

Wyndham way Respect, Co-Operation & Excellence

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Welcome to our Parent Newsletter. All newsletters are posted on Compass for parents & students. Our aim is to keep parents informed of upcoming events and important dates to remember.

23rd March 2020

In order to succeed, we must first believe that we can!

FROM THE PRINCIPAL'S DESK

From the Principal's Desk

As we come to the end of term one we once again have experienced so many achievements and opportunities for our school community.

Please take the time to read your child's year level report prepared by our Assistant Principals and their Year Level leaders, our program leader reports -STEM, Enrichment, Spanish immersion, our sports report, the student representative council report and interact club report, where our students talk about the school wide and community activities they have led and been involved in during term one. This newsletter also has twice a term community

news section that provides other opportunities for students and their families which also includes items and opportunities over the upcoming term break.

Introduction of new School Council Elected Members 2021-2022

School councils comprise of parents, staff and student representatives and our school council also has two community member positions. During this term we held our school council elections for the two-year tenure of all four categories. Congratulations to the following elected

Our school parent newly elected representatives are; Ross Preston, Darren Clifford, Pascal Ochi and Kathryn Rodriguez. They are joining our current parent members Charlotte Hughes, Prem Swaroop Sadineedi. We thank them for their nominations and look forward to having them on school council as your representatives and voice.

Our Staff representative for this year includes newly elected member Rebecca Sandlant, who has joined Ashley Rowe, Bryan Woollard and Connie Faranda.

We have also welcomed two new student representatives to council and look forward to hearing the students' voice from Aye Thu Aung Maungkyein of year 12, and Boe Ya

Nu Aung of year 11.

We thank our Community representatives, Mr Anthony Monaghan for continuing on in his position as school council President and Mr Matthew Rasmussen as our school council Treasurer. This year we welcome Mr Darren Clifford as our school council Vice-President.

All members of school council welcome your input and feedback. Please find all members emails via Compass, or, don't hesitate to contact any council members via the Wyndham Central College email address.

Parent Teacher interviews

Our invitation to all families to attend.

This past term I have been reminded of the importance of the message "it takes a village to raise a child". And the reminder that all of us need to remain vigilant and do all we can to be ever present in the lives of our children.

IMPORTANT DATES

| 31 March | Parent Student Teacher Interviews | |
|-------------|--|--|
| | 4pm – 7pm | |
| 1 April | Parent Student Teacher Interviews | |
| | 9:30am - 1:30pm | |
| 1 April | Last day of Term 1 | |
| 19 April | First day – Term 2 | |
| 22 April | Grade 5 & 6 Parent Information Night – 7pm | |
| 29 April | Athletics Carnival | |
| 5 May | Year 7 – 9 Cross Country | |
| 11 – 21 May | NAPLAN Year 7 & 9 | |

Newsletter Content

- Important dates
- Principal's Report
- Assistant Principal's Report
- Year Level Leaders' Reports
- Careers News
- Student Representative Council Report
- * Sport News
- Stem News
- **Community Connections** *
- * Clubs
- Administration Requirements

Community News

- Sports Report This Girl Can Activities in Wyndham
- Sports Report Free Sport & Fitness Activities in March
- Sports Report Free Footy Clinic
- Eager to learn to play soccer The Jets Point Cook
- Head Space School Support
- Mental Health & Wellbeing Support Wyndham Region
- Rebotic Mission to Mars Victorian Government Challenge & Enrichment Series
- In Balance Fitness Teen Fit

IT'S NOT OK TO BE AWAY

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

All term one reports have now been completed and have been posted electronically to COMPASS. A printed copy will be available to all students and their families at our Parent/Teacher interviews this coming Wednesday afternoon the 31st of March from 4pm-7pm, and Thursday the 1st of April from 9.30am-1:30pm.

A reminder that all parent/carers are able to make an interview time with our staff via COMPASS. If you have any difficulties do not hesitate to contact our ICT support team or your child's tutor teacher.

It is important for parents/carers, students and teachers to continue to work in partnership to support children's learning journeys and these interviews are an opportunity to meet all of your child's 2021 teachers. Due to the 2020 restrictions we have not been able to conduct our end of year goal setting or transition processes and our term one, week 3, 'Meet and Greet' sessions were also cancelled.

Therefore, this is our opportunity to meet once again and re-establish these important parent partnerships in supporting our students in their educational journeys. At all other times it is important to continue to communicate with the school and this can always be done via COMPASS email or by phone with our classroom teachers, tutor teachers or year level leaders. A student planner can also be a valuable tool. Each student has a planner that should be bought to each class along with the student binder and a fully charged laptop.

School Review Update

I would like to extend a thank you from our school council and the leadership executive team to our parents, community member partners, staff and our students that participated in our 4-year review process over the last three weeks. The college is now waiting for the final report from the review team and will begin working on our next 4-year Strategic plan where your ideas and feedback will form the foundation of the plan and where you would like to see the college in four years' time.

The review has confirmed that the school is such an important part of our student's lives. We have worked tirelessly over many years to create a caring, safe and responsive community. Our culture is something that makes me very proud. I do believe we have very extensive programs that help educate our young people to become respectful, kind, compassionate and empathetic students ready to thrive in our Contemporary world. They achieve incredible academic success, but more importantly they become wonderful human beings who continue to work hard to make a difference to the society in which we live.

The Leadership team, Wellbeing Student Support team, Year level leaders and our wonderful tutor teachers will continue to work with students to ensure their personal experience is positive and always safe. And we know this is done with your support, our parents and carers, and we are blessed to have the incredible this support of so many families. Parents can only experience school through the lens of their own son or daughter and as the saying goes "you can only be as happy as your unhappiest moments". As a school we will do our best to navigate these times and be supportive and responsive.

We are very vigilant and address all concerns that people raise and follow Department regulations at all times and again I encourage all parents and carers to continue to work with us in partnership to achieve the best outcomes for every child.

A reminder that as all students return on Monday 19th April for term two and are expected to be in our college winter uniform. School council are currently working on an additional winter raincoat as a school uniform item and we will be communicating further information during term two. I ask parents and carers to check the uniform policy to support your child to be in full school winter uniform and to support them to be ready to learn with their binders and a fully charged laptop. An additional reminder that the state government have banned mobile phones from being used at school by students and I ask all parents and carers to support your child in adhering to this rule by leaving mobile phones at home or locked away in their school supplied lockers.

I would like to wish all students and families a Happy and safe Easter and a relaxing term break and we look forward to seeing you all back on Monday 19th April for term two.

Leanne Gagatsis - Principal
Creating a Community of High Expectations

TOURS/WORKSHOPS

Year 7 Parents

Due to Year 7 parents missing out in our Transition Program, the College is offering tours and workshops for our Year 7 parents.

YEAR 7 PARENTS SCHOOL TOURS

Wednesday – 31st March

5:00 pm 11:30 pm

Thursday - 1st April 11:3

AVID PARENT WORKSHOPS

Wednesday – 31st April Thursday - 1st April 4:30 pm & 5:30 pm 11:00 am

Please use the link that was sent to Year 7 parents via Compass to book your tour/workshop

REMINDER - PLEASE BE MINDFUL OF PARKING WHEN PICKING UP YOUR CHILDREN AND NOT BLOCK THE LOCAL NEIGHBOURS DRIVEWAYS

Please ensure your child follows the Mobile Phone Policy for All Schools Students

Victorian schools implemented a mobile phone policy in, 2020. This policy continues in 2021.

It helps 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 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 asked to support your child to follow the mobile phone use and to support their children to become safe and responsible technology users.

<u>Attendance / Non Attendance Process – Reminder</u>

Please report all known absences to the Attendance Officer, Ms. Carol Mills by:

- ➤ Calling the College on 97414911 and selecting Option 1.
- > Texting the College on 0428 210 574
- Emailing the College at attendance@wyndhamcentralsc.vic.gov.au

If your child has been absent please send a note with your child including the student name, tutor class and reason 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.

As part of Department Policy, any students who have cold and flu symptoms need to be kept home and have a COVID test prior to returning to school. Results need to be forwarded to: 0428 210 574 before your child returns to school.

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.

Privacy Policy

SECONDARY SCHOOL ENROLMENT PRIVACY COLLECTION STATEMENT (PRIVACY INFORMATION FOR PARENTS AND CARERS)

During the ordinary course of your child's attendance at our school, school staff will collect your child's personal and health information when necessary to educate your child, or to support your child's social and emotional wellbeing or health. Such information will also be collected when required to fulfil a legal obligation, including duty of care, anti-discrimination law and occupational health and safety law. If that information is not collected, the school may be unable to provide optimal education or support to your child, or fulfil those legal obligations.

For example, health information may be collected through the school nurse or wellbeing staff member. If your child is referred to a specific health service at school, such as a Student Support Service Officer, or school-engaged psychologist, the required consent will be obtained.

Our school may use online tools, such as apps and other software, to effectively collect and manage information about your child for teaching and learning purposes, parent communication and engagement; student administration; and school management purposes. When our school uses these online tools, we take steps to ensure that your child's information is secure. If you have any concerns about the use of these online tools, please contact us.

School staff will only share your child's personal or health information with other staff who need to know to enable the school to educate or support your child, or fulfil a legal obligation.

When our students transfer to another Victorian government school, personal and health information about that student will be transferred to that next school. Transferring this information is in the best interest of our students and assists that next school to provide optimal education and support to students.

In some limited circumstances, information may be disclosed outside of the school (and outside of the Department of Education and Training). The school will seek your consent for such disclosures unless the disclosure is allowed or mandated by law

Our school values the privacy of every person. When collecting and managing personal and health information, all school staff must comply with Victorian privacy law. For more information about privacy including about how to access personal and health information held by the school about you or your child, see our school's privacy policy:

https://www.education.vic.gov.au/Pages/schoolsprivacypolicy.aspx#link6

Throughout this notice, 'staff' includes principals, teachers, Student Support Service officers, youth workers, social workers, nurses and any other allied health practitioners and all other staff at our school. This includes employees, agents and service providers of the Department, whether paid of unpaid.

