

**Principal: Rosina Fotia Assistant Principals: Isabella Phillips/Tim Wright**

**Issue: 1 Volume: 20**

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## COLLEGE CALENDAR 2020 – FEBRUARY

<b>Wed. 5<sup>th</sup> Feb. – Friday 7<sup>th</sup> Feb.</b>	Y12 VCE Soaring Start Camp
<b>Wed. 12<sup>th</sup> Feb. – Friday 14 Feb.</b>	Y12 Outdoor Ed to Cape Liptrap Bunurong Coastline
<b>Monday 17<sup>th</sup> February</b>	College Photos
<b>Thursday 20<sup>th</sup> February</b>	Catch-up Photos
<b>Thursday 27<sup>th</sup> February</b>	College Swimming Carnival – Croydon Memorial Pool
<b><i>Please Note: all dates and times are subject to change</i></b>	

## PRINCIPAL'S REPORT

### Welcome

I would like to welcome everyone from the school community to the 2020 school year. Although our thoughts are with those families who have lost or supported others with the loss of property through what has been a challenging summer break, I trust that everyone has had a safe break and is ready for the upcoming year. The school year has started smoothly; students have settled quickly and the focus in the classroom has moved to improving learning outcomes. We have also officially welcomed all our new staff and students at a whole school assembly. A special welcome must be extended to our 150 Year 7 students and their families.

Welcome to returning staff and the following staff who have joined the outstanding team at Lilydale Heights College:

- Fiona Berryman Educational Support
- Jason Boyce Mathematics and PE
- Nicola Boyle PE and Outdoor Education
- Tanner Draper Nagas English
- John Jennings English and Drama
- Melissa Knowles Instrumental Music
- Amanda Lehmann Educational Support
- Lori Mayger Science Technician
- Sharon McMahon Educational Support
- Kerrie McMurray Librarian
- Mel Meara Humanities and Media
- Ashlee Mynott Mathematics and PE
- Leigh Thomson Health and Food Technology
- Justin Turner Mathematics and IT
- Krissy Veerhuis Student Support Services



**Absence Hotline: 9735 7040**

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

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

We are

**eSmart**  
Smart. Safe. Responsible.

## **2020 Learning Focus**

The main focus areas in terms of student learning outcomes were outlined to staff and students at the beginning of this school year. The College Priorities as outlined in the College Strategic and Annual Implementation Plan this year include:

- Improving literacy and numeracy outcomes for all students
- Actively engaging all students in their learning by developing an aspirational culture

Key strategies which will be used to support attainment of the goals will include:

- Establishing and implementing a guaranteed and viable curriculum
- Developing, embedding and evaluating the implementation of a whole school instructional model
- Implementing a whole school approach to the inclusion of opportunities for student agency in all learning programs
- Enhancing engagement with parents and the school community
- Developing and implementing a comprehensive whole school pathways and careers program to enhance student aspirations
- Embedding the school vision and values in all school practices to enhance the culture and raise expectations for all learners
- Establishing a culture of students' aspirational goal setting which is monitored and progress is evaluated

## **College Contacts**

Following is a list of key staff members within the school who you may contact regarding your child's progress. Whilst every effort will be made to provide immediate contact, these staff members do have teaching allotments and may not always be available when you call. Please leave a message and they will endeavour to contact you as soon as mutually convenient. Contact can be made by calling the office on 9735 1133.

<b>Staff Name</b>	<b>Position of Responsibility</b>
Leigh Thomson	Head of Junior School
Jacob DeKunder/Ashley Roberts	Year 7 Liaison
Fariba Riazati	Year 8 Liaison
Jason Boyce	Head of Middle School
Troy McGown	Year 9 Liaison
Louise Martin	Year 10 Liaison
Emma Steeper	Head of Senior School
Henry Lees	Year 11 Liaison
Daniela Gentile	Year 12 Liaison
Emily Gerson	Student Wellbeing and Engagement
Bryce Denny	Head of Curriculum
Shannon Sargeant	Leading Teacher - Sustainability

## **Attendance - 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 results, develop healthy life habits, avoid dangerous behavior and have a better chance of completing Year 12. But when students are absent for an average of just two days of school per month—even when the absences are excused—it can have a negative impact. Students who attend school regularly feel more connected to their community, develop important social skills and friendships, and are significantly more likely to complete Year 12, setting them up for a strong future.

