



THE HEIGHTS

News and Information from Lilydale Heights College

Principal: Ms Rosina Fotia

Assistant Principal: Ms Isabella Phillips

Issue: 8 Volume: 19

Date: September

COLLEGE CALENDAR 2019

7 October	First Day of Term 4
16 October	VCE Art & Design Showcase
23-25 October	VCE Outdoor Ed Rafting Exploration
28 October	End of Year Music Showcase

Please Note: all dates and times are subject to change

PRINCIPAL'S REPORT

Learning Focus

Learning focus has been clearly placed on improving learning outcomes in the classroom. Students have been completing Progression Tasks and Common Assessment Task across all subject areas. Year 12 students approach their final few weeks of school and will undertake practice exams during week one of the term break. Teachers continue to develop lessons using our instructional model and incorporate writing to learn and substantive talk tasks in each of their lessons.

NAPLAN

NAPLAN results have been released and the College is very proud of the results. Student results have been mailed home to parents. Lilydale Heights has shown improvement in its relative growth areas across Numeracy, Writing and Reading. This improvement has been from Years 5 to 7 as well as Years 7 to 9. The College improvement is in line with DET priorities and endorses the improvement plans and work of staff.

Parent Teacher Interviews

Parent Teacher Interviews are currently underway and form an integral part of our continuous reporting process. Response to bookings has been positive and student attendance at meetings is strongly promoted. Parent Teacher Interviews provide an important opportunity for you and your child to discuss his/her progress and to build communication between parents and the College.

Year 8 Howqua Camp

Year 8 students have just returned from a three-day camp at Howqua. Students participated in activities such as bush walking, high ropes, horse riding, mountain biking and archery. Congratulations to Mr Denny and his team and thank you to students and families who supported the event.

Absence Hotline: 9735 7040

Email: lilydale.heights.co@edumail.vic.gov.au

Visit: www.lilydaleheights.vic.edu.au

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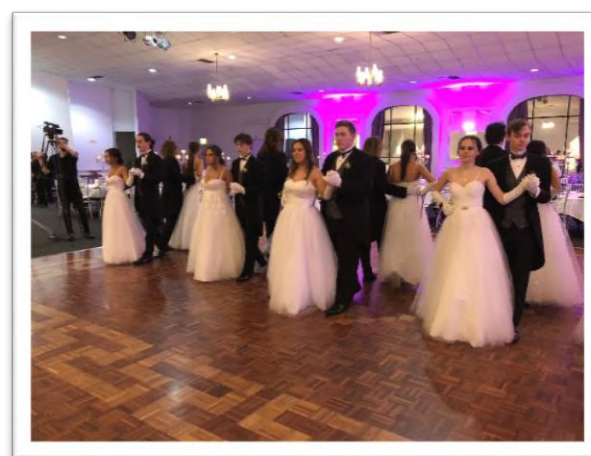
Sustainability

Congratulations to Shannon Sargeant and the Sustainability Team on their first Resource Smart School star. In addition, Year 8 students have just completed a trial integrated unit focusing on “plastics” and examples of their work have been showcased in the Library during Parent Teacher Interviews.



Debutante Ball

Congratulations to the organising committee involved in this year's Debutante Ball; Ms Gentile, Mr Wright and Mrs Butterworth. The night was a great success. 22 couples were presented and over 250 guests were at the event. Thank you to Ann Wheeler, President of the Rotary Club of Lilydale, for her attendance as Guest of Honour.



As a part of the VCAL Personal Development Program, VCAL students were asked to hold a Market Trade Day. This year, students focused on using local products for their stalls. Choices included: homemade jam and lemonade, pizza and sweets. All products were sourced and/or made locally. Congratulations to Ms Kinder and the VCAL class for their work, originality and support for local businesses and networks.



RUOK Day is a program designed to encourage connection between people in our communities. Its goals include: boosting confidence in ourselves, developing connections with others and building a sense of belonging in communities. Well done to the Year 10 students and teachers who planned activities for the day. Their passion and vision makes a difference to organisers and recipients. Well done!