College Information

Road Safety - Keeping students safe

In the interest of student safety and the efficiency of the school buses, please do not park in the yellow painted curb from **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.

Please be mindful of parking when picking up your children and not block the local neighbour's driveways.

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

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.

Thank you in supporting our students to remain safe by following this policy.

School Nurse

A reminder to ensure all <u>medical plans</u> 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. If your child is being tested for COVID 19 please notify the college immediately and a clearance letter from the doctor needs to be sited before the student returns.

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.

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.

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 lock down 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.



The term seems to be rushing past and I can't believe it is only one weeks until Easter! We have had some terrific experiences so far this year, the highlight of which was our Year 7 transition excursion to Eastern Beach in Geelong. I'm sure this will be talked about in the Year 7 report.

Looking forward we hope you are all able to attend our Parent Teacher Interviews which will be held on the last two days of term (Wednesday March 31 and Thursday April 1). Given that we were unable to hold our goal setting interviews at the end of last year many of you have not had the chance to meet your child's tutor teacher and this is an excellent opportunity to do so.

Something else that we didn't get to do last year was take new families around the school. While we were able to provide a virtual tour on our webpage, we know that there are many families who haven't had the chance to view the school grounds in person. We are pleased to let you know that on Wednesday March 31 at 5pm there will be a school tour for our Year 7 families and similarly there will be another tour at 11.30am Thursday April 1st. Please see Compass notification Monday 22nd April. We look forward to meeting you and showing you the wonderful facilities we have here at the College.

Wishing you all a safe and happy Easter break,

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

YEAR 7 REPORT

It has been a great term for the year 7's! It has been great for all staff to get to know your children better and establish routines to make students successful both in and outside the classroom.

Throughout this term, there have been a range of leadership opportunities for students to engage in.

Congratulations to the following students who were elected by their peers to be their class captain for 2021:

7A: Brandon Leban 7D: Elijah Kwi Shwe 7G: Isra Asarat

7K: Ella Anderson

7B: Max Borhillo 7E: Pam Vichittavong 7H: Beylene Salvo 7C: Alex Ochi 7F: Tyson Luu 7J: Tayla Bloom

7L: Lvnda Khin

Students also had the opportunity to nominate for the Student Representative Council (SRC). This was an opportunity for students to be elected by their peers to represent the year level for 2021. Congratulations to the following students: Raguel Grev. Alex Ochi and Hana Gebregziabher.

Congratulations must also go to the following students who have received the Student of the Week award this term: Jorja Smith, Jordyn Reynolds, Lucinda Masters-Van Andel, Loche Stewart and Ava Harris. Each student received a certificate recognising their achievement as well as a 1000 Vivo youcher.

There have been a number of presentations to students this term, including our Koorie Engagement Support Officer Judy Dalton-Walsh presenting to classes as part of students ATSI curriculum in Humanities. There was also a presentation last week from Bully Zero, who spoke to students about transitioning into secondary school and how to deal with some of the challenges they may be faced with.

Last week, as part of our transition program, all classes took a trip to Eastern Beach in Geelong. This was an opportunity for students to continue building bonds with their classmates and their teachers. With sunny skies and 25 degree weather, students had a great time going on walks, playing volleyball, time on the sand and other outdoor activities. The highlight of the second day was definitely at the end of the day trying to dance to the Nutbush.



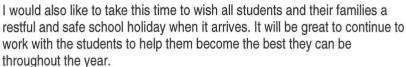
















Ashley Rowe - Year 7 Level Leader

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YEAR 8 REPORT

It has been a busy term for our Year 8's as we settle into 2021. Our students have been working hard in the classroom, working on many assessments in preparation for their end of term reports.

During the term, the Year 8 students elected their two SRC reps for 2021. A massive Congratulations to Thomas Hare and Daniel Nwachukwu of 8A!

Last week we had the Bully Zero organisation come out to talk to our students about the importance of working together and treating everyone with respect. This presentation continues our work to ensure all students strive to uphold the College values of Respect, Cooperation and Excellence.

We hope all Year 8 students and their families have a great holiday break and are ready to continue our 2021learning journey in Term 2.

Grant Puxley - Year 8 Level Leader

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YEAR 9 REPORT

The Year 9's have enjoyed being back at school. It has been an enjoyable first term and the students and teachers are further developing their relationships to ensure success in the classroom. Students have had a variety of opportunities from outside the school.

Headspace came and presented to our Year 9 students different ways to look after themselves and their peers, as well as different services that are available to them.

Our students had the opportunity to begin their Morrisby Online profile. Students have undertaken a series of online aptitude tests that will assist them in developing their understanding of potential careers.

Congratulations to Birutawit Gebregziabher and Morrisham Teariki who have the opportunity to represent their peers as Year 9 Student Representative Council elects. The SRC has already ran some amazing activities as our students celebrated Harmony Day and the National Day of Action Against Bullying. Well done in organising these days.

Staff can't wait to see you at Parent-Teacher Interviews, if you haven't booked into to see your child's teacher please do so as soon as possible.

I hope all students and families have an enjoyable school holidays and students are able to recharge for what will be an exciting Term 2.

Liam Clifford - Year 9 Level Leader

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YEAR'S 10, 11 & 12 REPORT

I would like to encourage all parents/carers to attend the parent/teacher interviews on Wednesday 31st March from 4pm-7pm and on Thursday 1st April from 9:30am -1:30pm.

The interviews will provide vital feedback on the progress of your child and strategies for support and improvement will be discussed.

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 also 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, then they must provide a doctor's certificate to be able to re-sit the SAC for a scored assessment.

In the best interest of students' academic progress, please note that it is not possible to make subject changes this far into the year. We have an informative course selection process that we involve students and parents/carers with which also involves parents a sign off on the subjects offered.

I would like to ask that you please assist the College by ensuring that your son/daughter wears the correct school uniform. It is the policy of the College that all students wear our school uniform with pride. This is in keeping with our aim of developing in students a feeling of belonging, respect and a sense of identity. The positive image that the College presents to the community is important to us.

Students must wear the uniform on each school day, to and from school and the uniform must be always presentable. In accordance with the Department's 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 times unless an exception has been granted. All mobile phones need to be securely stored in student lockers during this time.

I encourage you to please contact your son/daughters Tutor Teacher if you need assistance or 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

What a term we have had! Despite the early interruption with the circuit breaker lockdown, our students have settled well into the routine of Year 10 and have been challenged by the high expectations that this year is bringing.

Our wonderful Year 10 cohort have been exposed to a number of opportunities and activities this term that have encouraged reflection and celebration including:

Guest speakers from Elevate who presented student success strategies
Pathway Interviews with Richard Towers (which will continue into next term)
Celebrations of Student Achievement including SRC, House and Class Captains
Recognition of positive accomplishments identified by teachers on Compass
Annual Swimming Carnival

All students recently participated in Harmony Day and took a pledge against bullying last Friday on the National Day of Action Against Bullying and Violence.

Students will focus on their Career Action Plans next term and enter the world of work through Work Experience. We encourage all students to arrange their placements as quickly as possible and return their completed forms to Ms Marney.

A reminder to book your Student, Parent Teacher Conferences for Wednesday 31st March and Thursday 1st April. All families are encouraged to make an appointment with staff to discuss student progress.

Ms Marney and I would like to wish all of our families a pleasant and safe school break and look forward to seeing all of our Year 10 students ready to learn on our first day back of Term 2!

Amber Galvin - Year 10 Level Leader

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YEAR 11 REPORT

Welcome to the second newsletter for the year, time has moved very quickly since the last report and I look forward to sharing what the Year 11's have been doing.

Firstly, I would like to start by introducing the Year 11 Student Leadership Team. Congratulations to Boe Ya Nung who we elected as our Year 11 SRC representative. She has been through a very rigorous process that included a written application, a speech to their peers, a peer vote, a tutor teacher vote and individual interview. I am looking forward to working with her this year as our Year 11 SRC Representative.

Our class captains are as follows:

11A Linda Murula11B Blerina Hassani, Arman Gholami11C: Boe Ya Nu Aung11D: Austin Ryan, Ciarna DUCKETT11E: Ashley Benson11F: Samual Homes, Lily Kodwoski

11G: Hei Ler Heh 11H: Ali Ali Hamidawi

11V: Joshua Cafala Lopez House Captains are as follows:

Red house: Ethan Monkhouse

Green house: Muaid Said, Sanya Gupta

Blue house: Than Dar Pru
Yellow House: Boe Ya Nu Aung

Well done to all students!

To further support a positive start to the year, I would like to remind students that we are moving to the winter uniform. I know tutor teachers have been making contact home for students we have concerns with and we appreciate your support on this issue. Year 11 students at WCC are role models for the Middle School, and as such it is not only important that they are in correct uniform, but that they also wear it neatly and with pride. I would also like to remind you of the DET mobile phone policy which requires phone to be switched off and in their lockers from school arrival until leaving for home at the end of the day. We thank families for their support, and if there are any issues with uniform to please get in contact with your child's tutor teacher.

As we draw to the end of the term, its perfect timing to remind students and families that there are clear guidelines in place in regards to VCE promotion. In order for students to progress from Year 11 to Year 12 they must satisfactory complete at least nine units including the two units of English. They also must have satisfactory attendance. You will be receiving reports soon, and it's very important to make sure you discuss the report with your child, to make sure they are satisfying all requirements. I encourage families to make appointments during Parent Teacher Interviews coming up, to discuss any concerns and if you do have any about your child's progression please contact your child's tutor teacher or myself.

