

## Principal's Report

### Learning Focus

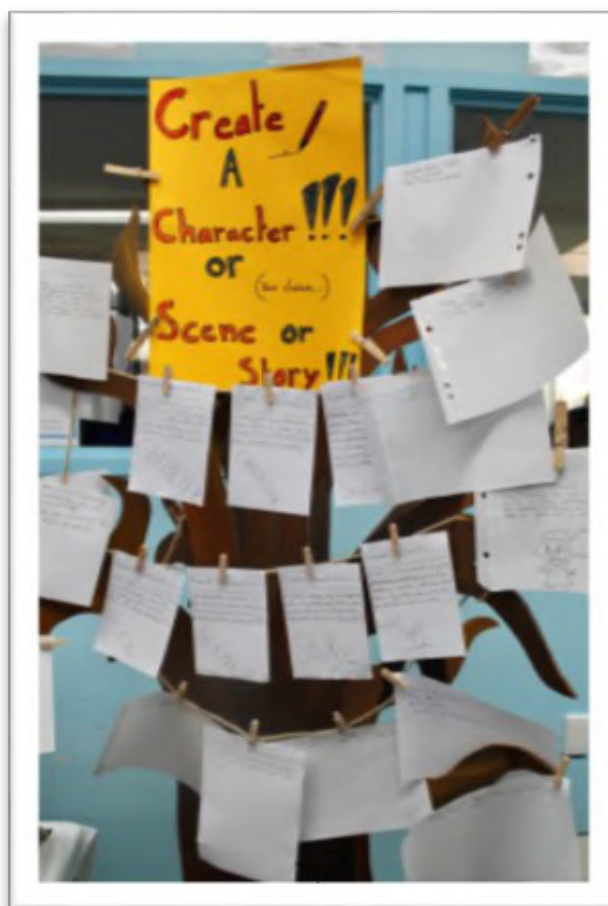
Year 7 and 9 students have just completed their NAPLAN testing for this school year. This year NAPLAN was completed online. Although there were some minor hiccups on day one, the system worked efficiently and all testing was completed smoothly. Students did complete some preparatory work in the lead up to this week of national testing. Year 9 students also embarked on a careers and occupations journey. This culminated in them presenting a careers and occupations showcase to Years 7 and 8 students. During this period, Year 10 undertook their work experience.



## COLLEGE CALENDAR 2019

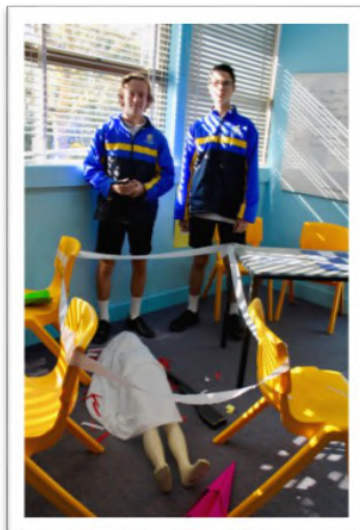
10 June	Queen's Birthday Holiday
17-20 June	Middle School Exams
26 June	Mid-Year Music Concert
28 June	Last Day of Term 2
16 July (Tuesday)	First Day of Term 3

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



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### **Staff and Timetable Changes**

Mr Bryce Denny will be on Long Service Leave for the remainder of this term. We wish him a restful break. His absence has necessitated some timetable adjustments beginning next week. Students and parents are reminded to check Compass for updates.

Ms Emma Steeper will take on the Junior School Learning Leader role for the remainder of this term. Please direct Junior School queries to her. Ms Ashley Roberts will cover a combination of Mr Denny's and Ms Steeper's classes and Ms Scobie will lead the Year 11 English classes throughout the term.

Please be assured that there will be no impact on the teaching and learning program for students impacted by timetable adjustments at this time.

### **Curriculum Day**

Friday May 24 was a scheduled curriculum day. Teachers used the time to focus on providing effective feedback on student learning through Compass Learning Tasks. This included a particular focus on feedback on student learning demonstrated through Common Assessment Tasks (CATs) in Years 7-10, and School Assessed Coursework tasks (SACs) in VCE. Similarly, VCAL teachers worked on effective feedback on their students' progress towards VCAL Learning Outcomes.

Staff also undertook CUST training on this day. This Department of Education initiative will equip staff with strategies to support students from Indigenous backgrounds.

### **Attitudes to School Survey**

We value student voice as a means to improving student engagement, wellbeing, and quality instruction, and are conducting a survey to find out what your child thinks of our school. The Attitudes to School Survey is an annual student survey offered by the Department of Education and Training to assist schools in gaining an understanding of students' perceptions and experience of school. Our school will use the survey results to plan programs and activities to improve your child's schooling experience. The survey results will be reported back to the school before the end of Term 2.