Attendance



When kids miss school, not only is their academic progress impeded, forcing them to catch up on missed work (which some never do), they often miss important interactions with their peers which can compound issues of social isolation and low self-esteem.

Australian kids only spend 15% of their total time at school. They spend more time asleep than they do at school. So we need to maximise every day to get full value. That means turning up to school every day, on time.

If you need support or assistance getting your child to school, please do not hesitate to contact the College to arrange a meeting with your child's Learning Leader.

Enjoy your term break.

School resumes on Monday 7th October.

Thank you.

Attendance Matters!



Every Student, Every School, Every Day



***Rosina Fotia,
Principal***

Road Safety Awareness

After a recent event involving one of our students, it is timely that we raise our awareness of road safety and pedestrian responsibilities.

Parents and teachers should remind students to:

- Always stop , look and listen
- Use pedestrian crossings wherever available
- Avoid distractions while crossing the road
- Stay on footpaths where provided
- Make eye contact with the driver when crossing in front of a car



TERM 4 SUNSMART

**Lilydale Heights College is a SunSmart School.
This is a reminder that in Term 4 all students are
required to wear College Hats when outside.
Hats can be purchased at PSW or at the College.**



NAPLAN Reports

Individual NAPLAN Reports for students in Year 7 and 9 were released recently and sent via post to parents.

These reports provide information about students' skills in the areas of reading, writing, language conventions and numeracy. The reports also provide information on how students have performed against the national average and the national minimum standards. Although the test results do not tell the whole story and for a number of reasons may not reflect the true ability of individual students, they can be a useful measure of students' skill development.

Lilydale Heights College operates under the principle that every student has the ability and the right to learn. It is our responsibility to ensure that learning happens, particularly in the fundamental areas of literacy and numeracy. We are pleased to report that the vast majority of students in both Year 7 and Year 9 demonstrated strong learning growth since their previous tests. In particular, overall results for our Year 9 students showed that their literacy and numeracy skills had improved since Year 7 at a significantly higher rate than state average.

These results validate the hard work of students as well as the support and engagement of parents in the students' learning. In addition, they demonstrate the success of the College's literacy and numeracy program, in which all teachers take responsibility for student improvement in these areas.

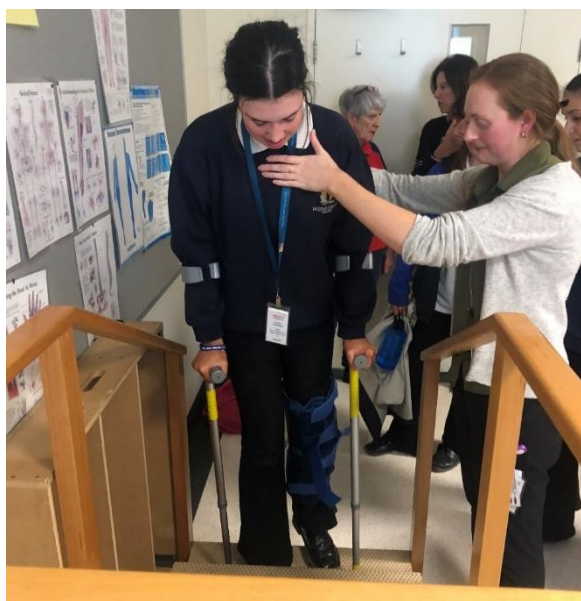
Tim Chapman - Curriculum and Data Leader.

P.A.R.T.Y. Program

On Thursday 5th September, the Unit 4 Health & Human Development class went to the Royal Melbourne Hospital P.A.R.T.Y. Program (Prevent Alcohol Related Tragedy in Youth Program). This program aims to help teenagers understand risks, choices and consequences and gives them the opportunity to speak with real life patients about what it is like to be in hospital and how their choices have impacted on their lives.

The students followed the path of a trauma patient through the hospital, looking at their management in acute environments such as the trauma ward, emergency department and intensive care units. The students also learnt about the long term impact and disability injuries can cause, by participating in physiotherapy, speech therapy and occupational therapy sessions. Students had the opportunity to speak with the staff who care for trauma patients while they are hospitalised and were encouraged throughout the day to make smart choices and think twice about taking risks to prevent harm to themselves and others.