On Monday 22nd of March Elevate Education presented to students as a part of the study skills program we have at the school. This is the second workshop students have taken part in, one was held last year in Year 10. This session focused on Time Management. The seminar covered: developing routines to balance study and lifestyle, working smart by completing high value work, utilising study groups to leverage time and techniques for overcoming procrastination. Next week in tutor time we will be following up this lesson.

Year 11 students will receive holiday homework across the next break, it is important students stay on top of all work. It is important to have a break as well, but VCE is a demanding year, so please make sure all work is completed.

I hope you all have a great Easter Break

Rebecca Sandlant - Year 11 Level Leader

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YEAR 12 REPORT

AVID DAYS

On Friday 19th March was our Year 12 AVID half day with the Wyndham Central College AVID Leaders. AVID is our Instructional Model which is central to our teaching and underpins the success of our students during their high school years and after. The AVID day aims to revisit the AVID strategies for our students and builds confidence in them to implement these strategies at home. AVID has a proven success rate with students who aim to achieve greater scores. The day was also a chance to get the Year 12s together in a relaxed, friendly environment as part of supporting their wellbeing as well.

ELEVATE

On Tuesday 16th March students had their first Elevate session for 2021. It was based on Memory and Mnemonics and outlined key strategies to improving student memory and techniques that they can carry into SACs and exams. These session are delivered by past students who have scored the greatest study scores across Victoria, and they are presenting the strategies that have worked for them. A great resource for our students.

TRIVIA NIGHT

On Tuesday 23 March we hosted the Year 12 Trivia Night in the AVID center. All parents were invited to test their wit against other Year 12 students and families. This night was an opportunity to bring together the Year 12 community in a relaxed and fun atmosphere. Ms Kristy Gray was able to source some great prizes for the night with a variety of opportunities to win something from the prize pool.

VCE INFORMATION NIGHT

On the 23rd February we held a VCE Information Night for all parents via Microsoft Teams. I would like to thank all parents who were able to attend, even after many technical difficulties and take the opportunity to engage in the differences between VCE and middle year's education and expectations. The night covered many topics including, VCE Units, attendance, special provisions, ATAR and Study Scores. The PowerPoint has been sent out to all parents via Compass. If you have any question to clarify the presentation, please contact the school via your child's tutor teacher.

YEAR 12 TUTOR PROGRAM

To further help and support our students at Year 12 level, we have a professional tutor service available to students every night after school. This is another layer on top of homework club that students can access to help them with their subjects. Students must commit to the program over the course of the year, as this commitment to the program has the greatest results for our students. There are still some sports available for students, so please contact the school if you are interested in this opportunity.

PARENT TEACHER INTERVIEWS

Parent Teacher Interviews will be held at the end of the term on Wednesday 31st March – 1st April. The school will notify all parents via Compass when you are able to book your appointment times. This is a really important time, as we have not been able to have parent teacher interviews for a year, being able to convey the concerns and celebrations to parents is vital for the school and for home to support the students in 2021.

WELLBEING SUPPORT

Please remember, that our amazing team at student services is there to assist all students through this stressful time. As the pressure does begin to mount up with SACs, many students are beginning to feel disconnected to the school and are having trouble dealing with the workload. Please let myself or Student Service know if you have any concerns and we will do what we can to support your student.

Chad Cook - Year 12 Level Leader

chad.cook@education.vic.gov.au

Teaching & Learning REPORT

Learning catch up and extension

This term the College teaching and learning focus has been on learning catch- up and extension. Teachers have been focusing on ensuring all students have the essential skills and knowledge in each of their subject areas in order to be successful. In addition, we have many programs at the College to support learning catch up and extension. Among these are the MYLNS program that has been running with some outstanding results for the last two years, the Homework Club that supports students every Monday and Wednesday, Year 12 external tutors and more recently the Enhancement Program and the Tutor Learning Initiative have been introduced so that all students who need catch up or extension are provided with support. The Quicksmart program has also been introduced this year to support the focus on learning catch up and extension.

Term 1 Parent Student Teacher Conferences and Reports

Students have been working over this term and have now completed assessment tasks in all their subjects as part of their learning program and teachers have evaluated the progress of your child.

There will be the opportunity for you and your child to discuss their progress with their subject teachers at Parent- Student - Teacher Conferences to be held on:

- Wednesday 31st March 4:00pm 7:00pm
- Thursday 1st April 9:30am 1:30pm

The term 1 reports will be available on 29th March and hard copies of reports will be distributed to parents at the Parent-Student -Teacher Conferences in the Monash building. We welcome all parents to make interview times on COMPASS to discuss your child's progress. Parents can book their conferences from Tuesday 23rd March – Tuesday 30th March at 3pm.

NAPLAN ONLINE 2021

All Year 7 and 9 students will be participating in NAPLAN Online from 11 – 21 May 2021. Students at Year 7 & 9 will need to have their laptops fully charged and at school ready for their NAPLAN tests.

Exemptions may be granted to students with significant intellectual disabilities and to students who have been learning English for less than one year. If your child is eligible for support due to disability or exemption, you should discuss this with his/her teacher prior to the tests. Signed parental consent is required before any support due to disability or exemption is granted.

Students may be withdrawn from NAPLAN by their parent or carer. This is a matter for consideration by parents and carers in consultation with the principal. If, after consultation, you decide to withdraw your child, you must sign a Student Withdrawal form before your child can be granted withdrawal. These forms are available at the school.

Students will be given the opportunity to practice and familiarise themselves with the NAPLAN online test. Parents can help familiarise their child with the tests by using the ACARA website. http://www.nap.edu.au/online-assessment/public-demonstration-site

Additionally parents can support their child by encouraging their child to do their best on each of the tests and by ensuring that they have enough sleep and a healthy breakfast so that they can perform to the best of their ability and demonstrate their true skills and knowledge in NAPLAN.

Having an accurate reflection of your child's skills and knowledge will support teachers in our work of knowing where your child is on the learning continuum and support teachers to plan educational plans to move them along this learning continuum successfully.

For more information about NAPLAN Online, please visit the VCAA website at www.vcaa.vic.edu.au or the NAP website at www.nap.edu.au

Connie Faranda - Assistant Principal - Teaching & Learning



Alumni Program

Wyndham Central College has launched the Alumni Program this year.

Alumni from our foundation schools – Galvin Park Secondary College, Werribee Technical School – are also part of our alumni community.



The purpose of the alumni community is to advise, help and inspire current students at Wyndham Central College and support a network with other ex-students.

We developed the program in partnership with Ourschool, a not-for-profit service that helps public schools build their alumni communities.

Our alumni program focuses on:

- Establishing and growing our alumni community
- Inviting alumni back to school to provide career or study advice to students
- Inviting alumni to offer work experience placements for our students
- Helping alumni establish or contribute to student scholarships
- Establishing avenues for alumni to provide philanthropic support

Alumni can join our alumni community by filling in the form on our College website at https://www.wyndhamcentralsc.vic.edu.au/alumni/

Connie Faranda - Assistant Principal - Teaching & Learning



Interact Club Report

Interact Club meets very Friday Break 1 in the AVID Centre. It is supported by Ms. Kristy Gray and Mr. Ashley Rowe as staff from WCC and Mr. Kim Deneys, Mr. Graham Roper and Ms. Micki Hovey from the Werribee Rotary Club.

Interact clubs bring together young people ages 12-18 to develop leadership skills while discovering the power of "Service Above Self". Interact club organises a projects every year that helps their school, local community and international community and that promotes international understanding. The Werribee Rotary Club sponsors, mentor and guide Interactors as they carry out projects and develop leadership skills.







Last year our project was knitting squares to make blankets and we have made several blankets that will be donated to the local community via the Salvation Army.

2021 Interact Club Exec team was elected in the last week of February. Congratulators to the new executive leadership team and we look forward to the projects that they will lead this year.

The membership at Interact Club is rising and every week we have new members who come along to the meetings.

Some of the projects that the Interact Club are currently considering for 2021 include

- Beach Cleaning
- Tree Planting 17th April
- Fundraising-e.g. fun run or a second-hand store at the night market
- Community visits to Elderly Citizen homes to play games, read, perform

The executive team are:

- Aye Thu Aung MAUNGKYEIN President
- Hana MOKENEN- Vice President
- May HTAY Secretary
- Ishraq RAHMAN Treasurer

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Connie Faranda – Assistant Principal – Teaching & Learning





Please find attached Careers News

STUDENT REPRESENTATIVE COUNCIL REPORT

As the Student Representative Council (SRC), Leadership and Programs leader at the College, I would like to congratulate the students below for their successful applications and acknowledge the hard work and dedication of all Student leadership and SRC members so far. Your pursuit of respect, excellence and cooperation have been exemplary.

The Wyndham Central College Student Representative Council has worked hard on numerous projects in the past and will continue to do so throughout the 2021 school year. Initiatives such as SRC Suggestions Box, Student-led Workshops, Leadership and Environmental Summits and Wear It Purple Day have all a great success and have continued to build upon our college of high expectations.

Harmony and National Day of Action against Bullying are days that have already been celebrated in 2021 and if these events are anything to go by we will see fantastic growth within our leadership.

If you are interested in sharing your voice please do not hesitate to approach one of your SRC reps or pop into our weekly meetings at Latrobe Common Area, Break 1 on Wednesdays.

Members of the 2021 SRC are:

Year 7

Raquel Grey

Alex Ochi

Hana Gebregziabher

Year 8

Thomas Hare

Daniel Nwachukwu

Year 9

Birutawit Gebregziabher

Morrisham Teariki

Year 10

Knight Robinson Sharna Sacco Year 11

Boe Ya Nu Aung

Year 12

Chelsea Veal

Aaron Sciretta

Toni Hasani

Holly Darcy

The Wyndham Central College Student Representative Council is a student led initiative giving students an opportunity to represent their classmates and the wider school community and is looking forward to further strengthening our community of high expectations.