### **It's Not OK To Be Away!**

Going to school every day is the single most important part of your child's education. Students learn new things at school every day. Attending and participating in school will help your child develop:

- important skills and knowledge to help them learn
- social and emotional skills such as good communication, resilience and team work

Children who attend school every day and complete Year 12 have:

- better health
- better job opportunities
- higher income across their lives

There is no safe number of days for missing school. Each day a student misses puts them behind.

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### **Uniform Supplier Update: PSW**

A reminder that the College has changed uniform supplier. From July 2<sup>nd</sup>, PSW will provide students with their uniform. Their retail store is open five days per week and is located at 51 Lusher Road, Croydon.

The current uniform shop continues to sell items at reduced prices until the end of term.

Please note that some uniform items have been updated but purchase of new stock is not compulsory.

### **VCAL Award**

Congratulations to the 2018 VCAL class who were recipients of the VCAL Community Project Team Achievement Award at the recent OELLEN AGM. Their community work which culminated in the refurbishment of community facilities at Redwood Community Centre was a highlight of the event. Congratulations to all students and staff involved in the initiative.

### **Mother's Day Café**

Congratulations to the Café Culture class for their Mother's Day high teas held earlier this month. The sessions were attended by many members of the community. Guests were served platters of food, including savouries and sweets, as well the best fresh made teas and coffees. Well done to the Café Culture team and many thanks to those who supported the event.



### **College Athletics Carnival**

Perfect weather greeted students and staff at the annual College Athletics Carnival this month. Student participation rates were at an all-time high and the sunny weather meant that many records were challenged and broken.

Congratulations to all who participated and a special mention to Yarra House for their clean sweep of all carnival events this year.



**Rosina Fotia, Principal**



# News from the Sustainability Team

Recently we did the Tessellar Bulb Fundraiser, which had great success within the College. We have raised over \$300, which will go towards supporting projects that make the College more sustainable. Thank you to everyone who made a purchase!

Also, as a part of our mission to make the College more sustainable, we have reached out to the Canteen to discuss ways they can incorporate more eco-friendly packaging. The Canteen has eagerly jumped on board with the idea and we are now currently investigating packaging alternatives.

A reminder that we meet every Tuesday lunchtime in B4. Come in and contribute to positive change in the College.

**SUSTAINABILITY TIP:** When out and about avoid using plastic straws. Ask the venue if they have any paper straws on hand and if not, express your interest in them providing some in the future. Or even carry a metal straw around with you, either in your hand bag or shopping bags, to use in place of a plastic straw!

**The Sustainability Team**



## Your Digital Footprint

Almost everything you do with technology leaves a trace; something called a digital footprint. Your digital footprint is a bit like a map of everywhere you've been with your technology - everyone you've spoken to (and sometimes, what you've said), every image or comment you've posted, and every file you've downloaded. Digital footprints are very hard, in fact almost impossible, to erase.

**The Lilydale Heights SRC would like to thank Bakers Delight Ringwood Square for their support and sponsorship of our Breakfast Club every Tuesday morning.**



# VEX Robotics

A group of girls from Lilydale Heights Collage were selected to attend a competition hosted by the Yarra Ranges Technical School; I was one of them. The Robotics Competition gave us the task to build and programme a robot that we had to manually drive to score goals in a game that resembled soccer. Monster Truck (that's what we named our robot) was a slow but effective force; it could push multiple balls at once. This competition was a lot of fun and a great opportunity to get a taste of the competitive side of robotics. I loved it and the rest of my group did as well.

Thank you to the VEX and YRTS team for creating and hosting a great event and thank you to Mrs. Sargeant and Mr. Lester for giving me and the other girls the opportunity to participate.

**Tayla Andersen**



# Japanese Club

Japanese Club is on every Thursday lunch time in H2. We do fun activities with a focus on Japanese culture, both modern and traditional. This semester we have done calligraphy, origami, watched anime, listened to J-Pop, played traditional games and have eaten delicious Japanese snacks. This provides a fun and engaging way for students to improve their reading, speaking and listening skills. Come and join us next Thursday, all students are welcome!

**Alison Bieber & Fumika-san**



# Book Drive

We have recently had a very successful book day, with lots of our students dressing up in book, TV or movie characters.

Continuing on with this, we are starting a second hand book drive, with tubs at the general office and library. If you have any spare children books laying around at home, it would be awesome if you could donate these. The SIRC students will then be delivering these books to a local Primary school in need and run a reading session with the students. Any books suitable for Primary aged children would be most welcome. Thank you.

