

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

**Issue: 6   Volume: 20**

**Date: June 2020**

## PRINCIPAL'S REPORT

### Learning Focus

The focus of learning during this month has been on reengagement of students back to face to face learning. Lessons designed to support student wellbeing in the current environment have been well received. Senior students are well and truly back into "normal" sessions, while Year 7's have undergone a "re-transitioning into high school" program. Staff have continued the focus on literacy and numeracy strategies as a priority and the Independent Reading Program is up and running.

**Congratulations to all students on their positive approach and attitude during this transition period. We are very proud of all you have achieved!**

### Independent Reading Resumes

With the return to face to face teaching, it is timely to remind families of the importance of reading. Students from Years 7-10 have begun their daily 20 minute Independent Reading sessions. Reading fosters an appreciation for the power of words, builds fluency and practice in reading and promotes comprehension skills. Please remind and encourage your child to bring along a book or magazine of their choice each day and take the opportunity to model reading in the home where possible.

### Silver Award: Duke of Edinburgh Award

Congratulations to Ryan Percival of Year 11 who is the recipient of the Silver Award in the Duke of Edinburgh Program.

This internationally recognised program encourages young people to explore their full potential and helps equip them for life and work through participation in four areas:

*Community Service, Learning a skill, Physical Activity and Participating in group overnight journeys & expeditions.*

This program develops confidence, resilience, determination, leadership, planning, problem solving, communication, creativity, adaptability, capacity building and leadership.

Congratulations Ryan on an outstanding achievement!



**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)**

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

### Building Update

Works on Stage One of the building are progressing well. This month's work will include the following:

- Completion of new canteen and staffroom, ready for handover next week
- Completion of facade and roof sheeting on gym
- New boiler installation
- Commencement of replacement of landscaping works in town centre

Please see Mr Wright's report on page 3 of this newsletter for more detailed information.

### Crazy Sock Day

Year 12 students recently requested a special day for their cohort to provide some fun and frivolity. The outcome of the suggestion was "Crazy Sock Day". The Class of 2020, supported by staff at the College, welcomed the cold weather and donned crazy socks for the day as a celebration of colour and fun. A simple, but fun initiative!



### SIRC: Loud Shirt Day

The Student Interact Representative Council has swung into action and has already organised their first fundraiser this term. A "Loud Shirt Day" was held this week. Funds raised (\$517.85) went to The Deafness Foundation. Thank you to all involved and to the SIRC for their vision and commitment. You can see some the photos from the day on page 8.

**Term 3 School Resumes: Tuesday July 14.**



***Rosina Fotia,  
Principal***

*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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Community Bank® Branch  **Bendigo Bank**

# BUILDING UPDATE

## PROGRESS FROM THE PAST 2 WEEKS

### Sports Pavilion

- Façade
- High level rough in
- Timber wall faming
- Prep south entry
- 

### Canteen

- Install joinery
- Vinyl
- Fit off
- Painting

### Town Square

- Complete demolition
- Commence in ground services
- Commence concrete paths
- 

### S-HUB

- Crane new boilers and HW service onto deck
- Fit off new plant

## PLANS FOR THE NEXT 2 WEEKS

### Sports Pavilion

- Complete façade
- Complete wall framing
- Service rough in
- Commence paving

### Canteen

- Barn doors
- Fit off
- Carpet
- Windows

### Town Square

- Service in grounds
- Sewer diversion
- Paths and rock walls

### S-HUB

- Test boilers



## CONSTRUCTION WORKS OCCURRING AT LILYDALE HEIGHTS COLLEGE IN 2020-21

As you know, our school received \$8m as a part of the Victorian School Building Authority's Capital Works Program. This funding will allow us to deliver exciting upgrades to our school so we can make better use of our facilities. The smart, innovative design provides more than just bricks and mortar; it inspires learning and encourages active participation from not only our students, but also our local community.

In order to provide these new upgrades, some disruption may occur during the construction phase. Between **27th June 2020 – 12th July 2020** asbestos removal from some of the older buildings is scheduled. The asbestos will be removed in strict accordance with the regulations. Work will be undertaken over the holiday period and outside of school hours by an expert asbestos removalist and an occupational hygienist engaged by the builder.

As a further precaution, air-quality monitoring will also take place during the removal, and a clearance certificate must be issued by the occupational hygienist before any person can access the area. Air-quality monitoring measures the number of asbestos fibres in an area. An area is safe to occupy and a clearance certificate can be issued, when the level of airborne asbestos fibres is below the limit of detection.

Following the planned removal of the asbestos, we will be able to move forward with the rest of the building works. **It's important that the community is not onsite from 27th June 2020 – 12th July 2020 (inclusive) while the asbestos removal and demolition works occur.**

Please do not hesitate to contact me through the front office if you have any further questions.