Scott Lynch & SRC Members



Wyndham Central Swimming Carnival

It was a perfect sunny day for Wyndham Central College's annual house swimming carnival. Lots of students arrived dressed brightly in their house colours, ready to cheer and swim. Highlights included the 50m Freestyle races, the relays, and the blue-ribbon event of the day, the 'bomb competition'. This year we introduced some land based novelty events, it was great to see so many students want to participate in these events as well. Well done to all swimmers who swam on the day.

House Scores were 1st Place Red House, 439 points 2nd Place Yellow House, 363 points 3rd Place Blue House, 348 points 4th Place Green House, 240 points

School Sport Victoria District Swimming Finals

The school regional swimming finals were held on Monday 22nd of February at Werribee Olympic pool. All students swam well, with some students doing a personal best time for their specific event. Well done to Holly Darcy, Ashley Schellhorn, Mathew Mai and the Year 7 Boys Relay team who came first in their events and qualified for the next level.

Festival of Fun and Fitness Term 2

I am currently working on the Term 2 afterschool sports program and details will be shared early Term 2. We have approval for afterschool soccer to run next Term. An expression of interest form has already been distributed to students.

Details are below:

Term 2 classes start Thursday 23rd April, 2021 from 3.15pm to 6pm - Dinner is supplied

Please make sure you fill out the form and get back to Ms Sandlant ASAP. There will be 40 spots available.

Term 2 Sports

Term 2 sports coaches are being finalised. Coaches will post try out and training times through Year Levels assemblies and emails. Please see me if you have any questions.

Dates Reminder:

Thursday 29th April: Wyndham Central College Athletics Carnival

Wednesday 5th May: 7-9 Cross County Wyndham Central College Carnival

Senior Year's Volleyball

On Friday 5th March we took out the senior boys and girls volleyballl to Eagle Stadium. From the start we played some very skilled and competitive teams. The boys started by playing The Grange and although started slowly, were winning on mutilple occasions during the match. WCC eventually ended up losing to The Grange (who were the overall winners for the day) but were almost able to pull off the upset win. For the rest of the day the boys were able to notch a win which found them in a playoff against Hoppers Crossing. The boys were able to win this and took the tally for the day to two wins and two losses.

Similarly to the boys, the girls also had a great day. Game one, saw the girls take on Tarneit Senior. The girls came out firing, winning the first game. Unfortunately, the girls couldn't hold on, losing in the tie breaker. The girls continued their good form and what they lacked in height, they more than made up for in skill. They were able to have a win during the pools stage, then played off in the final against Suzanne Cory High School. This game went down to the wire and had many lead changes, but WCC managed to steal the win in the tie breaker.

A special thank you to our two captains of the day who played hard and showed great leadership, Jordan Moala and Pa Meh

A great effort to all students who participated on the day. - Mr Cook and Ms Chivers





Inter- Volleyball

Congratulations to both intermediate inter school volleyball teams that played exceptionally well and demonstrated commendable sportsmanship in representing Wyndham Central College.

The Girls had a convincing win in their first game against Good News Lutheran winning both sets 20-9 and 20-5. In their second game, The Grange were too strong defeating WCC 20-9 and 20-11 who went on to win the final. Notable mentions Gabby - Team captain and a stand out player, Skyler and Norma showing outstanding team comradery, Awar for her super serves and Ravyn showing incredible resilience pushing through a sore knee.

The boys team worked really well together and put on a great performance. The team won one game and narrowly lost their other two games. Standout players were Achilles, Tevita and SJ, but all players made valuable contributions and all proudly represented Wyndham Central College.

- Koya Marney and Troy West





Year 7 girls volleyball

The girls played very well all day. They won the pool B final and ended up losing the overall final to The Grange.

Well done girls on a wonderful effort!

- Nicole Smith



Free Football Clinic

AFL Victoria are running a FREE Footy4Fun event at Galvin park in Werribee 10am-12pm on Sunday 21st March.

The event will be run by AFL Victoria staff and is open to all kids aged 4-12 years old (Feel free to invite your friends along). On the day there will be organised activity groups (run by AFL staff), Inflatables and a free BBQ post the session. Kids will be split into age appropriate groups.

All participants will need to register by 20/03/21 @ https://aflvic.com.au/footy4fun/

Please see the flyer attached for more information.

This Girl Can: #WyndhamGirlsCan - 21st to 28th March

Wyndham City Council is celebrating what girls and women do, celebrating trying new activities/ having a go, celebrating having fun with friends, celebrating how amazing girls and women's bodies are, celebrating supporting each other. They want to empower girls and women to be comfortable in their bodies and in public spaces, to be active wherever and however they choose, without being judged for how they look, what they are doing or for how they prioritise their time.

This Girl Can Week - Wyndham Timetable

With over 40 activities from Fitness class Open days to Yoga and Zumba, to Karate, Table Tennis, Calisthenetics, Football and Netball there is something for everyone. All Activities are free from Sunday 21st to Sunday 28th March. Some activities need to be booked in advance as places are limited, all links are provided on the timetable.

Please find the timetable attached, to encourage Wyndham girls and women to try out a new activity or something they haven't done for a while, and keep an eye on Wyndham City Facebook for any posts that you would like to share.

More information is on their webpage: https://www.wyndham.vic.gov.au/women-sport including our timetable which may continue to be updated with new activities!

March Activity promotion – Active Wyndham Calendar

There are free or discounted activities for all age groups and genders. Attached to this newsletter are the latest listing for the next couple of weeks. Activities are listed on Wyndham's What's On calendar, including age groups and how to book: www.wyndham.vic.gov.au/whats-on. These are great opportunities for people to try something new or simply get some more activity into their day. All sessions are open to all levels including beginners and first time participants.

If you have any questions about our Sports program please feel free to contact me at the school

Yours in Sport - Rebecca Sandlant - Sports Co-ordinator



Wyndham Central College STEM Update

In the STEM space, students have been completing a STEM unit on Autobots.

This year students have been researching and looking at recent enhancement in the technology and automation.

The 9S and 10S students have been completing STEM projects.

Year 9S a Farm automation Project.

Year 10S a Cars of the future Project that based on constructing an automated car.

These projects are linked to how Wyndham Technology School and Velisha Farms in Werribee South looking at their Automation process.

Year 10S attended the Wyndham Technology School on Thursday 11th March and Year 9S attended the Wyndham Technology School on the Monday 15th March.

The program consisted of three parts:

Part 1: Process Automation Analysis (Ideation Space).

Part 2: Programmable Logic Controllers (Design Studio).

Part 3: Autobots (Factory of the Future).

Students were given an opportunity to express and apply their analytical thinking, technology use, creativity and technology design and programming.

Most importantly the program presented a range of options that students could choose from such as:

- Process Automation specialists.
- Digital Transformation specialists.
- Internet of Things Specialists.
- Robotics Engineers.

Overall many students enjoyed the day and the experience of the Autobots Program.

On behalf of the STEM teachers Andre Bernardi Nigel Keyi and Christine Henderson we thank Julie Duncan and Ifradh Mohamed for their guidance with the Autobots program.

We also look forward to planning another excursion in the foreseeable future.



Year 10S Class photo at the Wyndham Technology School

Year 10S Students presenting to the wider group at the Wyndham Technology School.



Nigel Keyi – STEM Co-ordinator & Andre Bernardi - Applied Learning Coordinator



Please find attached our Community Connections information.



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

Homework Club

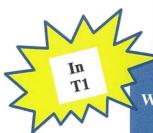
Every Monday & Wednesday 3:10pm – 4:30pm



- Improve your marks
- Gain more confidence
- Strive for excellence
- ❖ Receive VIVO's for attendance







BREAKFAST CLUB

Every Tuesday and Thursday

Wyndham Central College Breakfast Club - All students are welcome Tuesdays & Thursdays between 7:40am - 8.20am at T1

Warm cheese toasties, cereals, hot Milo, juices, fresh fruit & friendly vibes

Everybody is very welcome

Colleen Brown - Breakfast Club Co-ordinator

We look forward to seeing students at Breakfast Club! No costs to students – Sponsored by LET'S FEED



ADMINISTRATION REQUIREMENTS

ADMINISTRATION OPENING HOURS

Wyndham Central College Administration is open:

- Monday to Thursday 8:30am to 4:00pm
- Friday 8:30am to 3:30pm

College phone number - 9741 4911

College email - wyndham.central.sc@education.vic.gov.au

Please contact the administration office for any queries/assistance

STATEMENTS

Statements have been sent via post. Please be aware that payment plans are available. If you wish to discuss this option, please call 9741 4911 to make an appointment.

CAMPS SPORTS & EXCURSION FUND (CSEF)

Please remember if your financial circumstances have changed and you now have a Health Care Card you are may be entitled to the Victorian State Government funding to families of \$225 that can be used towards the costs associated with camps, excursions and sporting events. These funds will be paid directly to the college and can only be used for these types of events/activities.

Eligibility Criteria

Camps, Sports and Excursion Fund (CSEF) application forms are available to:

- a parent/carer who holds either a Centrelink Health Care Card, a Pensioner Concession Card, or a Veterans Affairs Gold Card; or
- a temporary foster carer; or
- a parent/carer of a student who is 16 years or older and who holds a valid concession card (such as a Youth Allowance Health Care Card or Disability Support Pension Card).

To be eligible for these funds in 2021 you must complete the application form (available from the administration office) and attach a copy of your eligible card which must be current as of the 27th January 2021.

Families who applied at our college for this in 2020 will NOT need to complete a new form as it will be an automatic process.

A new application will only be required in the following situations:

- If a family has a change to their financial situation and are now eligible
- If you are a new family to Wyndham Central College and are eligible
- If you are an existing family who has a new child starting in 2021

All applications are validated by CentreLink and if there is a discrepancy, families will be required to contact CentreLink directly.

