

Principal: Ms Rosina Fotia

Assistant Principal: Ms Isabella Phillips

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COLLEGE CALENDAR 2019 - DECEMBER

Monday 2 nd – Wednesday 4 th	Y11 2020 Orientation
Thursday 5 th & Friday 6 th	Y11 2020 IEPs
Monday 9 th – Friday 13 th	Community Outreach Week (COW)
Tuesday 10 th	Year 2020 Orientation Day
Tuesday 10 th	Y7 – 9 Vic. Market Excursion
Monday 16 th & Tuesday 17 th	Faculty Based Activities
Wednesday 18 th & Thursday 19 th	School Yard Blitz Days

Please Note: all dates and times are subject to change

PRINCIPAL'S REPORT

Learning Focus

Learning Focus has been on examinations and On Demand Testing as a part of our assessment schedule. On Demand Testing allows students and staff to check student growth in literacy and numeracy throughout this year. Students have been completing Progression Tasks and Common Assessment Task across all subject areas.

The final VCAA exams were held this month and Middle School students have completed their examination period as well. Staff are busily finalising assessment tasks in preparation for end of year reporting. These reports will be available to parents on Friday December 13.

Visit from Minister of Education

The Minister of Education visited the school on November 22. This was an opportunity for the Lilydale and Upper Yarra Education Plan members to share achievement milestones and to discuss progress regarding upcoming building works at the College. We thank the Minister for his time.

Remembrance Day

I escorted two Year 11 students, Lachlan and Eden, to the Lilydale Cenotaph on November 11. The students placed a wreath on behalf of the College community. Meanwhile, Sinead led the minute's silence held here at the College.



Absence Hotline: 9735 7040

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

Visit: www.lilydaleheights.vic.edu.au

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eSmart
Smart. Safe. Responsible.

Duke of Edinburgh

Clare Rayner, teacher at Lilydale Heights College, was this week officially recognised for her contribution to the International Duke of Edinburgh Program. The Duke of Edinburgh's International Award, accessed by students in over 144 countries worldwide, is the world's leading youth achievement award. It equips young people for life regardless of their background, culture, physical ability, skills and interests. The Award pushes young people to their personal limits by challenging them to develop a sense of community spirit and responsibility for themselves and others.

Clare was one of only eight state wide recipients of an award, acknowledging her contributions to the lives of many young Australians, both locally and whilst working overseas. Clare's award was presented to her at a function hosted by the Right Honourable Lord Mayor of Melbourne, Sally Capp, at the Melbourne Town Hall earlier this month.



Valedictory Dinner

Congratulations to the class of 2019 on their Valedictory Dinner.

A wonderful formal evening was held and enjoyed by all. It was a great opportunity to reflect on the past 13 years of schooling, remember fun times, laugh at challenging times and farewell those who have supported them throughout the last six years. We wish them all the very best.



Year 7 2020 BBQ

A welcome BBQ for incoming parents and students was held on Saturday November 16, as a part of our Transition Program with families. Those present were provided with brief information about College priorities including the Mobile Phone Policy and Independent Reading, while students had the opportunity to meet new people. Thank you to those involved.

Victoria Road Primary School

Congratulations to Victoria Road Primary School on the official opening of their new buildings. I was honoured to be present at their opening ceremony and it was a delight to see the wonderful new facilities our local primary students now have access to.

*** Mobile Phones Banned from 2020 ***

In June of this year, The Minister for Education, The Honourable James Merlino, announced that from 2020 mobile phones will be banned in all government schools. The policy is being introduced because teachers and parents regularly raise concerns about the use of mobile phones during school hours as a cause of constant distraction in classrooms. Rolling out this state-wide policy will provide consistency for principals, teachers, students, parents and school communities.



As part of this new policy, students must switch off their phones and store them securely from the moment they arrive on school grounds until they leave at the end of the day. Students will be reminded regularly of the new arrangements and the College Mobile Phone Policy will be available on the College website before the end of this year.

It's NOT OK to be AWAY

Encouraging regular school attendance is one of the most powerful ways you can prepare your child for success—both in school and in life. When you make school attendance a priority, you help your child get better learning outcomes, develop healthy life habits, avoid dangerous behavior and have a better chance of graduating from high school and transitioning to further study, traineeships or full time employment.

When students are absent for fewer days, their results and reading skills often improve—even among those students who are struggling in school. Students who attend school regularly also feel more connected to their community and develop important social skills and friendships.

If you are having difficulty getting your child to school and would like some support, please do not hesitate to contact the relevant sub-school Learning Leader on 9735 1133.



***Rosina Fotia,
Principal***

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.**



Inter-school Sports November 2019

All Inter-school Sports have been completed for 2019.