As works are scheduled during school holidays, should you have any immediate concerns regarding these works outside of school hours, please contact the Victorian School Building Authority on 1800 896 950.

Rosina Fotia, Principal.

## PARENT SUPPORT PORTAL: TRIPLE P

### WHAT IS TRIPLE P?

Triple P is a parenting program, but it doesn't tell you how to be a parent. It's more like a toolbox of ideas. You choose the strategies you need. You choose the way you want to use them. It's all about making Triple P work for you.

### WHAT DOES TRIPLE P DO?

The three Ps in 'Triple P' stand for 'Positive Parenting Program' which means your family life is going to be much more enjoyable.

Triple P helps you:

- Raise happy, confident kids
- Manage misbehaviour so everyone in the family enjoys life more
- Set rules and routines that everyone respects and follows
- Encourage behaviour you like
- Take care of yourself as a parent
- Feel confident you're doing the right thing

### HOW DO YOU DO TRIPLE P'S POSITIVE PARENTING PROGRAM?

You can do Triple P anywhere, anytime—24/7 with the online programs. Triple P Online is for parents of toddlers to tweens (under 12 years), and Teen Triple P Online is for parents of pre-teens and teenagers (10-16 years).

Rosina Fotia, Principal.

## SPORTS REPORT

During Remote Learning, a daily Sports Quiz was held on the Daily News, with a variety of questions over seven weeks. The following students competed regularly, with the leader board finally finishing like this -



Amarli Kift-Rochow on 181



Laura Dangaard on 176



Amelia Dangaard on 148



Lucy Lamond on 69



Harvey Wheeler on 59

Congratulations to Amarli, who won a \$50 gift card for coming first. There were also prizes to Laura and Amelia for coming second and third.

Some of the things we found out while doing the trivia:

- The current teams involved in the SunCorp Netball Competition are Thunderbirds, Magpies, Giants, Vixens, Swifts, Firebirds, Lightening and Fever
- Australia has reached the Soccer World Cup Finals five times, in Germany 1974 and 2006, South Africa in 2010, Brazil in 2014 and Russia in 2018
- The sports a Jedi plays are Board-skiing, Football. Glimmik, Grav-ball, Greenputt, Gulliball, Hi-lo ball and Hover-skiing
- Each House at Lilydale Heights College has won the Athletics Carnival the following amount of times: Olinda – 2, Castella – 3, Melba – 4 and Yarra – 6
- The longest camel race in Australia is the Boulia's Camel Cup, run over 1500 metres
- The six new Olympic sports to be competed in during the next Olympic Games are karate, sport climbing, surfing and skateboarding, and the return of baseball and softball
- The Sydney-born legend of swimming who took up swimming to help overcome asthma and who was the first swimmer to win the same event at three successive Olympics was Dawn Fraser (in the 100 metres freestyle – 1956, 1960, 1964)

### STUDENT ACHIEVEMENT

During the recent Covid lock down, Franc D'Couto entered the South American Kata Competition.

He was required to video himself doing his half as Tore, as if he was competing with his partner Uke, and upload it.

Franc won 1<sup>st</sup> place in his grad level as a Brown Belt.

Well done!



Sonya Tamos – Inter-School Sport Co-ordinator.

## YR 12 OUTDOOR ENVIRONMENT STUDIES – SUSTAINABLE CAMPFIRE COOKING EXPERIENCE

Well done to the students for their excellent behaviour, respect and application during our cooking on the campfire activity held on Monday 22<sup>nd</sup> June. It is always our passion to complete as many activities as we can in the outdoors, so we organised the cooking of jaffles, spiced apples and obviously marshmallows with a camp fire.

The students were reflecting on our efforts to be sustainable in relation to the fire practice, as well as considering minimal practices, fire safety and extending skills and awareness of things they could cook on a camp fire instead of the normal trangia stoves.

The students listened very well, coped with the wet weather and made some very well cooked and tasty sandwiches. I think they are all very keen to go camping again and put their skills into practice. Fingers crossed we will be able to extend our class sustainable experiences next term!

Clare Rayner – Outdoor Education Co-ordinator.