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 Michelle Guse our Assistant Business Manager 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

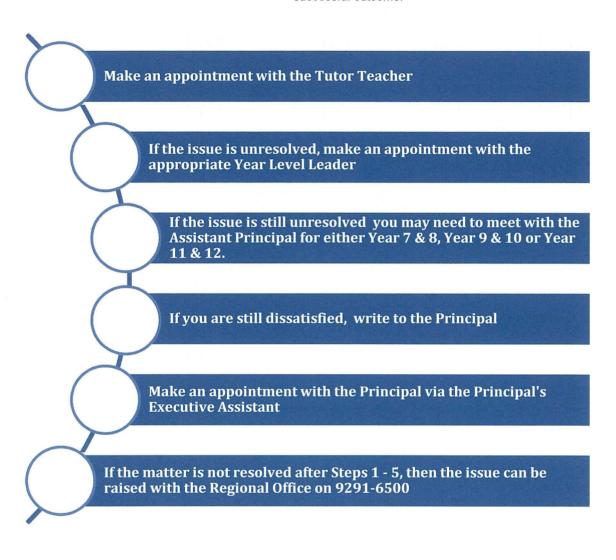
If your child needs to leave school early for an appointment, parents are required to send their child with a note in their planner advising the reason and time they need to leave. The student must take the note to their Year Level administration office in the morning to receive an early leaver's pass. 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.



Sports Report - This Girl Can - Activities in Wyndham
Sports Report - Free Sport & Fitness Activities in March
Sports Report - Free Footy Clinic
Eager to learn to play soccer - The Jets - Point Cook
Head Space - School Support
Mental Health & Wellbeing Support - Wyndham Region
Rebotic Mission to Mars - Victorian Government Challenge & Enrichment Series
In Balance Fitness - Teen Fit

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.



Community Connections

With Kristy-Community Engagement Lead

What is Community Engagement mean for a school?

The greatest impact on student outcomes is the home environment. The community engagement in learning priority focuses on the following dimensions:

- Building communities
- Parents and carers as partners
- Global citizenship
- · Networks with schools, services and agencies

Kristy Gray unpacks these elements below:

Connecting with: Parents

We have been working with different groups of parents to establish good partnerships and open up opportunities for parents to give feedback, ask questions and learn more about how to support their child with their education at home. This is done through Listening Posts, focus group conversations, one on one interactions and connecting through social media.



Connecting with: Community

A connected school community is a group of students, teachers, leaders, parents and the wider school who learn from each other, together in a collaborative environment, inside and outside the classroom.

We are connecting people, schools and organisations to meet common learning goals.

These goals can be specific to particular class work or can guide a whole school or learning community.



Connecting with: Students

Student leadership involves students actively participating in their schools, communities and the education system, contributing to decision making processes and collectively influencing outcomes by putting forward their views, concerns and ideas. It also allows all students to develop and have high expectations of themselves. We are doing in a number of ways which include Cultural Student Leaders, Interact Club, focus groups for feedback loops, one on one coaching, career mapping and aspirations and support during transition periods.



Connecting with: Staff

Professional development for teachers is vital. Effective professional learning focuses on developing the core attributes of an effective teacher. It enhances teachers' understanding of the content they teach and equips them with a range of strategies that enable their students to learn that content. During our recent curriculum day, we were able to unpack our community for a better understanding. We are also working on improved communication.

Understanding Our Community

Wyndham Central College Demographics 2021



Parents and students are welcome to chat more with Kristy about her role at Wyndham Central College. Please email: Kristy.gray@education.vic.gov.au or call 0427 099 841

Just a reminder we have our Reach Out Wyndham Central College - Email: reachout@wyndhamcentralsc.vic.edu.au

Reach Out WCC! is a confidential email for the school community to access support with everyday requirements: Someone to talk to, concerns while at school, support with living arrangements, access to food, trouble accessing transport, find out what's happening in Wyndham.



March 2021

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

The Wyndham Central College Career Newsletter will be published to keep students informed of events relating to their career pathways. It will include information regarding tertiary pathways – University & TAFE – as well as employment/industry pathways. The Careers Centre, in the Monash Building, 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 exits to ensure students make informed decisions about future pathways. Initial Year 12 Pathways Meetings are currently taking place to assist students with the momentous decisions facing them this year. Year 10 Pathways Meetings with a qualified Careers Practitioner have commenced. Parents/guardians are welcome to take advantage of the services provided. Appointments can be made to discuss the future pathways of their children. The Years 7 Careers Program will commence this term and will be implemented during tutor time. Letters have gone out outlining the program. The Year 8 to 11 Careers Programs will commence in second term. More information to follow shortly.

Australian Defence Force - Gap Year

Applications are now open: Current Year 12 students can apply for a 12-month position in the Air Force, Army or Navy to begin in 2022.

Key Websites

Information about the recruitment process - http://bit.ly/2Tyn8Yp Videos about the Gap Year program - http://bit.ly/3aj2ty1

Electrical Careers

Considering an electrical apprenticeship?

The National Electrical and Communications Association (NECA) provide a national pre-selection test for young people interested in applying for electrical apprenticeships.

The next test date is running on 25 March 2021, https://necaeducation.com.au/

William Angliss

Interested in event management, tourism, travel, hospitality, or cookery? How about flight operations, patisserie, baking, meat processing, food studies, culinary management, or hotel management? Not sure where a career in these study areas can take you?

William Angliss is a specialist institute in Melbourne offering vocational and higher education courses, www.angliss.edu.au

Below is information on how you can learn about courses.



March 2021

Book a Course Advise Appointment

You can book a 1:1 appointment with a course adviser by filling out an online form at this link - www.angliss.edu.au/study-with-us/meet-us/

Angliss Experience Day

Date: Thursday 8 April, 11.30am - 12.30pm

Location: online

Information: https://bit.ly/20FJMPQ

The Hotel School Melbourne

The Hotel School offers management courses in tourism, hotel management and global hotel management. The School is running an event for prospective students called 'Meet our Industry Alumni'.

Date: Wednesday 24 March, 5.30 – 6.30pm Location: 399 Lonsdale Street, Melbourne RSVP: https://hotelschool.scu.edu.au/events/

Motorsports

Have you always wanted to work with racing cars and work within a motorsports team? The following are two institutes that offer motorsports courses:

Automotive Centre of Excellence

Kangan Institute

www.kangan.edu.au

Motorsports Training Australia Wodonga Institute of TAFE www.wodongatafe.edu.au

Overseas Gap Year Adventures

International travel feels like it won't be a reality for many years, but some gap year companies are feeling hopeful that Year 12 students will be able to volunteer overseas in 2022.

Lattitude Global Volunteering

Lattitude provides overseas placements for Year 12 graduates during their gap year.



March 2021

For information and to apply, go to https://lattitudeaustralia.org/

Camp Counsellors USA (CCUSA)

CCUSA also offer overseas gap year experiences for Year 12 graduates. They offer summer camp and work opportunities at USA, Canada and Russia, www.ccusa.com.au

Fantastic Website

Year13

This is an amazing website for secondary students in all year levels. Once you create an account, you will receive personalized information about:

- TAFE and university courses
- Careers
- Inspiring articles
- Events
- Job opportunities
- Profiles of people working in the industries you're interested in

https://year13.com.au/

Engineering Careers

The following is information for students considering studying engineering in the future.

What Type of Engineering Are You Best Suited To?

RMIT University has developed an online game to assist prospective students in choosing the right type of engineering for them (i.e., Civil, Mechanical, Environmental), https://trueengineer.rmit.edu.au/

Read Career Magazines Online

Careers With STEM releases an annual engineering careers magazine.

https://careerswithstem.com.au/read-it-here/

Want to Study a Flexible Engineering Degree?

If you are unsure what engineering specialisation you would like to study at university, you may consider applying for an Engineering degree that has a 'flexible first year'. Students complete a year of foundation engineering units then choose their specialisation at the end of first year to start in second year of the course.

The following are examples of two universities that offer a flexible first year degree.

Swinburne University



March 2021

Bachelor of Engineering (Honours) http://bit.ly/2NnmTAh

RMIT University

Bachelor of Engineering (Honours) http://bit.ly/38Qgmmq

Strengthen Your Employment Prospects By Completing a Double Specialisation

Some universities offer students the opportunity to complete a double engineering specialisation. For example, at the University of Wollongong, students can choose double engineering majors such as:

- Civil + Environmental
- Computer + Telecommunications,
- Electrical + Computer
- Mechanical + Materials
- Mining + Materials.

Explore Your Passions By Studying a Combined Degree

Think engineering + a second area of passion. You can study combined engineering degrees at most universities. For example, at Monash University you can combine their Bachelor of Engineering with a second degree in a study area such as:

- Architectural Design
- Arts
- Biomedical Science
- laws
- Information Technology
- Commerce

Read Stories About Engineers

Access the stories via https://bit.ly/3qQLvix

Learn About Engineering

What is engineering?
What can I specialise in?
Where can I study engineering?
How do I become qualified?
What is the future of engineering?



March 2021

Engineers Australia have developed a fantastic website for secondary school students answering the above questions, http://bit.ly/3kj7AU3

Next Steps

Talk to Mrs Karlovic about engineering careers and courses and people working in local industry.

Health and Medical Sciences

The University of Melbourne

At The University of Melbourne, medical study requires students to obtain an undergraduate qualification, upon completion they are able to select a graduate specialisation.

The Faculty of Medicine, Dentistry and Health Sciences (MDHS) has developed a 'Graduate Programs in Health' guide to help prospective students understand their undergraduate to graduate study options at http://bit.ly/2w0G1LQ

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.

Visit http://bit.ly/2IGI8ub

Would You Like to Study in the UK?

