 curriculum and preparing for the first assessment cycle.

ZAP Club and ZAP Process

This year we have introduced the ZAP Club and ZAP process for all Year 7 students. I have spoken to the Year 7 cohort about the process at assembly and they were receptive of this support offered to assist their learning.

The purpose of the ZAP club and process is to encourage students to complete their classwork, homework and assignments. The process will work as follows

1. Year 7 students who need support to complete their class work, homework or assignments will receive a ZAP ticket from the teacher.
2. The teacher places the ZAP ticket in the student's planner. (An example of the ZAP ticket is below.)
3. The student takes the ZAP ticket home and informs the parent /carer that they will have ZAP Club during Break 2 the very next day.
4. The student has an opportunity to complete the uncompleted work/assignment the evening prior with family support.
5. If the student completes the uncompleted work/assignment at home that evening, they can hand in the completed work/assignment to the teacher BEFORE school and will not have need to attend ZAP Club during Break 2 that day for support.
6. If the student has not completed their assignment at home the previous night, they will be required to attend ZAP Club during Break 2. During Break 2, the student reports immediately to the ZAP room with their ZAP assignment and their lunch.
7. The student works on the uncompleted work/assignment with a teacher and can then submit the completed work.
8. If the student does not finish the work, the student will return to ZAP the following day and each subsequent day until the assignment has been completed to their full potential.

ZAP Ticket

Name: _____

Tutor: _____

Incomplete work: _____

Your child is required to report to M9 at 1:20pm (Break 2) with their lunch to complete this work with the support of a teacher.

Thank you for your cooperation in ensuring we hold students to the high expectations of our College community and that students have every opportunity to succeed.

Connie Faranda – Assistant Principal – Teaching & Learning

CAREER NEWS

Please find attached Career News

SPORTS REPORT

Swimming Carnival



On Friday 14th February WCC students and staff headed down to the Lara Outdoor Pool for our annual Swimming Carnival.

The participation and enthusiasm from students was fantastic. All events were filled with eager participants and were cheered on from the sidelines from very vocal and enthusiastic supporters. Seeing students dressed in their house colours with a variety of themes just added to the fun of the day.

A day like this could not be possible without the help of many staff members. Encouraging students to participate, marshalling, time-keeping, judging, recording, announcing, first-aid, and running novelty events. Teamwork by our wonderful staff made it a great day for our students.

There were so many students who gave it their all on the day and really showed us why one of our College values is excellence. Vedannt Patel, Jordan Mitchell and Zachery Paesler all performed extremely well in many events and excelled on the day. These students, along with 15 others, will go on and represent the College in the division competition on Tuesday 25th Feb. We wish them well. Go Wyndham! And the winner was.....Red House!!!!!!!



Winning House

RED !!!!!



Jennifer Stevenson & Christine Linehan-Cummingham - Carnival Co-ordinators

SPANISH IMMERSION & JAPANESE REPORT

Languages

At Wyndham Central College, we offer students two languages. Japanese and Spanish. We also offer the Spanish Immersion Program for students that would like to immerse themselves in the Spanish language. We are very fortunate to have Ms. Andres as the languages assistant for the Spanish language. Ms. Andres will also provide further support to our VCE students. Wyndham Central College has sister school agreements with Mito High school in Japan and Gredos San Diego College in Spain. This September we have study tours taking place to both Japan and Spain. Thank you to the Languages faculty for organising these tours for our school community.

International students

This year we have students from Spain visiting our College in term three. The international students will be with us for four weeks. All Wyndham Central College students have an opportunity to host in their home an international student. Applications for this program have been given out to students that have expressed interest. If you are interested in hosting an international student during term three please contact Mr. De-Leon at the College.

Spain Tour 2021

The application process for the Spain tour 2021 will commence on the 2nd of March. The Spain tour includes 12 days in Spain visiting our sister school Gredos San Diego College and other amazing places in Spain such as Segovia, Toledo, Madrid, Palacio Real, Buitrago and many more. If you are interested in your child participating in the program, please contact Mr. De-Leon for an application pack.

Japanese Letter Program with Mito High School

At end of 2019, WCC students wrote letters in both English and Japanese, introducing themselves, asking some questions to Mito High School students. Two months later, we received the reply letters from the Japanese students.