Term 4 has seen seven teams competing in various Eastern Metropolitan Region Sporting events, as well as the EMR Athletics Carnival, with Zane Wheeler successfully competing in the State Athletics Carnival.

EMR teams included Year 8 Softball, Year 7 Girls Cricket, Year 7 Hockey, Year 7 Table Tennis and Year 7 Baseball and Softball, with Mr Lees praising the Baseball team members saying, "great team effort, well done boys".

Congratulations to Yarra House for winning all the College Carnivals this year and thus winning the overall House Team for 2019.

Congratulations too, and thank you to our Year 12 House Captains Gen Bowen and Shae Scott (Olinda), Jess Jeeves (Melba) and Kacey Buller (Yarra). We wish them all well for their future endeavours after life at Lilydale Heights College.

Sonya Tamos – Sport Co-ordinator



Auslan

It's been an exciting year introducing Auslan into the Middle School curriculum and it's been an absolute pleasure watching the students develop their skills so quickly and enthusiastically. It's also great to hear that families are also learning from their children at home!

On Thursday 31st October, our Middle School Auslan class got to visit the first Deaf School in Australia as part of our investigation into Deaf History and Culture. They were given a guided tour into the rich history of Victorian College for the Deaf. The site includes the original bluestone building, built in 1866, and beautiful grounds. Students were then given the opportunity to use their Auslan skills to order their lunch at the College Tradeblock café before heading home. It was terrific to see our students practising their order beforehand, determined to get it perfect! The group was fantastic from start to finish, representing the College in the best way possible, as they demonstrated Excellence, Respect, and Responsibility.

Kerrie Miller – Auslan Teacher



Kayak Paddleball Session at Lilydale Lake

It was game time! The Outdoor Ed students had the opportunity on Wednesday 6th October to adapt and use their paddling skills and put them into a new up-and-coming fun activity. Paddleball is like water polo, where students work as a team and pass the ball to then shoot into a goal. All this while using the kayak to move around the water court. The students were great; they were supportive of each other and helped with the equipment without any hassle which was great to see. Once they got on the water, this time in their own kayak, the students were chasing the ball and trying to help their team score. We had so much fun!!!

This is a program that is new and Paddle Victoria is putting on some more programs, in particular on the weekends between now and December. Their mission is to encourage youngsters who might not be physically active to try something new. The students were extremely active during our session! Well done to all! If you would like more details on this activity please feel free to contact me.

Clare Rayner – Outdoor Ed Co-ordinator.



DARK ZONE LASER TAG EXCURSION

On Friday 8th November the Year 9's went to Dark Zone Laser Tag in Box Hill. We took the train from Lilydale Station to Box Hill and walked to the four story laser tag arena. We got split into four teams, three teams played against each other at a time, so we rotated a couple of times. It was heaps of fun, especially when we got to shoot Mr McGown and Miss Roberts. After laser tag we went to Box Hill Central, got some lunch then we got back on the train to Lilydale. It was a really great day!

Luci Bowen – Year 9



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

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.

FACTS:

- Skin cancer kills nearly 2,000 Australians each year.
- This is more than the national road toll.
- 2 in 3 Australians will be diagnosed with skin cancer by the age of 70.
- Your skin cancer risk can be reduced by using good sun protection.
- It's never too late to start using sun protection / prevention, regardless of age.

Think ULTRA VIOLET (UV) not heat

- UV cannot be seen or felt so skin damage can happen without realising it.
- UV levels can be as high on a cold or cloudy day as they are on a hot day.
- Sun protection times in the forecast are when the UV Index is 3 or above.
- When UV is 3 or above sun protection should be used in your daily routine.

FREE SUN SMART UV APP

- Overexposure to UV radiation causes wrinkles, skin, eye damage and potentially skin cancer.
- The Sun Smart app shows current UV levels and when sun protection is recommended for your specific location.



FEATURES:

- Sun protection times for more than 600 locations across Australia, providing an easy way to find out when you do and don't need sun protection each day.
- Alerts to remind when sun protection times start each day.
- Sunscreen calculator, which provides the minimum recommended sunscreen application recommended, based on your choice of outfit.
- Ability to set a two-hour reminder so you don't forget to top up.
- You can add multiple profiles to the calculator to help the whole family keep track of their sunscreen application.

www.sunsmart.com.au/tools/interactive-tools/free-sunsmart-app



Enjoy the summer holidays and remember to use a combination of sun protection actions when outdoors and while the UV is 3 or higher.