Want to know what it takes to get into top UK universities? Crimson Education has developed a video covering topics such as academic scores, financing an overseas degree, application processes, and more. You can watch the video at http://bit.ly/2IL4UOc

Apprenticeships and Traineeships

The Australian Apprenticeships Pathways (AAP) website contains fantastic resources for young people interested in pursuing a professional trade or traineeship. Some of the resources include:

- Job and training descriptions
- Career interest explorer
- Job pathway charts
- Information on apprenticeships and school-based apprenticeships
- Literacy and numeracy quizzes for different industries such as carpentry, plumbing, electrical, and hairdressing.



March 2021

To explore the website, go to www.aapathways.com.au/students

Dates For Your Diary

MARCH

Defence Force – Information Sessions Various dates and locations www.defencejobs.gov.au/events

- The Hotel School Melbourne

 Meet our Industry Alumni

 https://hotelschool.scu.edu.au/events/
- Victoria University
 Webinar Series showcasing a wide variety of courses.
 https://study.vu.edu.au/ug-webinar-series
- 23, 30 Explore Days
 Charles Sturt University
 23: Wagga Wagga | 30: Albury-Wodonga
 https://study.csu.edu.au/life/events/explore-day
- Careers in the Maritime Industry
 Online webinar. Please see your Careers Adviser for information
- UCAT ANZ (online)
 National Institute of Education
 Intensive UCAT training workshop
 www.nie.edu.au

APRIL

Deakin University

Campus and faculty tours - various dates

www.deakin.edu.au/about-deakin/events/campus-tours



March 2021

Monash University
Campus and faculty tours - various dates
www.monash.edu/campus-tours

8 William Angliss
Experience Day (online)
https://bit.ly/20FJMPQ

13 La Trobe University
Webinar – information on the Aspire Early Admissions
Program
www.latrobe.edu.au/study/undergrad/ug-webinars

20, Australian Catholic University – Talk with Industry Series

21, 22 (online)

20: Talk with Nursing, Midwifery and Paramedicine - 6 – 7pm

21: Talk with Business and IT – Wednesday - 6 – 7pm

22: Talk with Law -6 - 7pm

www.acu.edu.au/about-acu/events/talk-with

24 ACN Nursing & Health Expo (online)
Australian College of Nursing
Melbourne Convention and Exhibition Centre
www.acn.edu.au/events/nursing-health-expo

29 VCE and Careers ExpoApr – Caulfield Racecourse

1 May www.vceandcareers.com.au

Mrs Kathy Karlovic Pathways & Transitions Leader

Tel: 9741 4911 Ext.924

THIS GIRL CAN - VIC HEALTH





This Girl Can week Sunday 21st to Sunday 28th March - Free activities in Wyndham

Try something new this week.

Some are Specially put on activities and some are ongoing activities that girls/ #ThisGirlCanVic #WyndhamGirlsCan | Some of these events are girls/ women only, some are mixed - Open to all. women are welcome to try. All activities are free to try.

| | | | | | Booking | |
|---------|---------------|--------------------------|--|----------------------------|--------------|------------------------|
| , | Time | Provider | Activity | Who is it for | required | How to register |
| Sun 21 | 9.15-10.00am | Eat Pray Yoga | Come and Try Yoga Flow | Special Women's session | yes | Book YogaFlow |
| Mon 22 | 9.30-10.30am | Lizard Fitness | FIT Boxing Women's Class (18 plus) | Women | yes | Book FIT Boxing |
| Mon | 1.30-2.30pm | Wyndham City Council | Pram Walking Wyndham Park | Open to all carers | just turn up | More Information |
| Mon | 4.30-5.30pm | Beejay's Calisthenics | Come and Try Calisthenetics (3 to 7 years) | Open to all | Just turn up | More Information |
| Mon | 5.30-7.30pm | Beejay's Calisthenics | Come and Try Calisthenetics (7 to 10 yrs) | Open to all | Just turn up | More Information |
| Mon | 4.30-5.30pm | Melbourne Athletic | Come and Try Strength & Conditioning | Special Teen Girls session | yes | Book Girls Strength |
| Mon | 5.45-6.45pm | Westpoint Soccer Club | Go Girls (12 to 14 years) | Girls program Launch | yes | More information |
| Mon | 6.00-7.00pm | Westpoint Soccer Club | Go Soccer Mums (18 plus) | Women's program | just turn up | More Information |
| | | Arndell Park Community | | | | |
| Tues 23 | 9.00 - 9.45am | Centre | Women's Walking Group | Women | just turn up | More Information |
| | | Weribee Table Tennis | | | | |
| Tues | 9.00-11.00am | Association | Over 55s Table Tennis | Open to all | Just turn up | More Information |
| Tues | 1.30-2.30pm | Wyndham City Council | Pram Walking Manor Lakes | Open to all carers | just turn up | More Information |
| Tues | 4.30-5.45pm | Japan Karate Association | Shotokan Karate - Beginners | Open to all | yes | More Information |
| Tues | 5.00-6.30pm | Beejay's Calisthenics | Calisthenics 10 to 13 yrs | Open to all | Just turn up | More Information |
| | | Truganina Thunder | | | | |
| Tues | 5.30-6.30pm | Football Club | Come and Try Auskick and Junior Football | Open to all | Just turn up | More Information |
| | | Wyndham Netball | | | | |
| Tues | 5.30-6.30pm | Association | NetSetGo (5 to 10 years) | Open to all | Just turn up | More Information |
| Tues | 6.30-8.30pm | Beejay's Calisthenics | Calisthenics 16 to 26 years | Girls and Women | Just turn up | More Information |
| Tues | 7.00-7.50pm | ZIN Monika | Zumba Fitness | Open to all | yes | More Information |
| Wed 24 | 9.30-10.30am | Lizard Fitness | Fit Strength Women's Class (18 plus) | Women | yes | Book Fit Strength |
| Wed | 10.00am-12pm | Wynbay Bulldogs | Come and Try Football (AFL) training | Open to all | just turn up | More Information |
| Wed | 9.30-10.30am | Wyndham City Council | Pram walking Point Cook | Open to all carers | just turn up | More Information |
| Wed | 1.30-2.30pm | Wyndham City Council | Pram Walking Tarneit | Open to all carers | just turn up | More Information |

| Wed | 4.30-5.30pm | Wyndham Netball Association | NetSetGo (5 to 10 years) | Open to all | Just turn up | More Information |
|--------|----------------|--------------------------------|--|----------------------------|-------------------|------------------------------------|
| Wed | 5.00-6.30pm | Beejay's Calisthenics | Calisthenetics age 13 to 16 years | Girls | Just turn up | More Information |
| Wed | 7.30-10.00pm | Werribee Table Tennis | Open Table Tennis session | Open to all | Just turn up | More Information |
| Thurs | 0,000 | | | = | | |
| C7 | 9.50-10.50dill | wynanam city council | Prain walking Point Cook | Open to all carers | Just turn up | More Information |
| Thurs | 9.30-10.30am | Wyndham City Council | Pram Walking Tarneit | Open to all carers | just turn up | More Information |
| Thurs | 9.30-10.30am | Manor Lakes CC | Yoga Workshop | Open to all | yes | More Information |
| | | | | Open to all (some | | |
| Thurs | 5.00-6.15pm | Japan Karate Association | Shotokan Karate - General/ advanced | experience) | yes | More Information |
| Thurs | 5.00-6.00pm | Lizard Fitness | Teen Girls Fitness class | Girls | yes | Book Girls Fitness |
| Thurs | 7.30-10.00pm | Werribee Table Tennis | Open Table Tennis session | Open to all | Just turn up | More Information |
| Fri 26 | 9.30-10.30am | Lizard Fitness | Fit Circuit Women's Class | Women | yes | Book Fit Circuit |
| Fri | 4.30-5.30pm | Glen Orden Sports Club | Come and Try Auskick and Junior Football | Open to all | Just turn up | More Information |
| Fri | 4.30-8.00pm | The Huddle | Huddle Up Senior (12 to 25 years) | Open to all | yes | More Information |
| | | | Bring a friend and walk, jog, run 5k or | | Initial | |
| Sat 27 | 8.00am | Wyndham Vale parkrun | volunteer | Open to all | registration only | registration only More Information |
| | | | Bring a friend and walk, jog, run 5k or | | Initial | |
| Sat | 8.00am | Point Cook parkrun | volunteer | Open to all | registration only | More Information |
| Sat | 8.00-8.30am | In Balance Fitness | Open Day: Body Attack Taster (18 plus) | Special Taster Open to all | yes | Book Open Day |
| Sat | 8.40-9.10am | In Balance Fitness | Open Day: Body Combat Taster (18 plus) | Special Taster Open to all | yes | Book Open Day |
| Sat | 10.30-11.00am | In Balance Fitness | Open Day: CX Worx Taster (18 plus) | Special Taster Open to all | yes | Book Open Day |
| Sat | 11.10-11.40am | In Balance Fitness | Open Day: Body Step Taster (18 plus) | Special Taster Open to all | yes | Book Open Day |
| | 11.50am- | | | | | |
| Sat | 12.20pm | In Balance Fitness | Open Day: Body Balance Taster (18 plus) | Special Taster Open to all | yes | Book Open Day |
| Sat | 9.30-10.30am | Hoppers Crossing Netball | NetSetGo (5 to 10 years) | Open to all | Just turn up | More Information |
| Sat | 10.00-11.00am | Melbourne Athletic | Come and Try Strength & Conditioning | Special Teen girls session | yes | Book Girls Strength |
| Sat | 1.00-2.00pm | Wyndham Netball | NetSetGo (5 to 10 years) | Open to all | Just turn up | More Information |
| Sat | 4.30-5.45pm | Japan Karate Association | Shotokan Karate - General/ advanced | Open to all (as above) | yes | More Information |
| Sun 28 | 9.00-10.00am | Lizard Fitness | Teen Girls Fitness Class | Girls | yes | Book Girls Fitness |
| Sun | 10.00-10.50am | ZIN Monika | Zumba Fitness (14 plus) | Open to all | yes | More Information |
| Sun | 4.00-5.00pm | ABCD Bollywood Dance | Bolly Dance (18 plus) | Special women's session | yes | Book BollyDance |