Japanese students wrote 年賀状 (Nengajyou) expressing good wishes for the coming year in Japanese and English.

Students were very pleased having received their pen pal's letters. Students also received small gifts and warm greeting from their pen pal. Judging by the smiles on WCC students' faces, they were very excited to read letters and share them with their classmates.

This will be an ongoing relationship and we hope to keep in touch with the Japanese students regularly and share knowledge to foster a strong relationship.

Now, it is our turn to write the letters as a part of exchange program which our students are excited about.

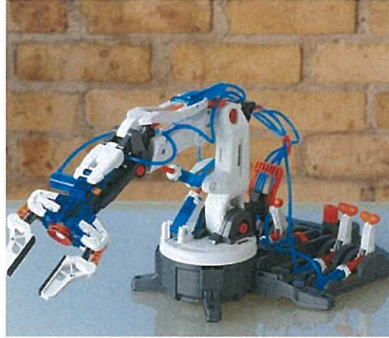


STEM ACADEMY REPORT

I would like to take this opportunity to welcome the new students to the STEM academy. We have already started this year's projects with our 9S Garden Project thriving and the 10S Robotic Hydraulic arm challenging the students, and getting the best out of them.

The two projects, is different as they are, are designed to challenge students to use Science Technology, Engineering and Mathematic (STEM) skills to solve real world problems.

We look forward to sharing the 2020 STEM experiences in future newsletters.



Nigel Keyi – STEM Academy Coordinator

keyi.nigel.n@edumail.vic.gov.au

Science News

We have enjoyed seeing students settle in to the school year and excited to be part of their Science classes by doing different exciting experiments like Brain dissections. In 2020 I am pleased to invite all our students to enter the **69th Annual 'Science Talent Search'**. It is a large and highly successful science competition based around Victorian Curriculum principles which encourages all students in Victoria to pursue creative, open-ended projects and Science Inquiry Skills.

Science Talent Search has three broad aims:

1. To stimulate an ongoing interest in the study of sciences by:
 - encouraging independent self-motivated project work amongst students of science;
 - giving students the opportunity to communicate their achievements to a wider audience;
 - according recognition of effort and achievement in a scientific enterprise.
2. To promote the direct involvement of the students in the processes of science and its communication.
3. To give the public at large an opportunity to see the quality of work being achieved in science by both primary and post primary students.

The competition is based on different divisions and sections for students to enter:

Divisions:

Junior- Years 7 and 8
Intermediate- Years 9 and 10
Open- Years 11 and 12

Sections:

Experimental Research
Creative Writing (except Open)
Working Models
Posters – Scientific Wallcharts (except Open)
Science Photography
Video Productions
Inventions
Games

All students who submit an entry into the competition will receive a certificate:

- Major Bursary (Certificate + Monetary prize from \$25 up to \$300)
- Minor Bursary (Certificate + Monetary prize from \$20 up to \$200)
- Distinction Award Certificate
- Merit Award Certificate
- Acknowledgement Certificate

Students are required to forward their expression of interest to their Science Teacher by the 6th March. Further information will be given after we finalize the total number of entrants.

Looking forward to work with every aspiring young scientist of our College.

Shalika Sharma - Science Faculty Coordinator

sharma.shalika.s@edumail.vic.gov.au



On Thursday the 6th of February, AVID elective students left for their three day annual AVID camp. This year's camp was held at Deakin University- Waurn Ponds Campus, where students got to get a feel of the whole University experience, which included cooking and cleaning for ourselves, attending a lecture, learning study tips, campus tours and much more.

We engaged and incorporated many interesting AVID based activities into our stay and like every year our stay was fun, exciting and extremely beneficial to everyone. I think one of my favourite parts of this camp was when we had a guest speaker who was a previous student of our school and he talked about his successes and he gave us many helpful tips for the future. It was really inspiring and motivating. As always AVID camp was a great opportunity to make many new friends and meet others that I have never thought to have a conversation with. I'm sure I can speak for nearly everyone when I say that this year's AVID camp was super fun and I'm already looking forward to next year's camp.

