

**Issue: 11 Volume: 22**

**Date: December**

## COLLEGE CALENDAR 2023 – JANUARY/FEBRUARY

Tuesday 31 <sup>st</sup> January	Students return to school for Term 1
Wed. 8 <sup>th</sup> – Fri. 10 <sup>th</sup> February	Y12 VCE Soaring Start Camp
Monday 13 <sup>th</sup> February	College Photos
Tuesday 16 <sup>th</sup> February	College Photos catch-up day
Thursday 23 <sup>rd</sup> February	Whole School Swimming Carnival

**Please Note: all dates and times are subject to change**

## PRINCIPAL'S REPORT

### AWARDS CEREMONY

We recently held our annual Awards Ceremony to celebrate and acknowledge some outstanding accomplishments by our students. Held in the Performing Arts Centre and online, our Awards Ceremony was an opportunity for us to recognise and celebrate the achievements of those students who have excelled in their studies, sport, music and leadership. These students demonstrated their commitment to the College Values of Excellence, Respect and Responsibility, constantly striving to achieve their personal best. I would like to congratulate all of our Award recipients on this great achievement.

### ORIENTATION DAY

On Tuesday December 13 we welcomed our new Year 7 students for 2023. Orientation Day is an opportunity for our new students to 'orientate' themselves with the people, the places and the learning opportunities at Lilydale Heights College. As students arrived, we saw faces of excitement, nervousness and curiosity. The challenge was set early to make the most of the day, to ask lots of questions and to meet new people. Our new students quickly moved off into their new classes and participated in a range of activities designed to build connections with each other and with their teachers. They were able to experience some of the subjects that they will be learning in 2023 and concluded the day with a Home Group Challenge. As we gathered back in the PAC at the end of the day, we reflected on how the students had felt arriving that morning to what they were feeling now. When asked if they were feeling more comfortable about coming to high school in 2023, it was wonderful to see all of the student hands go up in the air. I would like to thank our Year 7 Learning Leader Michelle Gaudion for all her work in preparing a transition process and Orientation Day that supports all students as they join our learning community. Thank you to the Year 7 Liaisons Louise Martin and Chris Edwards for all their support of our students and to our staff who ensured that all students had a wonderful experience for their first day of high school.

### VCE & VCAL RESULTS

Congratulations to all our VCE and VCAL graduates. The Year 12 cohort achieved fantastic results this year with the College seeing strong growth in our median study scores and ATAR's. We are proud of our students and this fantastic achievement. Well done to Bailey Griffiths on being the 2022 Dux! Bailey has been a dedicated student whose motivation and constant focus on challenging himself to be his best has resulted in some fantastic academic results. Congratulations to all our students and staff on this achievement!

**Absence Hotline: 9735 7040**

**Email: [lilydale.heights.co@education.vic.gov.au](mailto:lilydale.heights.co@education.vic.gov.au)**

**Visit: [www.lilydaleheights.vic.edu.au](http://www.lilydaleheights.vic.edu.au)**

We are

**eSmart**  
Smart. Safe. Responsible.

## *Principal's Report (continued)...*

### **COLLEGE CAPTAINS 2022-2023**

Thank you to our 2022 College Captains Aimee, Stoa and Isabella for their commitment and leadership within the College this year. They have represented the voice of our students and worked with students and staff to continually strive for ongoing improvement. On behalf of the College, I would like to thank them for their leadership this year and wish them all the best for the future.

I would also like welcome our 2023 College Student Leadership Team.

**College Captains:** Laura, Erin, Ash and Fletcher

**College Vice Captains:** Hayley, Zak, Amelia and Athena Rose

**Prefect Year 12:** Madden

**Prefect Year 11:** Charlotte

Congratulations to our new Student Leaders. We look forward to working with you next year to continue to make Lilydale Heights College a great school for our community.

### **SIRC**

The SIRC have been an important leadership team within the College this year. They have worked alongside Rotary, raised significant funds for a range of charities and represented the voice of the students in many forums. It is important for all students to know that their SIRC is there for all students, representing their voice. The SIRC is a leadership group that has real opportunities to influence the decision making within the school to ensure that our school is a positive place for us all. I would like to thank all of our SIRC members for their commitment to the College this year.