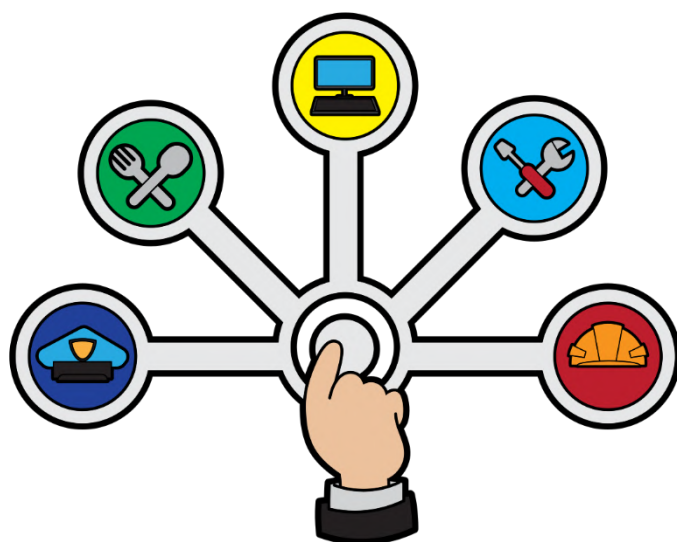
## CAREERS NEWS

### Charles Sturt Advantage Early Offer Program

The Charles Sturt Advantage is our way of recognising Year 12 students who demonstrate to us how they've displayed resilience, empathy and a commitment to creating a world worth living in (like your motivation to study your chosen degree) – the soft skills we know give them the edge!

Students can apply for a wide variety of undergraduate courses for 2021 via the Charles Sturt Advantage Program. Applications are open and will close 31 August 2020.

Visit [Charles Sturt Advantage](#).



### Australian Catholic University (ACU) Community Achiever Program

If you are accepted into the Community Achiever Program, you'll receive an early offer into an undergraduate degree at ACU. And when you apply to ACU through CAP, your application will be assessed with reduced minimum entry scores. You can find the adjusted entry scores online once applications open. Being offered a place at ACU is only the beginning for our Community Achiever Program students. We're confident that your outstanding attributes and experiences will continue to grow with our support throughout your degree.

APPLICATIONS OPEN: May 1<sup>st</sup> 2020

APPLICATIONS CLOSE: August 12<sup>th</sup> 2020 (Melbourne)

OFFERS MADE: Early September

Complete the online application at [www.acu.edu.au/community-achiever](http://www.acu.edu.au/community-achiever) between May 1st and the closing date. Be sure to describe your volunteer work and provide referees to support your statement. Before you submit your application, check you have supplied the correct contact details for your referees so that your application assessment can be completed. Your referees will be contacted to verify your volunteer work.

Juliet Honey – Careers.

## LOUD SHIRT DAY – TUESDAY 23<sup>RD</sup> JUNE 2020



## PEER SUPPORT

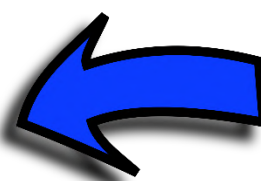
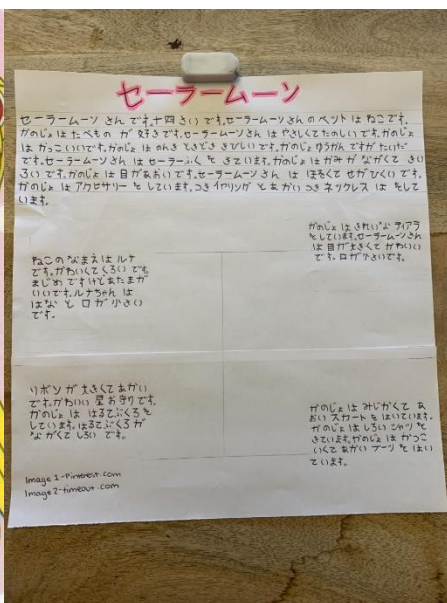
Congratulations to the 2020 Peer Support class who did a fantastic job during remote learning and picked up where they left off once school began as normal again. They have done a great job helping the Year 7 students transition into high school, as well as developing their leadership capabilities. I am really proud of their efforts and look forward to seeing their future leadership endeavours both in and out of school.

Michelle Pezzimenti.

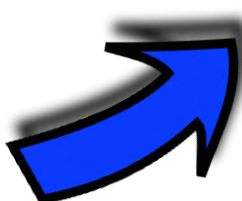


## MIDDLE SCHOOL JAPANESE

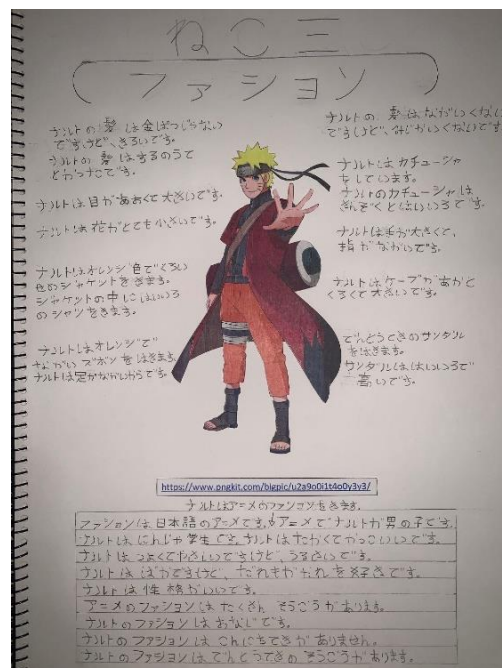
Well done to the Middle School Japanese class who did a fantastic job of their learning this term. Students studied people/fashion and houses in Japan. The quality of their CAT submissions was fantastic. Keep up the great work in Semester 2 everyone!