Janae Sadkowski 11C

CLUBS

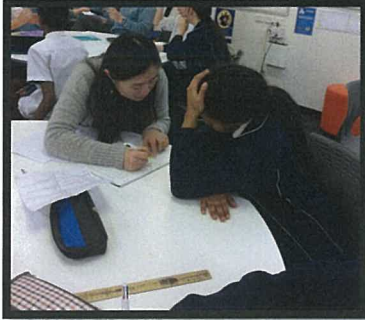
All students are welcome to attend **Homework Club** on Mondays & Wednesdays from 3:03pm - 4:20pm in the AVID Centre. Students will be able to access assistance from teachers in most subject areas.

Homework Club Every Monday and Wednesday



**Improve your
marks**

Get more confidence



**Get one-on-one help
from your awesome
Teachers !!!**

**In
T1**

BREAKFAST CLUB Every Tuesday and Thursday

Wyndham Central College Breakfast Club - All students are welcome
Tuesdays & Thursdays between 8:00am - 8.30am at T1

Foods that will be provided:

Toast – butter, vegemite, jam and honey

Cereals & Fruit

We look forward to seeing students at Breakfast Club!

No costs to students – Sponsored by LET'S FEED



Colleen Brown – Breakfast Club Co-ordinator



ADMINISTRATION REQUIREMENTS

ADMINISTRATION OPENING HOURS

Wyndham Central College Administration is open:

- Monday to Thursday 8:30 am to 4:00 pm
 - Friday 8:30 am – 3:30 pm
- College phone number – 9741 4911 - Please see/call the administration office for any queries/assistance

CAMPS SPORTS & EXCURSION FUND (CSEF)

Camps Sports and Excursion Fund (CSEF) application forms are available to any family who holds a CentreLink Card and has not applied for this money previously at Wyndham Central College. To be eligible for these funds in 2020 you must complete the CSEF form and attach a copy of your health card which must be current as of the 28th January 2020. If you do not have a CSEF form, they are available at the College office.

CHANGE OF CONTACT DETAILS

If you have recently changed your contact details, please update them either through COMPASS or at the school, to ensure we can work together to support your child.

CAN WE ASSIST YOU WITH A PAYMENT PLAN?

In some cases families may require a little assistance to meet the financial obligations of education, even though at Wyndham Central College we endeavor to keep the costs associated with education down to a minimum. If we can help you please feel free to call us on 9741 4911 to find a suitably agreeable time to make an appointment with the Business Manager Netta Ferlazzo to discuss how we could assist.

SUSTAINABLE SCHOOL SHOP

Please note that once families receive their booklists, unwanted books can be sold via the SSS. There will also be an opportunity to purchase some text books on this website as soon as we are able to furnish them with the correct ISBN coding.

THE COLLEGE OFFERS BPAY

Pay family payments online fast, just enter the BPAY Biller Code, your reference number, the amount and the payment date, and you're done; this code is found on the your family statement.

If you require a payment to be allocated to a particular item you will need to send an email to the college with your request before you make payment. Biller code and reference numbers now appear on your family statements.

A reminder to parents, when making a BPAY payment, could you please notify the College either by phone or email as soon as the payment has been made if there is a specific item you would like this payment to be allocated towards.



VISITORS TO THE SCHOOL

For the safety of staff and students, all visitors to the school must report to the front office (including parents) and log into Compass. In case of an emergency, we need to be aware of who is on site.

STUDENTS LEAVING SCHOOL EARLY

If your child needs to leave school early for an appointment, parents are required to send their child with a note in their planner advising the reason and time they need to leave. The student must take the note to their Year Level administration office in the morning to receive an early leaver's pass. This pass can then be shown to the teacher at the time they are leaving class and then also to the Attendance Officer located next to First Aid.