### **START OF TERM 1 2023**

The College Office will reopen on **Friday 27 January 2023** from 9am – 4pm.

Students commence **Tuesday 31 January 2023**.

### **THANK YOU**

I would like to thank all of our staff, students and families for their support this year. We have an amazing school and it is due to the incredible people that learn, teach, work and support our community that make it so amazing. It has been wonderful to be back onsite this year, our first full year at school in two years. To put this in perspective, this means that 2022 has been the first full year of high school onsite for our Year 9 students. For our Year 7 students, this has been their first full year since Grade 4. It has been a big year and I would like to congratulate all of our students for their resilience and commitment to school for the past 12 months.

Thank you to our families, friends and wider community for your ongoing support of our students and our school. Schools are successful when there is a positive relationship between the school, the student and their family. We have valued these relationships and support this year and look forward to continuing to work with our community in 2023.

Thank you to all of our staff for their ongoing commitment to ensuring that our students have the best learning opportunities possible and for constantly supporting them in their learning, social and emotional growth. It takes a whole community to build a positive culture and learning environment, and we have an incredible team, both within and outside the classroom, that make this happen every day.

I would like to take this opportunity to thank all of our College Council members for their contribution to the College this year. It has been a big year of change with a new Principal, a school review and a new Strategic Plan. It is wonderful to have a committed group of people who volunteer their time to ensure that our students have a positive educational environment and the best learning opportunities. Thank you all for your commitment to our school and, most importantly, to our students. We look forward to continuing to work with you in 2023. I would like to wish our whole community a safe and happy holiday break. Spend some time relaxing, connecting with family and friends and doing those activities that you love. Enjoy this break and we look forward to seeing you all in 2023.

**Shane Kruger, Principal**



## WISHING TREE

Thank you to everyone who donated to our Wishing Tree.

All gifts are being donated to Kinship Care, kids in foster care and their families.

The organisation helps to support 480 families annually.



## SUSTAINABILITY TEAM

Congratulations to the students who won the competition to design a logo to go on the new Waste Streaming Bins. These have been modified by Mr O'Connor and turned into stencils ready to apply to our new coloured bins.

Recycling – Ella Docherty 8B

Compost – Cadell Griffiths 9D

Soft Plastics – Tim Yarrow 9D

We look forward to rolling out these bins at the start of 2023. (The team is confident that soft plastic recycling will resume in the future).

LHC has also received a certificate in recognition of our participation in the toner cartridge recycling program. It is great to be recognised for our efforts to reduce waste going to landfill.

Don't forget that we will continue to collect tablet blister packs, oral hygiene products and pens/markers in 2023, so keep putting them aside ready to bring in.

Wishing the LHC community a safe and happy holiday period.

Shannon Sargeant – Sustainability Leader.



**The Lilydale Heights College SIRC would like to thank Bakers Delight  
Chirnside Park for their support and sponsorship of  
Breakfast Club on Tuesday and Thursday mornings**

*Bakers Delight*  
We're for real.

## INTERMEDIATE BAND PERFORMANCE

2022 was our year! For the first time in a long time, we managed to make it through a whole year of being at school. This meant we could keep the music going. The department has increased in numbers and finally performed in the open, from our mid-year and end of year concerts, to concerts at lunchtime. Our final performance was on a lovely sunny afternoon at lunchtime, with the Intermediate Band playing Christmas and party favourites in the courtyard. 2023 is looking to be quite an exciting year filled with many new students as we once again fill our 7C enrichment class. Thanks to some of our Music students, we took it to the next level and had students have a go at a variety of Brass and Woodwind instruments on Orientation Day. This is a sign of things to come as we revitalise our program. We look forward to sharing this exciting journey with you next year. On behalf of the Music Team and myself, thank you for your ongoing support of our department and your students. I wish to also thank the support of the Principal Team and the incredible work the Instrumental Music teachers did this year.

Dimitri Willenberg – Music Department.