**Parents are required to advise the College of student absences via Compass or on 9735 7040.**

Attendance Matters!



Every Student, Every School, Every Day

### Term 1 Key Dates

There are some significant events which need highlighted to families before the next newsletter. Please see below:

Event	Date
Year 12 Soaring Start Camp	Wednesday February 5 - Friday February 7
Year 12 Outdoor Education Camp	Wednesday February 12- Friday February 14
College Photos	Monday February 17
Catch-up photos	Thursday February 20
Swimming carnival	Thursday February 27 - Croydon Memorial Pool
Curriculum Day	Friday March 6 - Student Free Day
Year 7 Camp	Tuesday March 10 - Friday March 13

College events can also be accessed on the Compass Calendar.

### Annual Privacy Reminder

Lilydale Heights College collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the School's Privacy Policy. Please take time to remind yourself of the school's collection statement, found on our website at: [www.lilydaleheights.vic.edu.au](http://www.lilydaleheights.vic.edu.au)

### Mobile Phones

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.** Failure to abide by this regulation will result in a confiscation of the student phone. Students will be reminded regularly of the new arrangements and the College Mobile phone Policy will be available on the College website.



### Child Safe Standards

Legislation introduced by the Victorian Government which took effect from January 2017 ensures organisations that deal with children have appropriate and consistent measures in place to prevent and respond to allegations of child abuse. The Child Safe Standards are compulsory minimum standards for all organisations that provide services to children including Victorian schools. The aim of the Standards is to ensure organisations are well prepared to protect children from abuse and neglect. Relevant resources for parents and students can be found at: <https://ccyp.vic.gov.au/child-safety> or by contacting the College Office.

Thank you again and we look forward to a productive and successful school year.  
Regards and best wishes,



**Rosina Fotia,  
Principal**

*\*Parents will receive regular communication through the online College newsletter on **the last Friday of each month.** The College Newsletter can also be accessed via the Compass portal and on the College website.*

## IMPORTANT INFORMATION RE. PARENTS VISITING THE COLLEGE

We respectfully request that all parents when attending the College, report to the General Office in the first instance. As part of the Department of Education Child Safety Standards, parents are not permitted to go into the school grounds or corridors at any time, with or without their child. The Office staff will be happy to assist you with any enquiries. Thanks you for your support in this important matter.

## SCHOOL PHOTO DAY 2020 – LILYDALE HEIGHTS COLLEGE

Annual school photos will be taken on 17 February 2020. Sibling photos will also be taken by request.

**IMPORTANT** - To ensure a sibling photo is taken on photo day, please complete your request online before midday on the day before photo day.

- Grab your phone and go to [arphotos.typeform.com/to/u8mfuZ](https://arphotos.typeform.com/to/u8mfuZ)
- Enter the name and class of the eldest child to be in the photo
- Enter the names of all other children to be included in the photo

There is no need to return any forms or payment to school for photos before photo day; however if you do not have internet access you may contact the school for an order form.

More school photo ordering details will be issued closer to photo day.

Isabella Phillips – Assistant Principal.

## CSEF 2020

If you applied for the CSEF at Lilydale Heights College in 2019, you do not need to complete an application form in 2020 unless there has been a change in your family circumstances. The school will automatically apply for the CSEF on your behalf.

You will only need to submit an application form in 2020 if any of the following changes have occurred:

- **new student enrolments:** your child has started or changed schools in 2020 or you did not apply at the same school in a previous year
- **changed family circumstances:** such as a change of custody, change of name, concession card number, or new siblings commencing at the school in 2020.

Schools are able to accept and process applications up until the end of Term 2 each year.

CSEF payments are made to schools from March onwards each year.

The payment is \$225 per year for eligible secondary school students.

To be eligible, on the first day of Term 1 (29 January 2020) or the first day of Term 2 (14 April 2020), a parent or legal guardian of a student must be an eligible beneficiary of one of these cards:

- Centrelink Health Care Card
- Pensioner Concession Card
- Veterans Affairs Gold Card

**OR** they must be a temporary foster parent

Application forms are available at the General Office.