Emily Gerson - Student Engagement and Wellbeing Leader.



P.A.R.T.Y. Program (continued)...



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
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Book Donation

Thank you to everyone who donated during the Term 2 Casual Dress Day. This money was used to purchase books for Dixons Creek Primary School. The SIRC students delivered these books and ran a reading session with the Grade 3 and 4 students on Monday 9th September. Well done to everyone involved.



Nursing Home Visit

Well done to all the SIRC members for the visit they made to Lilydale Aged Care on Friday 13th September. Students learned a great deal about the residence and heard some fantastic stories. A great afternoon was had by all.



Michelle Pezzimenti.

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

Bakers Delight
We're for real.

Compass & Duke of Ed After School Hike around Mt Lofty – Warrandyte State Park

Yet again the weather challenged us, but the resilience and determination shone through! Well done to the Compass Bronze and Silver Award students who tackled three different routes hiking around the State Park. The students navigated their way around with increasing confidence. Once again they learnt lessons about carefully observing their surroundings and taking note on the map when they came to every track junction. They saw masses of wildlife as dusk approached; wombats, kangaroos and in particular some giant muddy wombat holes which the students could fit into! The students really supported each other and demonstrated our school values.

It is always a pleasure to take our students out when they really want to challenge and extend themselves and I look forward to the remaining hikes/experiences we have left this year.

Clare Rayner.



8D Yarra Ranges Tech School Excursion

8D had a great day at Yarra Ranges Tech on Thursday 29th August. Well done to all students who were able to create circuits that will help patients in hospital.



Michelle Pezzimenti.



Year 7 Girls Basketball

A very big congratulations to our Year 7 Girls Basketball Teams who both came away with wins on Friday 30th August. The A Team has now won through to the next level after being undefeated all day. The B Team was equally impressive with 4 out of 5 wins.

It was a terrific day and the girls were all so fantastic. Well done!

Sharon Francis.



Please see this month's full Sport Report on the following page

Sport Report

Congratulations to the following Year 7 students who won their Yarra Group Interschool Sports on Friday 30th August:

Hockey: Sam Cherry, Reegan Davis, Caitlin Dossett, James Hoogenboom, Abigail Jeffree, Sienna Licciardi, Eleanor Meyer, Winter Pyne, Henry Shannon–Palfreyman, Milly Scott, Brayden Shaw, Hayden Stevens, Bradley Stuchbery and Dylan Tooby

Table Tennis: Ella-Mai Bartilotta, Rebekah Hartrick, Amy Mayall, Asher Thompson and Brooke Wills

Basketball: Amy Perry, Katelyn Hurley, Hayley Ray, Haylee Bell, Jayde Rice, Mia Harper, Ryleigh Tesoriero and Michaela Harding

All teams will now be competing in the Eastern Metropolitan Region competitions in Term 4.

Over 40 students competed in the Yarra Group Athletics Sports on 3rd September with more than half bringing home a ribbon. The following students won their events and will now be competing in the Eastern Metropolitan Region Athletics Carnival on 11th October:

Cayden Cameron, Cat D’Couto, Erin Foley, Bailey Griffiths, Kane Hennessy, Lucy Lamond, Brayden Walker, Zane Wheeler and Cambell Wyss.

Congratulations to Cat D’Couto and Matthew Stephens, who were both runners-up in the U16 Age Group Championship, and Zane Wheeler who came 3rd in the U20 Boys Age Group Championship.

The College will be having eight teams playing in Eastern Metropolitan Region Sports events in Term 4. We wish all these teams all the best. Watch this space.

Sonya Tamos – Sport Co-ordinator.



Level 3 Compass Award – Assessed Adventurous Journey Day

On Friday 6th September, our 12 Award students in Level 3 spent the day working around Warrandyte State Park. What a day!!! We kept saying we were so lucky; the rain came down just as we were pulling into the school yard.