## YEAR 8 JAPANESE INQUIRY PROJECT EXHIBITION

For their final assessment, Year 8's held an Exhibition in Weeks 9 and 10. Students researched their choice of inquiry topic and created a presentation demonstrating their understanding of aspects of Japanese culture and philosophy. Many teachers across different subject areas visited each class and asked students questions about their chosen topic. It was great to see our Year 8's engage with so many different topics; teachers were impressed with their presentations.

Mayumi Takahashi-Chan - Year 8 Japanese Teacher.



## BIKE CLUB CHRISTMAS RIDE

Well done to our riding group, they have developed their riding skills and enjoyed a social ride with others throughout the year. We had our Christmas ride on 7<sup>th</sup> December; we rode over 20km and made it to three of our local bike parks. The students rode extremely well, completing a variety of challenges along the way.

We look forward to further riding sessions. Remember, students of all ability levels are welcome! Merry Christmas and get out riding over the break!!!!

Clare Rayner.



***Lilydale Heights College would like to thank Bendigo Bank Mooroolbark Community Branch, for their support and sponsorship of the Duke of Edinburgh Program and our Automated External Defibrillator Device (AED).***

Mooroolbark  
Community Bank® Branch  **Bendigo Bank**

## YEAR 9 FUNFIELDS EXCURSION

A group of Year 9 students went to Funfields on Tuesday 6<sup>th</sup> December. Feedback received from students was that they had lots of fun and were so happy to have had the opportunity to go on the excursion. Our students were amazing and upheld the College Expectations and Values. On behalf of the staff, I wish you all a safe, joyful and relaxing holiday. Looking forward to seeing you all in 2023.

Fariba Riazati – Year 9 Liaison.





## SIRC

Four of our SIRC students, Laura, Amelia, Hayley and Zak, were selected to attend the Interact District Assembly Day (IDAD). As part of their SIRC duties, students connect, lead and serve with the Rotary Club of Melbourne to bring community based events and fundraisers to our school every year. This was a day for students to partake in priority planning with other SIRC students from other schools. We thank our students for the devoted time they give to Lilydale Heights College and look forward to the events they will bring in the 2023 school year.

Taylah Moschetti.



## COMPASS & DUKE OF ED CELEBRATION AFTERNOON

A fantastic afternoon – well done to all of our awardees across all year levels!

The students' first task was our Amazing Race team navigation challenge. I was extremely impressed at how well they planned and navigated themselves through to the lake in the quickest times possible. Minutes separated all of our Award groups, with our Level 3 junior group winning!!! Great work Year 7's.

At the lake we continued our team initiative challenges and as always, the students were extremely positive and supportive of each other throughout all of the tasks. It is a pleasure to see the students giving unusual things a go and being determined to achieve their best.

The final part of our afternoon was to present the awards to those students who have completed all their level requirements. Overall in 2022 we have achieved our largest number of certificates all the way from Year 7's through to Year 12's (over 40 certificates - well done!!). You can see some of the Award levels in the photos!

Clare Rayner – Compass & Duke of Ed. Co-ordinator.



## YEAR 9 SURF COAST CAMP

The Year 9 cohort left school bright and early to start the long bus ride to Port Fairy! When we finally arrived, we stopped at Tower Hill, an inactive volcano where we took a walk and saw wildlife such as koalas, emus, and turtles. We were also educated by a local Indigenous woman about the Gunditjmarra land and culture.

The smell of bacon and eggs through our tents woke us up on day two. After breakfast we went to a shipwreck beach where a big slide was located. Later we learnt about the Loch Ard at the Maritime Museum through the incredible light show. Day three was packed with adventure; a guided tour around Griffith Island, a boat ride through Moyne River and Port Fairy Bay, surfing at East Beach and snorkelling at Pea Soup Bay. We started off early again for day four to make sure we visited every beach and landmark along the Great Ocean Road; Loch Ard Gorge, the Twelve Apostles, London Bridge and the Grotto. We spent the night testing our memory of the camp so far with a fun night of trivia. On our final day before heading home, we packed up tents and bags and reflected on what we enjoyed most about camp and what we learned about ourselves.

Thank you to Mama Jo and her amazing cooking and Nathan the bus driver who was awesome all week. Thank you to Mr Boyce, Ms Gentile, Ms Wilkins, Ms Lunnon and Mr McGown for organising and running the camp.