#ThisGirlCanVIC

THIS GIRL CAN



March 2021

ACTIVE WYNDHAM CALENDAR

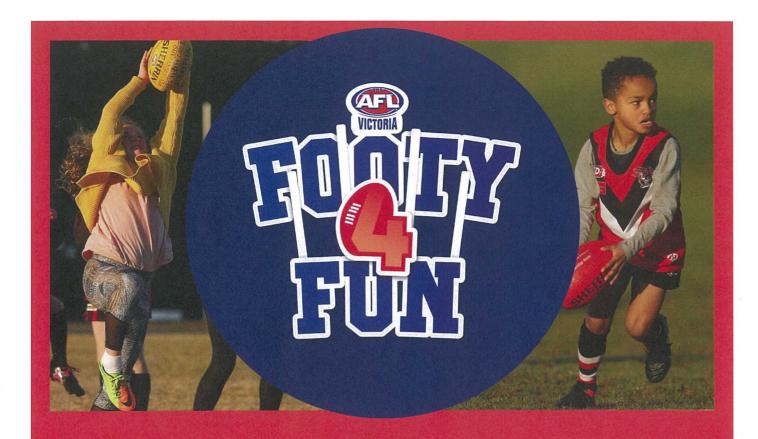
Free Sports and Fitness Activities to try in March

All activities are listed on <u>Wyndham's What's On calendar</u>. Click here for more information including age group and how to book – <u>www.wyndham.vic.gov.au/whats-on</u>. These are great opportunities for people to try something new or simply get some more activity into their day. All sessions are open to all levels including beginners and first time participants.

| Day | Date | Time | Provider | Activity |
|----------------|------------|--------------|--------------------------|---|
| Week 2 weekend | | | | |
| | | | | Huddle Up Senior (12 to 25 |
| Fri | 11th March | 4.30-8pm | The Huddle | years) |
| | | 9.00am- | | Skill Training Coaching |
| Sat | 13th March | 5.00pm | Football Victoria | Certificate day 1 |
| Sat | 13th March | 8.00am | Wyndham Vale parkrun | walk, jog, run 5k and volunteer |
| Sat | 13th March | 8.00am | Point Cook parkrun | walk, jog, run 5k and volunteer |
| | | | | Free martial arts classes for |
| Sat | 13th March | 9.15-9.45am | Twins Martial Arts | kids 4 to 7 years |
| | | | | Free martial arts classes for |
| Sat | 13th March | 10-10.45am | Twins Martial Arts | kids 7 to 12 years |
| | | | | Shotokan Karate - General/ |
| Sat | 13th March | 4.30-5.45pm | Japan Karate Association | advanced |
| | | | Hoppers Crossing Netball | |
| Sat | 13th March | 9.30-10.30am | Association | NetSetGo |
| | | | Wyndham Netball | 一种,一种,一种,一种,一种,一种,一种,一种,一种,一种,一种,一种,一种,一 |
| Sat | 13th March | 1.00-2.00pm | Association | NetSetGo |
| | | 10.00- | | |
| Sun | 14th March | 10.50am | ZIN Monika | Zumba Fitness |
| Week 3 | | | | |
| Mon- | | 1 | ^ | |
| Fri | 15th March | mornings | Active Ageing | 6-week courses for over 55s |
| Mon | 15th March | 1.30-2.30 | Wyndham City Council | Pram walking Werribee |
| Mon | 15th March | 7-8pm | Westpoint Soccer Club | Soccer Mums (\$5) |
| Mon | 15th March | 4.30-5.30pm | Beejay's Calisthenics | Calisthenics 3 to 7 yrs |

| Mon | 15th March | 5.30-7.30pm | Beejay's Calisthenics | Calisthenics 7 to 10yrs |
|--------|----------------|----------------|---------------------------------|-----------------------------------|
| | | - | | 55+ Table Tennis session (all |
| Tues | 16th March | 9.00-11.00am | Werribee Table Tennis | standards) |
| Tues | 16th March | 1.30-2.30 | Wyndham City Council | Pram walking Manor Lakes |
| Tues | 16th March | 4.30-5.45pm | Japan Karate Association | Shotokan Karate - Beginners |
| | 1 | | Truganina Thunder Football | Come & Try Auskick and Junior |
| Tues | 16th March | 5.30-6.30pm | Club | Football |
| | | 1 | Wyndham Netball | - a 10 |
| Tues | 16th March | 5.30-6.30pm | Association | NetSetGo |
| Tues | 16th March | 7.00-7.50pm | ZIN Monika | Zumba Fitness |
| Tues | 16th March | 5.00-6.30pm | Beejay's Calisthenics | Calisthenics 10 to 13 yrs |
| Tues | 16th March | 6.30-8.30pm | Beejay's Calisthenics | Calisthenics 16 to 25 yrs |
| Wed | 17th March | 9.30-10.30am | Wyndham City Council | Pram walking Point Cook |
| Wed | 17th March | 1.30-2.30pm | Wyndham City Council | Pram Walking Tarneit |
| | a a second | | Wyndham Netball | |
| Wed | 17th March | 4.30-5.30pm | Association | NetSetGo |
| | 1 | • | | Open Table Tennis session (all |
| Wed | 17th March | 7.30-10.00pm | Werribee Table Tennis | standards) |
| | | | | Calisthenetics age 13 to 16 |
| Wed | 17th March | 5.00-6.30pm | Beejay's Calisthenics | years |
| | 27 011 111 011 | 3.00 3.00p | Deeja, e cancerence | Calisthenetics age 16 to 26 |
| Wed | 17th March | 6.30-8.30pm | Beejay's Calisthenics | years |
| Thurs | 18th March | 9.30-10.30am | Wyndham City Council | Pram walking Point Cook |
| Thurs | 18th March | 9.30-10.30am | Wyndham City Council | Pram Walking Tarneit |
| mars | Total March | 3.30 10.304111 | Wynanam ercy coanen | Shotokan Karate - General/ |
| Thurs | 18th March | 5.00-6.15pm | Japan Karate Association | advanced |
| 111013 | TOTAL MICHAEL | 3.00 0.13pm | Jupan Rarate Association | Open Table Tennis session (all |
| Thurs | 18th March | 7.30-10.00pm | Werribee Table Tennis | standards) |
| 111013 | 10th Water | 7.50 10.00pm | Wernbee ruble remins | Huddle Up Senior (12 to 25 |
| Fri | 18th March | 4.30-8pm | The Huddle | years) |
| Sat | 20th March | 8.00am | Wyndham Vale parkrun | walk, jog, run 5k and volunteer |
| Sat | 20th March | 8.00am | Point Cook parkrun | walk, jog, run 5k and volunteer |
| Jul | | | Hoppers Crossing Netball | train, job, rair on and voidinger |
| Sat | 20th March | 9.30-10.30am | Association | NetSetGo |
| Jut | 20011111011 | | Wyndham Netball | |
| Sat | 20th March | 1.00-2.00pm | Association | NetSetGo |
| Suc | 20th Water | 1.00 2.00 0111 | 7.53CCTCTCTT | Shotokan Karate - General/ |
| Sat | 20th March | 4.30-5.45pm | Japan Karate Association | advanced |
| Jut | | 9.00am- | sapari narate / issociation | Skill Training Coaching |
| Sun | 21st March | 5.00pm | Football Victoria | Certificate day 2 |
| Juli | 213t Waren | 10.00- | 1 COLDAN VICEONA | certificate day 2 |
| Sun | 21st March | 10.50am | ZIN Monika | Zumba Fitness |
| Juli | 213t Waren | 10.504111 | Werribee Little Athletics | Zumba i tiless |
| Sun | 21st March | 10.00-11.00 | Centre | Come and Try Cross Country |
| Sun | 21st March | 9.15-10.00am | Eat Pray Yoga | Flow Yoga |
| Sull | ZIST IVIDICII | 10.00am- | Lat riay ioga | 110W 10ga |
| Cup | 21ct March | | AFL Vic | Footy 4 Fun |
| Sun | 21st March | 12.00pm | | Footy 4 Fun |
| | | | Please see This Girl Can timeta | |
| Fu: | 2C+b 04 | 10.00am- | Manada and Tractic & Field | Wyndham City Junior Schools |
| Fri | 26th March | 12.30pm | Wyndham Track & Field | Relay Carnival |

| | | | Week 5 | |
|-------|------------|--------------|-----------------------|--------------------------------|
| Mon | 29th March | 1.30-2.30pm | Wyndham City Council | Pram walking Werribee |
| Mon | 29th March | 7-8pm | Westpoint Soccer Club | Soccer Mums (\$5) |
| Mon | 29th March | 4.30-5.30pm | Beejay's Calisthenics | Calisthenics 3 to 7 yrs |
| Mon | 29th March | 5.30-7.30pm | Beejay's Calisthenics | Calisthenics 7 to 10yrs |
| | | | | 55+ Table Tennis session (all |
| Tues | 30th March | 9.00-11.00am | Werribee Table Tennis | standards) |
| Tues | 30th March | 1.30-2.30pm | Wyndham City Council | Pram walking Manor Lakes |
| | : 0 : | | Wyndham Netball | |
| Tues | 30th March | 5.30-6.30pm | Association | NetSetGo |
| Tues | 30th March | 5.00-6.30pm | Beejay's Calisthenics | Calisthenics 10 to 13 yrs |
| Tues | 30th March | 6.30-8.30pm | Beejay's Calisthenics | Calisthenics 16 to 25 yrs |
| | | 10.00am- | | Come and Try Football (AFL) |
| Wed | 31st March | 12.00pm | Wynbay Bulldogs | training |
| Wed | 31st March | 9.30-10.30am | Wyndham City Council | Pram walking Point Cook |
| Wed | 31st March | 1.30-2.30pm | Wyndham City Council | Pram Walking Tarneit |
| - | | | Wyndham Netball | |
| Wed | 31st March | 4.30-5.30pm | Association | NetSetGo |
| | | | | Open Table Tennis session (all |
| Wed | 31st March | 7.30-10.00pm | Werribee Table Tennis | standards) |
| | | | | Calisthenetics age 13 to 16 |
| Wed | 31st March | 5.00-6.30pm | Beejay's Calisthenics | years |
| | £ | | | Calisthenetics age 16 to 26 |
| Wed | 31st March | 6.30-8.30pm | Beejay's Calisthenics | years |
| Thurs | 1st April | 9.30-10.30am | Wyndham City Council | Pram walking Point Cook |
| Thurs | 1st April | 9.30-10.30am | Wyndham City Council | Pram Walking Tarneit |
| | | | Future sessions | |
| | | 10.00am- | | Come and Try Football (AFL) |
| Wed | 7th April | 12.00pm | Wynbay Bulldogs | training |
| | | | Wyndham Warriors BMX | coaching (BMX Australia |
| Sun | 18th April | 10.00am tbc | club | Victoria members) |