I was so impressed with all of the group, we had an excellent day. It was packed full of challenges; navigation, group work, tent skills and the use of the Trangia stoves for lunch. The students took everything in their stride, listened carefully and supported each other around the trails. We saw some wildlife, some native flora and introduced species. The total distance they walked was 5.5km before lunch and 3km after lunch, which is a good effort on some slippery single tracks going up and down some steep terrain.

I hope the students will continue to extend their interest in the outdoors and look forward to working with them to finish off the Award Program next term. Well done to all students!!!

Clare Rayner.



Level 3 Compass Award – Assessed Adventurous Journey Day (cont)....



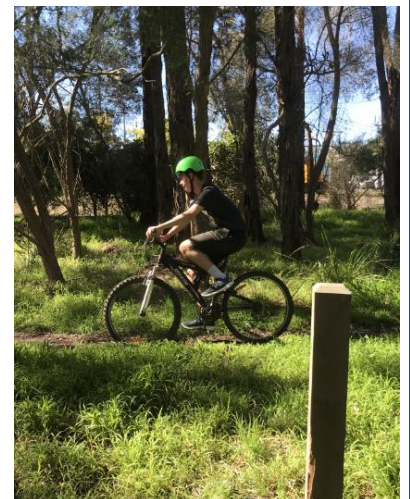
Middle School Outdoor Education – Mountain Biking Sessions

What a fantastic effort again! On Wednesday 11th September, our second session involved the students riding the trails to Lilydale Lake and tackling a couple of beginner/intermediate skills tracks. The students were great! They were extremely responsive to our instructions, in particular with the difficult crossings over the Maroondah Highway.

The students were also inclusive of everyone's differing abilities and constantly encouraged each other. It was great to see them extend themselves on the BMX track. The next step would be to encourage the students that felt comfortable to try and get out to some of the larger bike parks such as Lysterfield Park. I'm sure they would really enjoy the opportunity.

I also feel there are a number of potential young leaders in this group; I hope they can continue to flourish and challenge themselves to get involved in various school activities. Guys, the challenge is on!!!!

Clare Rayner – Outdoor Ed Teacher.



Sustainability Team Update

This month has seen the team undertake some planning for the food garden at the end of H-Wing. The garden will consist of a food forest of trees and shrubs which are food producers. Then there will be garden beds for perennial food plants and finally market garden beds for seasonal produce. The project is being supported by the Voice of 8 Gardening Team who are digging swales for water storage and covering the grass with cardboard as a suppressant.



Sustainability Tip:

Did you know that 1 million plastic bottles are produced worldwide every minute?!

Buy and use a refillable container. The planet is drowning in plastic waste.

Shannon Sargeant – Sustainability Leader.

VCE Creative Showcase

The VCE Creative Showcase will be held on Wednesday 16th October from 6 – 8pm in D-Wing and the PAC, and involves Year 11 and Year 12 student work and performances from Studio Art/VCD/PDT/Media and Theatre Studies.



Laura Morley – Art Co-ordinator.

LANGUAGES UPDATE

7E Okonomiyaki Making

7E recently looked at the origins of Okonomiyaki, a popular Japanese dish. Students then had the opportunity to prepare the dish and enjoyed eating the result!

Isabella Phillips



LANGUAGES UPDATE (continued).....

8B Excursion to Lilydale Primary School

Well done to the students of 8B who visited Lilydale Primary School on Tuesday 10th September and ran a Japanese lesson for the Grade 3 and 4 classes.

Michelle Pezzimenti



LANGUAGES UPDATE (continued).....

Japanese Club

Students have enjoyed trying a number of traditional Japanese toys and games this term in Japanese Club. Students learned about *Kendama* (cup and ball game) and *Kamifusen* (paper balloons) and then took part in a competition. Jol Scoby (7C) was the *Kendama* champion, and Kane Foley (7C) the winner of *Kamifusen*. We ended this term with a *Kamihikouki* (paper plane) competition. Students used their *origami* skills to make their own paper planes, with Monte Darlinson (7C) creating the plane that travelled the longest distance. Congratulations to all participants and winners! Please come and join us next term for Japanese Club, every Friday lunch in H2!