Isabelle Sheerman and Rob San Felipe – Year 9.



## CHRISTMAS COOKIES

Year 7's had fun with an end of year activity, making chocolate chip cookies and packaging them for Christmas.

Sharon Francis – Foods Department.



Christmas Cookies (continued)....



## AWARDS CEREMONY

We recently held our end of year Awards Afternoon to recognise and celebrate the achievements of our students who have excelled in their studies, sport, music and leadership. These students have demonstrated their commitment to the College Values of Excellence, Respect and Responsibility, constantly striving to achieve their personal best. Congratulations to all of our award recipients!

Shane Kruger – Principal.



## SCHOOL PRODUCTION 2023

Good morning, Baltimore... sorry, we mean Lilydale Heights College community! We have exciting news and there is no day but today to share! LHC students across all year levels are invited to join in on the School Production in 2023! We know that many of you are already very excited and all that jazz, but for now, you will just need to grin and bear it as we promise that we will announce the chosen musical early in Term 1 2023.

Not interested in singing, acting, or dancing but want to be a part of the musical? Well, always look on the bright side of life! We have plenty of options for participation: set design, makeup, sound, lighting, costumes, props, and more! We're all in this together, right?

So, have a think over the holidays about whether this might be something you're interested in, and if so, keep an eye out for announcements early next year and touch base with Ms Lunnon and Ms West if you have any questions. In the meantime, how many (poor effort) musical references did you spot?

Caitlin Lunnon and Jordann West – Production Team.



## MIDDLE SCHOOL KAYAKING

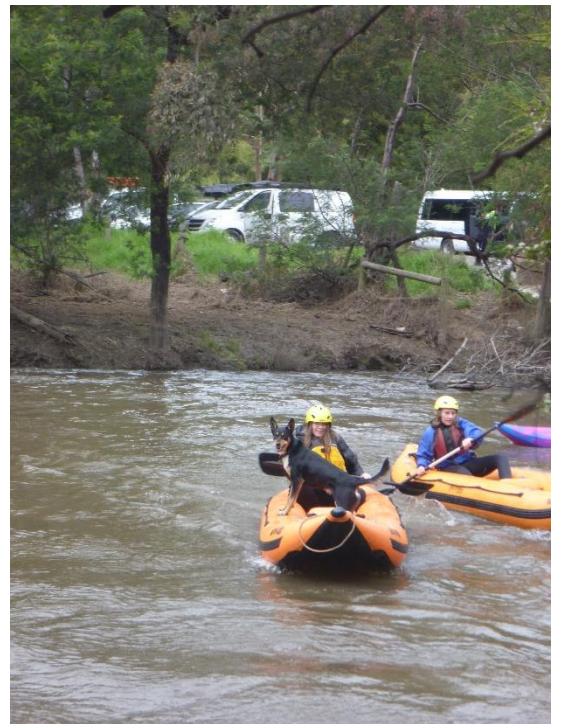
On Tuesday 13<sup>th</sup> December, the Middle School Outdoor Ed class finally got an opportunity to get onto the Yarra River after having to postpone multiple times with the flooding. I tell you what, it was worth the wait! The rain held off and the river was pumping. The students did some kayaking skills before going down a few sets of rapids with some games at the end. The students had a great day and didn't mind a swim.

James Rippingale – Outdoor Ed. Teacher.





*Middle School Kayaking (continued)...*



## e-SAFETY IN 2023

I would like to invite the parents and caregivers of Lilydale Heights College to complete a short survey about online behaviour and safety. This will help to shape the type of information you receive about e-safety throughout the year.

Survey link: <https://forms.gle/VVTQ6hKvpHVj3ZoJ7>

Alison Bieber – eLearning Co-ordinator.





SCHOOLS

## FOR STUDENTS

# Wellbeing support over the school holidays

It's been a big year and this guide provides tips to continue looking after your mental health and wellbeing over the school holidays and services to reach out to if you need support.