COMMUNITY NEWS

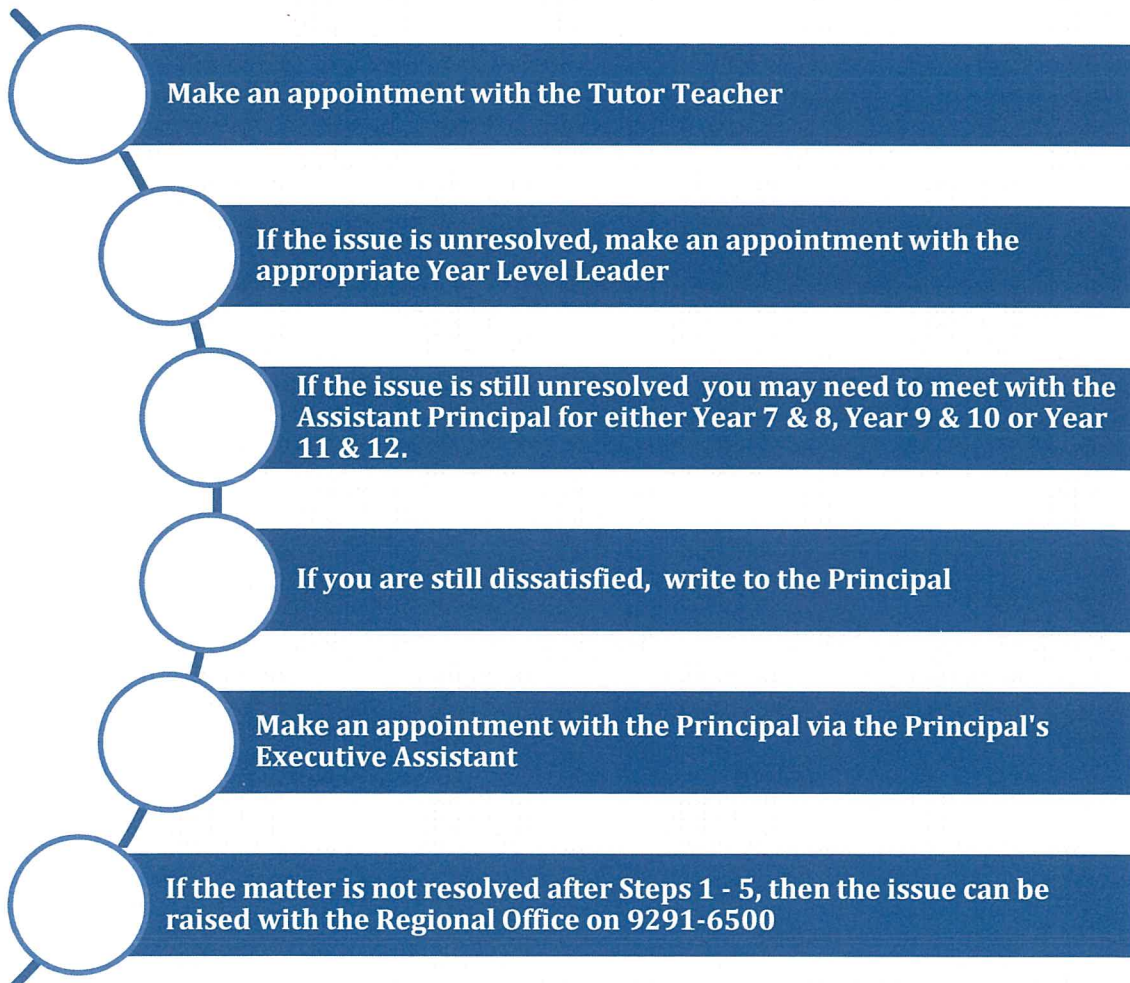
African Youth & Parent Forum (see attached flyer)

The How & Why of practising Gratitude (see attached flyer)

The Huddle - Study Squab Wyndham (see attached flyer)

COMMUNICATION/GRIEVANCE PROCESS

If you have something you wish to communicate with the College, this process will support each party to achieve a successful outcome.





Wyndham Central College Career News

No. 02: 18 February 2020

WHAT IS 'CAREER NEWS' ALL ABOUT?

Career decisions are some of the most important ones of your life, so getting help in making those decisions is vital.

Career News is one source of information available to you.

Career News will be published regularly throughout the year, providing information about how to **choose a career**, about **information sessions** being held on various courses and careers, **Open Days** at institutions where you might want to study, **Career Expos**, insights into a number of **careers**, and where you can get help.

Students who do their research during Year 9-12 usually find it easier to make some career decisions at the end of Year 12.

This is a condensed version of the newsletter. The full edition can be found on the College website via the Careers link.