Mayumi Takahashi-Chan



LANGUAGES UPDATE (continued)....

Middle School Japanese

Congratulations to the Middle School Japanese class who visited Lilydale Primary School on Monday 16th September to run a lesson in Japanese with the Grade 3 and 4 students. We are sure they had just as much fun as we did!

Michelle Pezzimenti



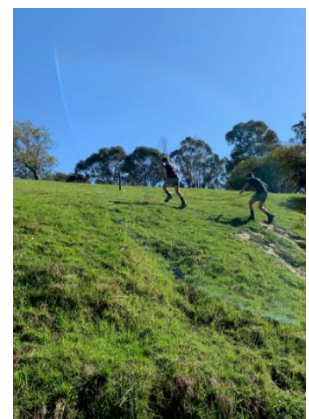
Ms Evans, Ms Pezzimenti, Mrs Phillips, Ms Takahashi-Chan – Language Team.

Year 8 Camp Howqua

By Laura Dangaard 8E

Wow!! What a jam packed and exhilarating three days Year 8 Camp was! From the start till the end everyone put their best foot forward, supporting each other and always stepping outside of their own comfort zones. Camp Howqua is set in the pristine surroundings of the highlands, with many activities situated in the beautiful outdoors. There was a wide range of enjoyable activities on offer, including a survivor course, horse riding, high ropes, flying fox/zip line, archery and a low ropes course. The survivor course demanded that everyone work as a team and tested each individual to their limit. It was certainly a time for everyone to get wet and extremely muddy! The course involved activities such as crawling through a mud pit, climbing over concrete walls and a rope net and much more. Horse riding was an idyllic meander around the gorgeous countryside of Camp Howqua, with all enjoying the picturesque and peaceful environment. The high ropes course was a series of challenges set seven metres off the ground. Each course presented the participants with a daring challenge and created a sense of satisfaction and achievement once completed. The Camp Howqua flying fox was a 270m wire rope that was seven meters high that you slide down using a pulley and harness system. Many students decided to step even further outside of their comfort zones in this activity, going down the rope backwards or upside down. Archery catered for everyone's abilities, with various different challenges and competitions included. Finally, low ropes was a set of 13 various different rope, initiative and team building obstacles. A great time had by all and allowed for many more friendships to be made. Thank you to all the teachers for their hard work and dedication in organising the camp and ensuring that it was a thoroughly enjoyable experience for all.

Please see some more photos from Camp on the following page.....



Year 8 Camp Howqua (continued)...



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/ **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.



COMMUNITY NOTICES & ADVERTISEMENTS

Please Note: Such publications do not imply College endorsement of the product or service.



LILYDALE HEIGHTS
COLLEGE



2019 Spring Youth Holiday Program

We are excited for the new Spring Youth Holiday Program! Come and join us from September 23 to October 4 for some holiday fun where you can learn new skills, make friends and stay active. Activities include Hedgend Maze, Sailing (beginners), Cooking for a good cause, Soy Candles and Jewellery workshop and STEM activities at the Yarra Ranges Tech School.

Bookings are essential and places are limited.



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SUMMER 2019/20**



1. Go to www.playcricket.com.au
2. Search "CROYDON NORTH" or enter postcode 3136
3. Click Register

JUNIOR BLASTERS (5 – 8 year olds) – Sunday mornings

GIRLS CRICKET – Sunday mornings

UNDER 10 – Friday nights

UNDER 12 & 14 – enquires welcome

UNDER 16 CRICKET ACADEMY – enquiries welcome

BOYS & GIRLS ALL WELCOME

If you need more information call us...

Ryan Sleeman - 0437 408 887 (Club President)
Kati Wilkins - 0409 411 889 (Junior Co-ordinator)

Croydon North Cricket Club - Hughes Park - 435 Mareondah Highway, Croydon North
Website: <http://encc.vic.cricket.com.au>

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... Theatre Groups & Ensembles ...

Expressions of Interest from
Theatre Groups and Ensembles
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See the ARKfest tab at ARK Theatre and our social media pages for further details or
email: arkshorties@gmail.com