### Actions to support positive mental health over the school holidays

- Exercise boosts mood and mental health – make it fun!
- Nourish your brain by eating healthily – it will also improve your mood
- Prioritise sleep to support mental and emotional wellbeing
- Explore relaxation techniques and coping strategies
- Stay in touch and catch up with friends and loved ones
- Make time to do things you enjoy
- Practice positive self-talk – and remember you are not alone
- Seek professional help if needed!<sup>1</sup>

**Feeling it:** [mindfulness resources and activities for students](#). Smiling Mind gives you tips on looking after yourself, understanding and managing emotions, being mindful, being kind to yourself, navigating uncertainty and preparing for change.

You may find that these actions are not enough to look after your mental health. Here are some signs you may need some support.

### Signs that you or a friend may need mental health support

Keep an eye out and seek professional help for changes that last two or more weeks such as:

- Loss of interest or involvement in activities normally enjoyed
- Feeling 'low', unusually stressed or worried
- Ordinary things get harder
- Being easily irritated or angry
- Taking more dangerous risks, like using alcohol or drugs
- Withdrawal or feeling overwhelmed
- Difficulties with concentration and motivation
- Having a lot of negative thoughts
- Changing in sleeping and eating.<sup>2,3</sup>



1 headspace – a parents guide to school issues and stress <https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/>  
2 headspace 'mental health and you' poster <https://headspace.org.au/assets/Uploads/Mental-Health-Posters-mgp.pdf>  
3 headspace – how to talk to your children about mental health <https://headspace.org.au/dads/>



## SCHOOLS

### Supporting your friends

You and your friends are **most likely to turn to each other for support** before seeking out an adult or service provider. You and your friends can support each other by:

- contacting 000 if a friend needs urgent assistance or is at risk of harming themselves or others
- reaching out to a friend, offering support and letting them know you care
- letting your friend know you may need to tell a trusted adult about your concerns.

Having these types of conversations can be difficult. Information on how to support a friend is available on the headspace website: [How to help a friend going through a tough time](#).

### Mental health support

- **Your local GP** can provide you with additional support
- **headspace Counselling:** Victorian Government secondary school students, including those who have just finished schooling, can access counselling services from headspace. During the holidays, you can self-refer by calling your [local headspace centre](#).
- **eheadspace:** 1800 650 890 [www.headspace.org.au/eheadspace](http://www.headspace.org.au/eheadspace)
- **Kids Helpline:** 1800 551 800 [www.kidshelpline.com.au](http://www.kidshelpline.com.au)
- **Lifeline:** 13 11 14 [www.lifeline.org.au](http://www.lifeline.org.au)
- **Beyond Blue:** 1300 224 636 [www.beyondblue.org.au](http://www.beyondblue.org.au)
- **Head to Help:** 1800 595 212 [www.headtohelp.org.au](http://www.headtohelp.org.au)
- **Suicide Call Back Service:** 1300 659 467 [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)
- **Contacting 000** if you need urgent assistance.

### Self-harm and suicide prevention resources

- [Getting a mental health care plan](#) (ReachOut)
- [What you need to know about self-harm](#) (headspace)
- [How to help when someone is suicidal](#) (SANE Australia)

### Family violence support and resources

- **Safe Steps:** 1800 015 188 [www.safesteps.org.au](http://www.safesteps.org.au)
- **1800RESPECT:** 1800 737 732 [www.1800respect.org.au](http://www.1800respect.org.au)
- **What's okay at home:** [www.woah.org.au](http://www.woah.org.au)
- [Family violence support](#)

### Eastern Victoria bushfires: first anniversary

We are also approaching the first anniversary of the 2019-2020 summer Eastern Victoria bushfires. The anniversary may trigger worry or anxiety levels that are similar to what was experienced during the event. For more information:

- **Emerging Minds:** [Traumatic events: anniversaries and other triggers](#)
- **Trauma and Grief Network:** [Understanding and managing anniversary reactions](#)

### Mental health resources

- [Mental Health Toolkit](#)
- [Understanding mental health – fact sheet](#) (Orygen)
- [Learn how to handle tough times](#) (headspace)
- [Get into life \(to keep your headspace healthy\)](#) (headspace)

INFORMATION FROM PSW – OUR COLLEGE UNIFORM SUPPLIER



THE FINAL DAY FOR BACK TO  
SCHOOL FITTING APPOINTMENTS IS  
**JANUARY 16th**  
\*BOOK NOW, SPOTS ARE  
FILLING FAST!