CAREER TOOLS: ONLINE RESOURCE...

RE: wcccareers.com – the comprehensive online careers resource

Wyndham Central College has provided its students and their parents/guardians with a 'School Careers Website'. You can find 'Career Tools' on the Pathways Portal under Student/Parent Links on the College Homepage.

It is a "One Stop Shop" for students' needs with their Career Planning, Information, VCE, Post School Options and much more.

Students can also use it to create and save their resume.

The site is also designed with the parent/guardian in mind, to provide both students and parents/guardians with all the information needed about the students' Career/Pathway Planning and post school options – and the information is constantly changing in these areas.

The Careers Office, in the Wellbeing Centre, is a resource centre for our students with current institutional handbooks and brochures at their disposal. Students are invited to visit, browse and question. An open door policy exists to ensure students make informed decisions about future pathways. Initial Year 12 interviews will take place shortly to assist students with the momentous decisions facing them this year. Parents/guardians are welcome to take advantage of the services provided. Appointments can be made to discuss the future pathways of their children.

HOW CAN I CHOOSE A CAREER?

Many people say that they would like a job they **enjoy**, with the possibility of earning a reasonable **income**.

So how do you choose that job?

Firstly, keep in mind that there is not just one perfect job for you. There are several jobs that would suit you well, so you need to **explore the possibilities**.

First, think about what you **enjoy doing**.



Wyndham Central College Career News

No. 02: 18 February 2020

For example, is it sport-related, scientific, reading/writing-related, helping people, information technology-related?

What do you enjoy **doing in your spare time**?

What **subjects** do you excel in at school?

How important is it that you earn a lot of **money**?

Answering questions such as these will set you on a path to making some decisions.

If you like science, what type of science do you prefer – physics, chemistry, biology?

If you are creative, what is your speciality – music, drama, art, design?

If it is geography, perhaps you could be interested in urban planning, mapping or surveying.

If it is health, perhaps it is nursing, nutrition or public health.

If it is physics and maths, perhaps engineering.

Do not look too far ahead – you are not deciding on a life-time career. You will have several careers.

HOW CAN I ACCESS UNIVERSITY COURSES?

Many courses accept Year 12 graduates on the basis of their **ATAR** (Australian Tertiary Admissions Rank) and meeting any **prerequisite subject requirements**. Some courses, however, have **additional requirements** (eg an audition, a folio presentation, completion of a selection kit, attendance at an interview, testing). You are advised to check these out on the **Victorian Tertiary Admissions Centre (VTAC)** website (www.vtac.edu.au). Applicants for courses apply on the VTAC website, commencing in August each year. Up to eight courses can be applied for.

FUN STEM QUIZZES

To take any of the quizzes below, visit 'Careers with STEM' at <https://bit.ly/2vI2Nrm>

Which area of science should I study?

Stuck between Chemistry, Physics or Biology? We'll help you break it down and match you to your perfect degree. Best of all? There's so many different careers to choose from, no matter what you get!

What's your STEM + X?

Studying STEM doesn't mean you're destined for a career as a scientist or mathematician! STEM students find jobs across all industries, thanks to a little equation we call STEM + X.

Find your STEM + X (where X = your passion, skills or area of interest) and discover the possibilities of a STEM career in just about any job.

What's your STEM + X?



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Which area of engineering should you study?

If you're interested in engineering, you're not limited in your career or study choices! Take this quiz and we'll tell you where to start searching for your perfect engineering degree.

Are you a future entrepreneur?

Tell us a bit about the way you think, and we'll tell you whether you're a future entrepreneur!

STEM Careers

Not interested in going to university? No worries! University isn't for everyone. Fortunately, there are lots of opportunities to study STEM that don't involve enrolling in a bachelor's degree. We're talking about vocational education and training – otherwise known as VET. Here, we look out five alternative pathways, <https://bit.ly/2HsoRZu>

CRIMINOLOGY

Mind Map: Have you considered studying criminology in the future? The Careers Department has developed a fantastic mind map of criminology careers and courses. To explore the map, visit <https://bit.ly/2V4hSOG>

Courses: In Victoria, you can study undergraduate criminology at the following universities

RMIT University	https://bit.ly/2SOqDtm
The University of Melbourne	https://bit.ly/3bDD7MZ
Deakin University	https://bit.ly/2wiFX9L
Swinburne University	https://bit.ly/39zJRtg
Monash University	https://bit.ly/2u3j5dG
Victoria University	https://bit.ly/2P3iwYO
Federation University	https://bit.ly/2ST3RAf

APPLYING for MEDICINE, DENTISTRY or ORAL HEALTH?