**Jacinta Richards on behalf of the SIRC**



# Ota Visit 2019

From March 15<sup>th</sup> to 26<sup>th</sup>, our sister school Ota First made their 22<sup>nd</sup> annual visit to Lilydale Heights College. The Ota students did homestays with our LHC families to experience life with a family, and our LHC community was able to benefit from cultural exchange as the Ota students joined in on various classes and contributed to Harmony Day.

Highlights from the visit included a trip to Healesville Sanctuary with host families and teaching our LHC students calligraphy, origami and traditional Japanese games. We visited the Mayor's office, Lilydale Primary School, and ventured to Phillip Island to see the Penguin Parade.

The Ota visit was a success thanks to the efforts of LHC staff, the families who hosted our sister school students, and our College community who participate in this wonderful opportunity each year. I express my sincerest gratitude to the LHC staff and families who hosted and the students who were "Buddies."

If you are interested in visiting Ota First as part of our tour to Japan in 2020, please contact our office for details.

We look forward to our next Ota visit in March 2020!

## **Penne Evans & the Japanese Team**





# Ota Visit 2019 continued...





# Unit 1 Outdoor Environment Studies

## Mountain Bike Riding at Mt Buller

Our adventure began at 6am, in the dark, and it ended at 6pm again in the dark!

Many of the students ventured into an alpine environment for the first time, even though it is autumn, they realised we need to be prepared for every type of weather condition no matter what the season. We had rain, sleet, wind and sun throughout the day. The students battled hard and coped extremely well, taking their biking skills to the next level. They rode a range of trails around the resort, through the snow gums and finally down the Delatite River Trail, crossing over bridges and through tree ferns. I was very impressed with the amount of determination and gusto that was shown. The students carried on no matter how uncomfortable they felt. Our motto in OES is “get comfortable with feeling uncomfortable” and really try to push yourself out of your comfort zone. We venture up to Buller again later in May; I hope the students will be able to see the beauty of the place as we hike up to the summit.

Once again well done to the students, many are certainly rising to higher levels and activities!

**Clare Rayner, Outdoor Ed. Co-ordinator**





# Mountain Bike Riding at Mt Buller continued...





# Compass and Duke of Ed. Award Programs

## After School Practice Hike

The students walked very well, up and along parts of the Warburton Trail! All the students embraced the activity; it was certainly more than a simple walk; they had to consider their prep in regards to equipment with the rain showers. Many students enjoyed walking in the outdoor environment, taking notice of twin rainbows etc. The students were also involved in making decisions for navigating and map reading, as well as thinking and planning their menus for our Master Chef Challenge on 16<sup>th</sup> May.

The students were all fantastic and enthusiastic, interacting positively within their walking groups. It was great to see so many people out walking, talking and having fun.



**Clare Rayner, Duke of Ed. Program Co-ordinator**



# Duke of Ed. Master Chef

## Challenge on the Trangia Stove

Considerable fun was had with our Master Chefs being put under the pressure to cook a two course meal on the Trangias. Groups were assessed on their cooking; the taste of their meals and their organisation in cleaning up, as well as their levels of rubbish they created.

The judges were extremely firm, they loved the fact that they could taste every meal and commented how full they were at the end of the evening. We need to say a massive thank you to all of our judges: Ms. Gentile, Ms. Kinder, Ms. Steeper, Ms. Wilkins and Mr. Ng; their support was much appreciated!

The rest of the congratulations goes to all the students. I was so impressed with their listening, their working together and their following of instructions. All students demonstrated growing confidence and awareness of safety with the stoves and learnt what meals are good to cook on the sentimental stoves. They definitely achieved our learning intentions and had a lot of fun along the way. Great work, we are looking forward to our camp experiences!!!

**Clare Rayner, Duke of Ed. Program Co-ordinator**





# Duke of Ed Master Chef Challenge on the Trangia Stove continued...





# Senior Girls Table Tennis Win!

Congratulations to the Senior Girls Table Tennis team: Chloe, Maddie, Courtney and Sorcha, who won the Yarra Group Interschool Table Tennis earlier this month. They will be representing the College and the Yarra Group division in the Eastern Metropolitan Region Table Tennis event in August.

**Sonya Tamos, Inter-School Sports Co-ordinator**



# Junior Boys Netball Win!

Congratulations to the Junior Boys who won the Yarra Group Interschool Boys Netball competition. They will be playing in the Eastern Metropolitan Region competition in July.