**\*NO BACK TO SCHOOL UNIFORM FITTING OR PERSONAL  
SHOPPING APPOINTMENTS WILL BE AVAILABLE AFTER  
JANUARY 16TH, 2023.**

**BOOK NOW AS SPOTS ARE FILLING UP FAST.  
AVOID THE QUEUES, BOOK AN APPOINTMENT TODAY!**

**[PSW.COM.AU](https://www.psw.com.au)**

## Feeling Safe: For Secondary School Students

### Get the facts

This fact sheet has been designed to give you the facts about child abuse. It includes advice on what to do if you have been abused, are being abused, or are at risk of being abused. This fact sheet also provides you with advice if you know someone who has been abused, or is at risk of being abused.



### What are your rights?

- Everyone has the right to feel safe and be protected from abuse.
- No one is allowed to threaten you, hurt you, or touch you in a way that makes you feel uncomfortable, unsafe or afraid.
- This includes all adults, other teenagers and children – it includes everyone from family members, coaches, teachers, to friends and strangers.
- Every relationship should be respectful.
- No one should ever involve you in sexual activity without your consent, and no one should behave in a way that makes you feel unsafe or afraid.
- You don't have to deal with abuse on your own. Talk to a trusted adult. Teachers and other adults at your school can support you to get help.

### What is child abuse?

- Child abuse includes physical abuse, sexual abuse, emotional or psychological harm, neglect, and family violence.
- Child abuse can also include grooming. This is behaviour where an adult tries to establish a relationship or other emotional connection with a child, to prepare them for a sexual relationship.
- Child abuse does not have to involve physical contact or force. It can include:
  - controlling a child through threats
  - exposing a child to sexual material and sexual acts
  - exposing a child to family violence.
- Child abuse can be perpetrated by any member of a community or a family member. Abuse can impact anyone and it is never the victim's fault.

For more information on sexual abuse and sexual assault visit Youth Central:  
<http://www.youthcentral.vic.gov.au/know-your-rights/sexual-assault>.

### What should I do if I have been abused or I feel unsafe?

- You should talk to an adult you trust.
- If you have been abused, or feel unsafe or threatened in any way you don't have to deal with this on your own.
- Abuse is never your fault and you should tell a trusted adult so you can get the help and support you need to feel safe and protected. Talking to someone won't get you in trouble.
- You can tell a teacher or any adult at your school. They will be able to help you.

### What should I do if I think someone I know has been abused or is unsafe?

- You should talk to an adult you trust. Any staff member at your school will be able to help.
- You can also help your friend by encouraging them to tell a trusted adult.

### What if my friend doesn't want to tell an adult?

- You should still tell an adult you trust on your friend's behalf.
- Even if your friend has specifically asked you not to tell an adult, you still should. It is more important to make sure that your friend is helped and feels protected.

### What will happen if I tell an adult at the school that I feel unsafe, or that I know someone who is unsafe?

- You will be helped.
- Teachers and other adults at your school must listen to your concerns and help you.
- The information will not be shared with the person who is making you feel unsafe.
- Information will only be shared with people who can support and protect you.
- In some cases the people helping you are required by law to tell the police, the Department of Health and Human Services' Child Protection services and/or your family to prevent any further abuse, or risk of abuse.

### What if I don't feel like I can talk to anyone at my school?

- You should still find a trusted adult to talk to.
- Abuse or feeling uncomfortable is too big to deal with on your own.

### There are many people who can support you to feel safe and protected. You can:

- contact eHeadSpace for advice online visit: [www.eheadspace.org.au/](http://www.eheadspace.org.au/)  
**Call 1800 650 890**
- contact KidsHelp Line: <https://kidshelpline.com.au/teens/> (24 hour web chat) **Call 1800 55 1800**
- Call or visit your local police station or call 000.
- Talk to your doctor, psychologist, social worker, welfare officer, or another trusted adult.