If you are in Year 12 and plan to apply for any of these health science courses to start in 2021, you may need to sit the UCAT ANZ (University Clinical Aptitude Test).



Wyndham Central College Career News

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The UCAT ANZ is a two-hour, computer-based test which assesses a range of mental abilities identified by universities as important to practicing in the fields of medicine and dentistry.

It consists of five separately timed subtests which each contain a number of questions in a multiple-choice format.

You will sit the test in July 2020 and selected universities use your UCAT ANZ results as part of the selection process, in conjunction with your ATAR and HSC/VCE results, and in some cases an interview.

You will only have one chance to sit the UCAT ANZ this year.

Key Dates

3 Feb:	Concession Scheme and Access Arrangements open
2 Mar:	Bookings open
4 Mar:	Deadline for Concession Scheme and Access Arrangements
11 May	Booking deadline
18 May	Booking cancellation and late booking deadline
1 – 31 Jul	Testing
Sep	Results delivered to universities

It will cost you around \$299 to sit the test, or \$199 concession, and you will be able to receive your results straight away.

You have the choice to start preparing for the test early. There are several private companies who offer commercial preparation programs – www.nie.edu.au/ and www.medentry.edu.au/ are examples.



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It is important to note that the universities who use the UCAT **do not endorse any of these companies** and you can access free preparation materials from the UCAT site at <https://bit.ly/2tjlewA>

Please go to <https://www.ucat.edu.au/> for more information about the UCAT ANZ, to see if you have to sit the test, and to register for the test or See Mrs Karlovic in the Careers Office.

UPCOMING CAREER EVENTS

The Melbourne US & UK University Expo

Get crucial advice from recent student admits and speak with world leading admission experts at the US & UK University Expo! Put the world's top universities like Harvard, Yale, Oxford and Stanford within your reach! You will learn about:

- Fundamentals of applying and studying in the US and UK
- How to write a personal statement
- Preparing for the SAT
- Analysing the Oxbridge interview
- Studying key study areas overseas such as commerce, STEM, social sciences etc.

When: Sunday 15 March, 1pm – 5.15pm.

Where: State Library Victoria, Melbourne

Info and RSVP: <https://bit.ly/2UVXRJJ>

Crimson Education has developed a YouTube channel that profiles global universities. You can access the channel at <https://bit.ly/2qcWRiX>

ACN Nursing and Health Expo

The Australian College of Nursing (ACN) is hosting a Nursing and Health Expo in April. You will be able to:

- Meet a range of nursing and health organisations
- Explore career pathways
- Find out about educational opportunities
- Speak to nurses working a range of organisations such as hospitals, defence and emergency services.

When: Saturday 4 April, 8.30am – 2.30pm.

Where: The Melbourne Convention and Exhibition Centre



Wyndham Central College Career News

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Info and RSVP: <https://bit.ly/2HtwEpR>

VCE and Careers Expo

This annual event enables senior school students and their families to participate in a diverse range of seminars related to VCE subjects, gap year opportunities, vocational and higher education courses, career pathways and study skills. HSC students are also encouraged to attend.

A huge number of exhibitors will be in attendance, and over 150 seminars will be offered. Cost is \$10 per student.

When: 30 April – 3 May.