## TERM 1 SUNSMART

**Lilydale Heights College is a SunSmart School.  
This is a reminder that in Term 1 all students  
are required to wear College Hats when outside.  
Hats can be purchased at PSW or at the College.**



## CORONAVIRUS ADVICE FOR PARENTS, FAMILIES AND SCHOOL COMMUNITIES

You may be aware of the outbreak of a novel coronavirus in Wuhan City, Hubei Province, China.

The Australian Government has advised that there is no cause for alarm with respect to the coronavirus and that the risk to the Australian public remains relatively low.

The Department of Education and Training has consulted with Victoria's Chief Health Officer and Department of Health and Human Services to provide the following advice to parents, families and school communities.

### EXCLUSION OF WELL CHILDREN OR STAFF WHO HAVE TRAVELLED TO AFFECTED AREAS

In accordance with national public health guidelines and current information about the coronavirus from the Commonwealth Chief Medical Officer, it is not a requirement to exclude well children or staff from school if they have travelled to Wuhan, China, or any other areas where there have been reported cases, unless the following applies:

- the person is a confirmed case of novel coronavirus; or
- the person is a close contact with a confirmed case of novel coronavirus in the past 14 days.

If you think your child or a family member may meet one of the above criteria, please contact the dedicated hotline on 1800 675 398. Please keep Triple Zero (000) for emergencies only.

### SEEKING MEDICAL ADVICE FOR YOUR CHILD

Please seek medical advice for any child who is:

- experiencing fever and respiratory symptoms (including but not limited to cough, sore throat, shortness of breath, body aches or fatigue); AND
- has recently travelled to Wuhan, China, or any other areas where there have been reported cases in the 14 days before of the onset of illness.

As with the above advice, please call the dedicated hotline on 1800 675 398 to discuss further actions.

### MORE INFORMATION

For up-to-date information, please see the Department of Health and Human Services website: [Information for the public - novel coronavirus](#)

LILYDALE HEIGHTS COLLEGE CANTEEN MENU 2020

**SNACKS**

- Hash Brown \$1.00
- Bacon roll \$2.70 (Extra bacon add \$1.00)
- Hot Dogs \$3.00 (cheese add .40c)
- Toasted Sandwich - own choice from \$3.00
- Croissant - filled own choice from \$3.20
- Dilm Sims \$1.00
- Cheese Garlic Bread \$1.70
- Chicken Strips \$2.00

**SNACKS**

- Sausage Rolls \$3.20
- Egg and Bacon Roll \$3.20
- 4" n' 20 Pies and Pasties \$3.20
- Nachos \$3.20 (sour cream add .40c)
- Potato Wedges \$3.40 (sour cream add .40c)
- Homemade Quiche (Gluten Free) \$3.20
- \*Margherita Pizza (Vegetarian) \$2.70
- Homemade Vegan Pattie (Gluten Free) \$2.50
- Vegetable Spring Rolls \$1.00

**SNACKS**

- Choc Balls .40c or 3 for \$1.00
- Jelly Cup \$1.00
- Ice-cream (M&M) Crush \$2.00
- Super-Doooper 0.70c
- Cakes \$2.90
- Muffins \$3.30
- Homemade slices \$2.00

**FOCCACIAS (Grilled)**

- Roast chicken, Avocado & Cheese \$5.00
- Cheese & Tomato \$3.30
- Ham, Cheese & Tomato \$3.80
- Ham & Cheese \$3.30

**BURGERS & HOT WRAPS**

- \*As advertised on the day in Canteen
- Chicken Schnitzel Bacon Burger \$4.20
- Chicken Parmigiana \$5.20
- Cheese Burger \$3.20
- Cheese/Bacon Burger \$4.20
- Double Chicken strip sub \$5.00
- Chicken Schnitzel Wrap \$2.80
- Chicken/Cheese Burger \$4.20
- Outback (bacon, BBQ, cheese) Burger \$4.20
- Chicken/Cheese/Lettuce \$4.20

**WRAPS, ROLLS & SANDWICHES**

- Chicken Strip & Salad \$3.70
- Ham and Salad \$3.50
- Roast Chicken, Mayonnaise, avocado & lettuce \$3.70
- Roast Chicken and Salad \$4.20
- \*Salmon, cream cheese and cucumber \$3.90
- Salad Wrap \$3.00
- \*Egg and Lettuce \$3.00
- \*Must order