AFL VIC FOOTY4FUN

wyndhamcity

FUN FOOTBALL ACTIVITIES FOR KIDS AGED 4-12 YEARS OLD

WHEN: Sunday the 21st of March - 10am-12pm

WHERE: Galvin Park Reserve, Werribee

WHAT: Inflatables, training stations and a free BBQ!

Register via the link below before 20/3/2021

REGISTER NOW @ AFLVIC.COM.AU/FOOTY4FUN



ARE YOU A 15/16-YEAR-OLD FEMALE EAGER TO WHY NOT START YOUR CAREER WITH **LEARN AND PLAY SOCCER IN 2021?** POINT COOK? (THE JETS)

THIS JOURNEY STARTED WITH THE PASSION TO PLAY



FIFA Women's World CupTM 2023

Meet John and the Team Tuesday and Thursday nights 7.30pm

Saltwater Reserve, Saltwater Promenade, Point Cook





Holidays can take students away from friends and their usual school supports.

Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time.

Below is some information to help you support young people to stay in a healthy headspace in school holidays. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

There are a number of ways you can support your young person's mental health and wellbeing in the holidays:

1. Encourage them to stay connected

Social relationships are important to your young person's general wellbeing.

It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

2. Encourage them to stay involved

Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can.

Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it). Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

3. Encourage physical activity

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

4. Encourage a regular routine

Getting a good night's sleep helps young people to feel energised, focused and motivated.

Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to

wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night.

Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down electronic devices before bed can also help them to get a good night's sleep.

5. Encourage healthy eating habits

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.

A good balanced diet with less junk food/ lots of sugars and more vegies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

Encourage play!

Devoting time to just having fun can help to recharge your young person's battery, revitalise their social networks and reduce stress and anxiety.

Version 1 - June 2015

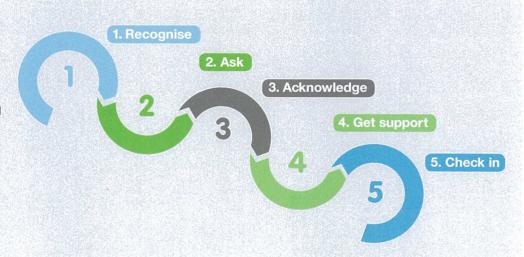


Supporting your young person during the holidays



Tips to help you support your young person

- Recognise their distress or concerning behaviour
- 2 Ask them about it (e.g "I've noticed you seem to be sad a lot at the moment.")
- 3 Acknowledge their feelings (e.g. "That seems like a really hard place to be in/I can understand why you are upset about that.")
- 4 Get appropriate support and encourage healthy coping strategies (e.g "Do you need some help to handle this?")
- 6 Check in a short time afterwards to see how they are going



Signs that may suggest that your young person is struggling

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns which persist for more than a couple of weeks may indicate that your young person needs extra support.

Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

Changes in activity include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

Changes in thinking include:

- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves and the world (e.g everything seeming bad and pointless).

If you believe that your young person is at risk of harm you should seek professional support from your GP, mental health service or emergency department.

Support service options

- headspace centres provide support, information and advice to young people aged 12 to 25 – headspace.org.au
- eheadspace provides online counselling and telephone support to young people aged 12 to 25 – eheadspace.org.au 1800 650 890
- **Kids Helpline** is a 24-hour telephone and online counselling service for young people aged 5 to 25 kidshelpline.com.au 1800 55 1800
- **Lifeline** is a 24-hour telephone counselling service lifeline.org.au 13 11 14
- Parentline 1300 301 300
- ReachOut.com for information about well-being.

For more information on suicide or support and assistance visit headspace.org.au/schoolsupport or headspace.org.au

Please refer to the **headspace** School Support Suicide Postvention Toolkit – A Guide for Secondary Schools for further guidance.



Headspace Werribee

Support for 12-25 year olds with mental health, physical health (including sexual health), alcohol and other drugs, and work and study support. Headspace is a free and confidential service for young people.

Open M-F 9am-5pm To make an appointment phone

(03) 8001 2366

Address: 13/5 Duncans Rd, Werribee VIC 3030

headspace Werribee | Youth Mental Health Centre & Services

Wyndham City Council Youth Councelling, Food Bank at the Youth Resource Centre, Group Work Including "Q" (LGBTIQA+ support)

Phone: 1300 023 411

https://www.wyndham.vic.gov.au/services/youth-services

wyndhamcity

West Justice WEstjustice is a community organisation that

provides free legal help to people in the Western suburbs of

Melhourne

Open M-F 9am-5pm Home | West Justice

Address: 1/8 Watton St, Werribee VIC 3030

Phone: (03) 9749 7720



Uniting Care: Offers housing support services to people who live in, or are connected to, the municipality of Wyndham

Phone: (03) 9742 6452

Address: 19 Duncans Road, Werribee 3030

Our housing support services focus on prevention and early intervention



Centre for Mutlicultural Youth



Provide support for newly arrived young persons in a variety of settings, schools, sports clubs, community groups, TAFE

Phone: 03 9340 3700

Address: 304 Drummond St, Carlton, VIC 3053

IPC Health



M-F 7.30am to 3.00pm

Address: Wyndham Vale: IPC Health Wyndham Vale 510 Ballan

Rd Wyndham Vale

GP, Gamblers Help, Nutrition and Dietetics, Alcohol and Drug Support, Dental.

Youth Health, Counselling, Family Support Services



E-Headspace

Free online and telephone support and counselling to young people 12-25

Phone 1800 650 890 available 9am-1am 7 days a week

Online chat 9am-1am 7 days a week

https://headspace.org.au/eheadspace/connect-with-a-clinician/



Beyond Blue

Provides information and support to help everyone achieve their best possible mental health

Phone 1300 22 4636 available 24/7

Online chat 3pm-12am 7 days a week

Link has further info about how to access support from Beyond Blue https://www.beyondblue.org.au/get-support/get-immediate-support



Kids Helpline

children and

Available 24/7

Phone 1800 55 1800

Email: counsellor@kidshelpline.com.au

Online chat available 24/7 https://kidshelpline.com.au/get-help/webchat-

counselling

Website: https://kidshelpline.com.au/

reason.



young people aged 5 to 25 years old. Anytime and for any

Crisis support and suicide prevention

Available 24/7

Phone 13 11 14 Online chat 7pm-midnight https://www.lifeline.org.au/crisis-chat/ Lifeline Text support 12pm-midnight Text 0477 13 11 14

(https://www.lifeline.org.au/crisis-text/) Website: https://www.lifeline.org.au/



Robotic Mission to Mars

Sessions running in Term 1 Holidays, 2021

Would you like to take control of a Robotic Mission to Mars?



Take on the role of an engineer or scientist in Mission Control to direct a real Mars Rover.



Years 9-12 students become Mission Specialists and run their own Robotic Mission to Mars.

Come by yourself or bring a few friends. (Sorry, Victorian government school students only.)

A unique opportunity with limited spaces. More information on the website below.

Parents/guardians should book their interested students in here: https://www.eventbrite.com.au/e/robotic-mission-to-mars-a-school-holiday-space-experience-tickets-145797627629

This free program is supported by the Victorian Government Challenge and Enrichment Series.

VSSEC is in Strathmore, Victoria. More details once you have booked.



Introductory Offer \$199 - Term 2 or \$10 casual

TEEN FIT GYM MEMBERSHIP FOR TEENS 12-16 YEARS

LIMITED SPACES AVAILABLE

COMMENCING 26TH APRIL 2021

I-3 MANLY ST WERRIBEE VIC 3030 www.inbalancefitness.com.au info@inbalancefitness.com.au 9741 2686

ENROL TODAY!

Our Teen Sessions are programmed for teenagers to increase fitness, strength and self-confidence. The participants learn about warming up, warming down and the proper use of weights and the cardio equipment such as the treadmill, steppers and bikes. They will be able to participate in group classes, such as HIIT, Functional Training, Body Combat and more. Regarding the use of weights, it is very important that growing bodies do not lift weights incorrectly or weights that are too heavy for their body mass. Participants will be instructed in the correct use of the weight equipment.

Session Times:

Mondays: 3.55—4.45pm Wednesdays: 3.55—4.45pm

Fridays: 3.55—4.45 pm

To help teenagers take the first step of coming to Teen Gym classes we offer a week's 'Teen Gym Try-it Pass'. Try 1 class or try all 3 in the week!

Participants may only access the gym during allotted session times.

Towel and drink bottle are needed for each session.

Participants are expected to arrive early to begin at 3.55 pm sharp.