**Sonya Tamos, Inter-School Sports Co-ordinator**





# Sports

Term 2 has seen a large number of students being involved in the Interschool Sports events, competing in the Yarra Group Winter Sports. Over 90 Year 7 students headed out on May 8 to play either Soccer, Football, Netball and Badminton, with the Netball girls coming up trumps winning the Netball competition. The junior boys were also successful in their Netball competition, winning that event. Senior girls won their Table Tennis competition and these team will all be playing in the Eastern Metropolitan Region sports next term.

Yarra Group Cross Country was held on Friday May 10<sup>th</sup>. Congratulations to the following students who were successful in their age group and will be competing in the Eastern Metropolitan Region Cross Country at Yarra Glen Racecourse in June:

Brianna Amiet, Laura Dangaard, Erin Foley, Chloe Fordham, Zak MacIntosh, Sorch McKenzie, Jacob Neal, Bella Theophanous – Maddison and Brooke Watson.

What a great day for the Whole School Athletics on Thursday May 23<sup>rd</sup>! We ran our way around the track, threw javelins, shot puts and discusses, jumped high and long, competed in the Chapman 1500 and Wright's Walk and tugged the rope in the wonderful sunshine! Unfortunately, the Students' Senior Relay Team were unable to beat the winning Staff Team, who quite proudly wore their blue ribbons with pride!

Congratulations to the following students who won their Age Group and House Group Championship:

U13 Chloe Fordham and Ben O'Connor

U14 Erin Foley and Shane Randall

U15 Bella Theophanous – Maddison and Seb Dickson

U16 Lucy Lamond and Matt Stephens

U17 Sophia Clune and Jack Byne

U21 Brooke Watson and Zane Wheeler

Athletics House Group Champion was a tussle between Olinda and Yarra, with Yarra House completing the trifecta for all the Carnivals in 2019 by winning the Athletics House Group Championship.





# Sports continued...





# SIGNS & SYMPTOMS OF AN ALLERGIC REACTION

AN ALLERGIC REACTION TO FOOD/INSECTS CAN VERY QUICKLY BECOME LIFE-THREATENING.  
IT IS UP TO ALL OF US TO KNOW THE SIGNS & SYMPTOMS AND HOW TO RESPOND.

## MILD TO MODERATE ALLERGY



Swelling of the face,  
lips and eyes



Tingling in the mouth  
Swelling of the lips



Stomach pain and vomiting  
( NOTE: These are signs of a  
severe allergic reaction to insects)



Hives & welts  
(anywhere on the body)

## SEVERE ALLERGY (ANAPHYLAXIS)

Dizziness  
Collapse  
Pale and floppy (young children)



Swelling of tongue  
Difficulty talking &/or hoarse voice



Difficult breathing/noisy breathing  
Wheeze or persistent cough



Swelling/tightness in the throat



If someone with known food or insect  
allergy suddenly develops severe  
asthma like symptoms, give adrenaline  
autoinjector **FIRST**, then asthma reliever



## WHAT TO DO

1



Stay with person & call out for help

2



Give medications prescribed

3



Locate an adrenaline autoinjector if available

4



Call their emergency contact



AnaphylaxisAustralia



allergicaustralia



AAAust

## WHAT TO DO

1



Lay the person flat. If breathing is difficult allow to sit (but not stand or walk)

2



Administer the adrenaline autoinjector

3



Call an ambulance

4



Call their emergency contact

5



If after five minutes there is no response or the reaction is worsening, administer a second adrenaline autoinjector if available

#FoodAllergyWeek #BeAware #ShowYouCare

For further information please contact  
[coordinator@allergyfacts.org.au](mailto:coordinator@allergyfacts.org.au)

1300 728 000 | [www.allergyfacts.org.au](http://www.allergyfacts.org.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.





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YARRA RANGES RECONCILIATION EVENT | **2019**

# Walking the line

**FREE ENTRY**

EXPLORING THE DYNAMIC BETWEEN ABORIGINAL AND NON-ABORIGINAL PEOPLE AT THE INTERFACE OF RECONCILIATION

**THURSDAY MAY 30**  
10.00AM TO 1.00PM

AT THE MEMO  
235 MAROONDAH HWY  
HEALESVILLE

*Photo courtesy of Star News Group*

**Welcome to Country**

Key note speakers:  
**Andrew Peters**  
**Doseena Fergie**  
**Janet Turpie-Johnston**

Performances by:  
**Ganga Giri**

Panel Discussion

Light refreshments provided

RSVP Essential by May 25 Enquiries to Garry Detez  
Phone: 9294 6462 Email: [g.detez@yarraranges.vic.gov.au](mailto:g.detez@yarraranges.vic.gov.au)

Yarra Ranges Council

Community Health Service  
inspiro

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