Where: Caulfield Racecourse

Info and RSVP: <https://bit.ly/2SUaX7G>

AUSTRALIAN CATHOLIC UNIVERSITY (ACU)

Internship opportunity with the Bachelor of Arts

ACU's National School of Arts offers students a range of internship and community engagement placements to help you gain invaluable professional experience while you study. You have the opportunity to be involved in programs such as the Victorian Parliamentary Internship, which may help you progress to a graduate position as a journalist, researcher and more, <https://bit.ly/2UTAtg9>

Education and Teaching

ACU has a new suite of education courses offering specialisations that are flexible to meet your needs and interests. Depending on your choice of specialisation, these courses provide you with the option to pick a pathway into a range of school settings and specialist teacher roles, <https://bit.ly/37xxwo3>

APPRENTICESHIP/TRAINEESHIP WEBSITES

MyGain YouTube Channel

Check out this channel to watch videos about apprenticeships, traineeships and employers, <http://bit.ly/1NC2fUS>

AusAppPathway

This is an App you can download so you can research apprenticeships and traineeships on the go via your smart phone, www.ausapp.com.au/



Wyndham Central College Career News

No. 02: 18 February 2020

CAREERS in the AUTOMOTIVE INDUSTRY

Know you want to work in the auto industry, but not sure which occupation would suit you best? Kangan Institute has written a fantastic article showcasing 7 different occupations in the automotive industry. You can read the article here, <https://bit.ly/1LQINSs> and you can explore the courses they offer at their Automotive Centre of Excellence at this link - www.aceaauto.com.au/

SHORT COURSES at RMIT

RMIT offers short and single courses taught by experienced lecturers and established artists. Courses include photography, drawing, lithography, sculpture, jewellery, casting, and molding etc.

RMIT also offer folio preparation courses.

For more information, go to <http://bit.ly/2nTkDAJ>

WORK EXPERIENCE

Academy of Interactive Entertainment (AIE)

You can apply for work experience at one of the following AIE campuses – Melbourne, Canberra, Adelaide or Sydney. You will be able to explore courses and careers in 3D animation, programming, interactive entertainment and digital industries.

For information, go to <https://bit.ly/2SCcJfN>

MEDICINE at MONASH

Immerse yourself in medicine at Monash through virtual reality (VR)

Have you always wanted to visit the Monash campus, but haven't had a chance? Take the opportunity to learn more about Medicine, Nursing and Health Sciences at Monash through 360° video. Look over students' shoulders as they work in the labs or attend a lecture.

For more information, please visit <http://bit.ly/2IGI8ub>

Mrs Kathy Karlovic
Pathways & Transitions Leader
Tel: 9741 4911 Ext.924/925

AFRICAN YOUTH AND PARENTS FORUM

WHAT'S ON?

- Topic: Employment
- Free dinner and refreshments provided

WHEN

Friday 28 February

TIME

5:00pm – 9:30pm

WHERE

86 Derrimut Road,
Hoppers Crossing, Victoria
3029

MORE INFORMATION

Contact: Heidi Puronpaa on 0418617195
or heidip@youthoffthestreets.com.au

YOUTHOFFTHESTREETS.COM.AU

THE HOW AND WHY OF PRACTISING GRATITUDE

Gratitude, or appreciation for the good things that happen in life, is an essential part of building happiness. When you're going through a tough time it can be hard to remember to be grateful for the good stuff, but there are a stack of benefits that can be gained from working gratitude into your everyday life. Find out more about ways to increase your gratitude and your awareness of things you can be grateful for.

This can help if:

- * you want a strategy for helping to deal with a tough time
- * you want to boost your mood
- * you want to cultivate awareness and appreciation for the good things in your life.

What is gratitude?

Everyone has times when they feel aware of being thankful for a person or a situation. These moments give us a good feeling that we call 'gratitude'.

Feeling grateful just happens sometimes, but you can also make a special effort to increase how often you feel it. Research has shown that people with high levels of gratitude experience a whole bunch of benefits, so it's a great idea to increase your own.

The benefits of gratitude

Increasing your gratitude is useful because:

- * it's an instant mood booster and feels great in the moment
- * you're likely to feel closer to friends and family
- * you're likely to enjoy your life more
- * it's good for your physical health
- * it's easier to cope with tough times
- * good things in life don't stick in our heads as easily as bad events.

This last point is really important. We tend to remember when bad things happen, and the time we spend thinking about them makes us unhappy. But, if we make an effort to increase how often we experience gratitude, it can balance out some of the negative stuff.

That doesn't mean that you should ignore/forget your problems, or that the things wrong with your life are unimportant. It just means that good memories will also stick in your mind, so you get to enjoy them for longer.