Protect yourself in five ways from skin cancer

CHECK FOR SIGNS OF SKIN CANCER & WHAT TO LOOK FOR:

www.cancer.org.au/preventing-cancer/sun-protection/check-for-signs-of-skin-cancer.html

Middle School Outdoor Ed – Cathedrals Ranges Hike Camp

Well, we returned from our final Outdoor Ed experience this semester. Overall the students have made a considerable journey through their high ropes, kayaking, biking and now hike camping experiences this semester. This Cathedrals Camp built on a number of skills and knowledge from our learning; students were having to consider risks, minimal environmental impacts, navigation, cooking skills and camp craft. It was great to see the students really enjoy their achievements of the hard walk and climbs to see the magical views. They clearly recognised it was worth the hard work.

Throughout the camp, the students were beginning to extend their ability to take responsibility for themselves and manage their own equipment, which included cooking their meals. Some students still need to consider their choice of foods, with minimal weight and ease of cooking without burning the pans. Overall the students pulled together, especially in their walk through Wells Cave and up and down from Sugarloaf Peak. They carried each other's pack, sang songs and gave encouragement. Well done to all!



*Middle School Outdoor Ed –
Cathedrals Ranges Hike Camp
(continued).....*



Sustainability Update

The Gardening Team from the Voice of 8 has continued this month to complete the ute garden bed. With the help of Doug Standen (Maintenance) the students have made a frame for the ute tray to sit on and have filled it with soil. The final task of adding plants will occur in the next month.

A special thanks to: Boss Aluminium in Bayswater for donating the ute tray
 Bunnings Lilydale for donating materials to make the frame
 Supersoil Lilydale for donating the soil to fill the tub

The Sustainability Team has also been busy organising the Bunnings BBQ fundraiser. We anticipate that we will be able to fund the creation of a few garden beds with the money that we raise. Many families and College staff have been generous with their donations of supplies and/or time for the day.

It is fantastic to have so many community members willing to assist us with our projects. We thank you very much.

Mrs Sargeant on behalf of the Sustainability Team and the Voice of 8 Gardeners.



Year 7 Healesville Sanctuary Excursion

In Term 4 Science, students undertake a unit of Biology focussing on classification and ecology. As part of this curriculum, we undertook an excursion to Healesville Sanctuary. Before the day, students were introduced to the 21 endangered animals that Zoos Victoria is fighting to save from extinction; the students each chose one of those animals on display to visit and research while they were at the Sanctuary. Educators on the day discussed the role of Zoos Victoria in saving species and educating people on the things that they can do to help. Some students were able to go behind the scenes at the reptile enclosure and all experienced the bird show.

The day was a huge success and we received really positive feedback about the behaviour and manners displayed by our students – well done on such great demonstration of the College Values.

Student comments on the day:

*I liked having the freedom of being able to walk around everywhere with my friends and it was very enlightening - **James Ackroyd***

*I liked having freedom of being able to roam around the zoo and see all the Australian animals that they had there and learning new facts about the animals - **Hayden Stevens***

*I got to see lots of animals that I've never seen before - **Matthew Van Trojen***

*In terms of animals, I liked the black cockatoo the most. It was also nice to break the rhythm of normal schoolwork and go somewhere else - **Monte Darlison***

*I liked how a bird went on my head and started dancing - **Annie Nykel***

*I liked seeing my animal, the spotted tree frog, at the lyre bird enclosure- **Braiden Glover***

*I liked the timetable structure and all the animals involved in the program - **Genevieve Hollingshead***

Mrs Sargeant – Science Co-ordinator.



Taiko Drumming

In Week 4 of this term, Japanese students from Year 7, 8 and Middle School participated in a Taiko Workshop with Kiyomi-Sensei. This cultural incursion gave our students the opportunity to try Taiko Drumming, an ancient traditional style of drumming from Japan that involves co-ordination, teamwork and discipline. The students enjoyed learning the drumming techniques and by the end of their session could play a basic Taiko rhythm. It was lots of fun and great for students to gain an insight into an aspect of Japanese culture.

Penne Evans – Languages Department



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

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COLLEGE

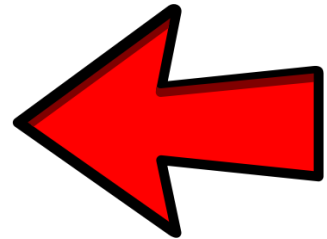
NEW PLAYERS WELCOME

REGISTRATION DAY
SUNDAY 8TH DECEMBER

11am-1pm

Club Rooms
95 Swansea Rd
Montrose

All Ages
2 - 116 yo
No experience required



<http://lilydalemontrose.football>

ROUNDBALL FOOTBALL THE WORLD GAME



Christmas
**TWILIGHT
MARKET**

FRIDAY 6TH DECEMBER

Gifts for all ages, from locally made products to jewellery stalls and exciting food stalls.

5.00PM - 9.00PM
Chirside Park Community Hub
33 Kimberley Drive, Chirside Park

To find out further information or enquire about holding a stall at this event call 1300 835 235

www.cire.org.au