**MEALS**

- \*As advertised on the day at Canteen
- \*Macaroni \$3.00#
- \*Bolognese \$3.00#
- \*Chicken Carbonara \$3.00#
- \*Stir fry / Curry \$3.00#
- \*Butter Chicken \$3.00#

**SALADS**

- Fruit salad \$3.20
- Mixed Salad \$4.00
- Mixed Salad with meat \$5.00
- Gourmet Salad (Changes weekly - see specials) \$5.00
- Soup of the day \$2.00

**DAILY SPECIALS**

- |                  |                                    |
|------------------|------------------------------------|
| <b>MONDAY</b>    | Carbonara Pasta \$3.00             |
| <b>TUESDAY</b>   | Hot Jam Donuts \$1.50              |
| <b>WEDNESDAY</b> | Wedges \$3.40 (sour cream add 40c) |
| <b>THURSDAY</b>  | Chicken/Bacon Burger \$4.20        |
| <b>FRIDAY</b>    | Fish'n'chips \$5.00                |
|                  | Pasta most days \$3.00             |

**DRINKS**

- Oak Milk Small \$2.80
- Oak Milk Large \$3.80
- 600ml Sugar Free & Mineral Water \$3.80
- Spring Valley 100% Juice \$3.40
- Hot Chocolate \$1.20
- Iced Tea \$4.20
- Large Up and Go \$2.80

**EVERYDAY HEALTHY LUNCH DEAL**

\*Salad Roll and Bottled Water \$2.50

MORE OPTIONS AVAILABLE EVERYDAY - advertised at the canteen.  
WEEKLY SPECIALS - advertised around school grounds.

Prices subject to change without notice. Special dietary requirements can be catered for on request.

\*Bring your own container for a 20c discount on meals and Slushies. Where possible we use recycled and sustainable packaging.

## ADOLESCENT HEALTH NURSE

Hello Lilydale Heights College community. My name is Courtney Croxford and I am pleased to be continuing my role as the Adolescent Health Nurse at LHC in 2020.

The key role of the Adolescent Health Nurse is to support health promotion and primary prevention in Secondary Schools. In practice, this involves running health workshops in classrooms, working in collaboration with the school Wellbeing Team, to see students for individual health consultations and creating a two year Health Promotion Plan tailored specifically to LHC.

My current working days at Lilydale Heights College are Mondays and Fridays and my office is located opposite the library. If you would like more information about the program or my role, please email me at -

[Croxford.Courtney.J@edumail.vic.gov.au](mailto:Croxford.Courtney.J@edumail.vic.gov.au)

I am looking forward to a happy and healthy 2020 at Lilydale Heights College.

Courtney Croxford.

Start the chat before  
someone else does



**Start the chat about online safety and help make every day a Safer Internet Day!**

### Join in the Safer Internet Day buzz

This year Safer Internet Day will be celebrated on Tuesday, 11 February 2020. The theme is 'Together for a better internet' and Australia's eSafety Commissioner is encouraging parents to mark the day by starting family conversations about online safety.

You can download our Safer Internet Day resources at [esafety.gov.au/sid](https://esafety.gov.au/sid) and use them to start the chat about online safety with your family.

### Explore Australia's online safety hub

Check out eSafety's great range of advice and resources. Get started by visiting our parents and carers pages and reading the practical tips for kicking off an online safety conversation. You can also download our 'Parents guide to online safety' booklet (available in 5 languages), tell your family about eSafety's pages for Young People or get familiar with our step by step advice to reporting different types of online abuse. Find out more at [esafety.gov.au](https://esafety.gov.au)

### Join our free parent webinar

eSafety's live webinar for parents and carers will explore the latest research and expert advice for using technology safely. The session will cover how to start the chat about harmful content, relationships and online harassment.

### Teens, tech and time online

11th February 2020 at 8:00 PM (AEDT) 12th

February 2020 at 1:30 PM (AEDT)

Register now at [esafety.gov.au/parents/webinars](https://esafety.gov.au/parents/webinars)



eSafety Commissioner

[esafety.gov.au/sid](https://esafety.gov.au/sid)

*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).*

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## 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.