How to practise gratitude

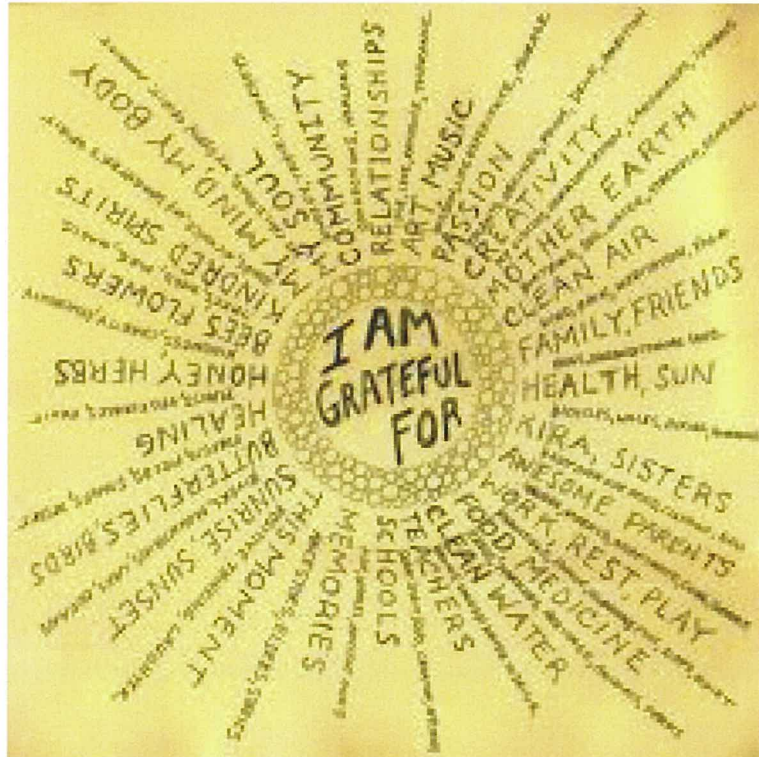
Experiencing more gratitude is easy and doesn't take much time. Try these ideas and see what works best for you:

- **Keep a gratitude journal.** Take five minutes each day or once a week to think of and write down three things that have happened to you since the previous day or week that you're glad you experienced.
- **Take pictures.** Set yourself a mission to photograph little things in your everyday life that make you smile.
- **Tell someone you're grateful to have them in your life.** Whether it's someone you look up to, or someone who just makes you happy, take the time to tell them you're glad they're around.

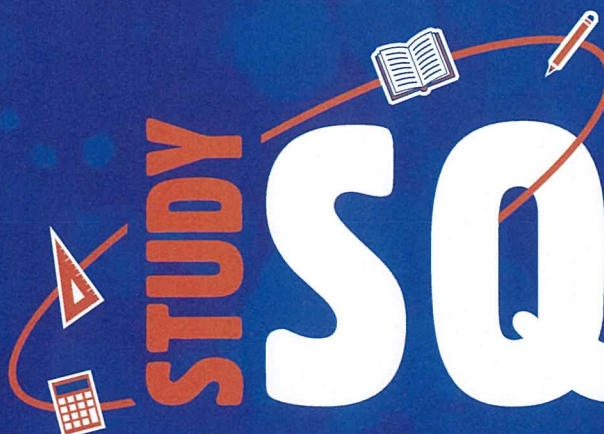
You don't have to think up a whole bunch of really significant things in order to be grateful. You can be grateful for the smallest things, such as the sunshine, your morning coffee, or the fact that you made it to your train on time.

What can I do now?

- * Grab a notebook and start a gratitude journal, or use the [Gratitude Journal app](https://www.getgratitude.com/).
- * Tell someone when you appreciate something that they've done.
- * Snap some photos of stuff that makes you smile.



Reference: <https://au.reachout.com/articles/the-how-and-why-of-practising-gratitude>



STUDY SQUAD

WYNDHAM

STUDY AT THE HUDDLE WITH FREE TUTORS

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- Wednesdays between 3.30pm and 7pm
- Ages 10-25
- FREE one-on-one and group tutoring by highly qualified volunteers
- The Huddle provides a quiet and safe study space, access to computers and free internet use



For more information please contact Kynan Barnes at
Kynan.Barnes@nmfc.com.au



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