Kara D.



Francis D.

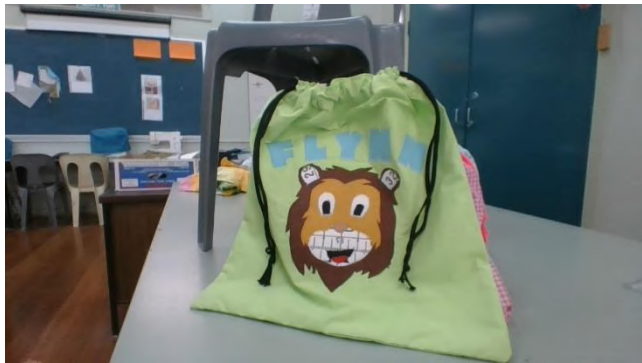


Michelle Pezzimenti.

## DESIGNING IN FIBRES AND FABRICS

My Year 9 and 10 students have been making book bags for the local pre-school this semester as part of our focus on literacy at Lilydale Heights. Students interviewed a pre-schooler and then designed a book bag to suit their preferences. A suitable book has been placed inside each bag with a message from the student who made it. We will go back next term to present the pre-schoolers with their bags and read the book to them. These photos are just a selection of some of the fabulous work done by the students at Lilydale Heights.

Kerry Hall.



## YEAR 11 BIOLOGY

Our Year 11 Biology class recently dissected rats and gained a better understanding of their internal structure and body systems.



Danielle Hensgen.

## STUDENT SUCCESS IN NATIONAL POETRY COMPETITION

Olivia Maggi of Year 9 has recently garnered success in a national poetry competition. Olivia's work has been short listed by the judges in the Write4Fun.net 'The Inside Story 2020' writing competition. This will lead it to be published in the *2020 Write for Fun Anthology*, a book full of poetry and short stories. Olivia is still waiting to find out if she was successful in receiving a further prize in the competition with the announcement coming soon. Below is Olivia's outstanding work.

### Reason of Choice

I stand in the middle, divided by a choice of either path.  
Both are persuading me with their pros and gains.  
left path wore damp and dry appearances, the right disguised with floral colours and warmth.  
One more appealing to the eye, but not to the heart.

A feeling of belonging to the damp and only aesthetic to the floral.  
Long rows of trees appear in both, left dead and grey, right colorful and alive.  
a visual description of each personality washed over my choice  
The flora in the air was strong, no sign of fauna to pray on.

Caught alone in the middle seeking satisfying reasons to choose.  
Still none good enough to take the journey of that path.  
A battle back and forth between the two, fighting over the perfect reasoning,  
Both failing to appeal

My ears start to ring, damaged by the screeching of the wind,  
Like nails down a chalk board.  
The feeling cold as ice glazing over every inch of my skin  
Making my teeth chatter in the frost

Arguing now building louder and colder  
Pettiness thrown at each other  
Each word affecting my decision  
Each path growing more impatient with me, waiting on my voice

I choke on the words caught up in my throat  
Aware whichever I choose I still don't win  
As the battle went on, I developed conscious of neither of them are good enough  
Both filled with rage and pushing me back and forth  
A realization implanted in my thoughts suddenly.  
Was a choice compulsory?  
Was I destined to choose either path?  
Or any path at all...

As they await my steps gracing the surface of their concrete,  
My mind races with the consequences of my next actions  
I lay in the middle of either path  
My eyelids sheltering my eyes from the winds that just grew aggressive

Both enraged the air is blowing harder and harder each second  
I wait for it to carry me away  
My strength too weak to take the journey of each  
I await my spirit to rise and move with the cold

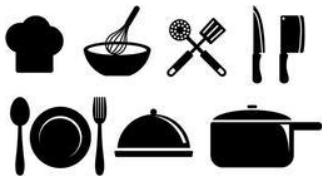
I found where I truly belonged  
And as I sometimes watch over the path,  
I do wonder how different the experience would be  
But I know I made the right choice with good reason

Nobody has to know why  
My reasoning to choose my path belongs to the thoughts of my mind  
Believe in myself no matter how persuasive the other voices may be  
And trust myself...

**Olivia Maggi**

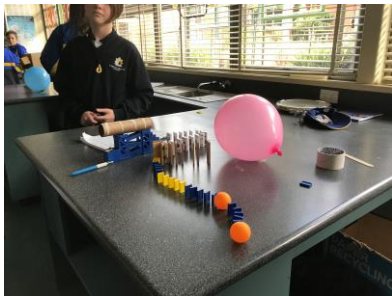
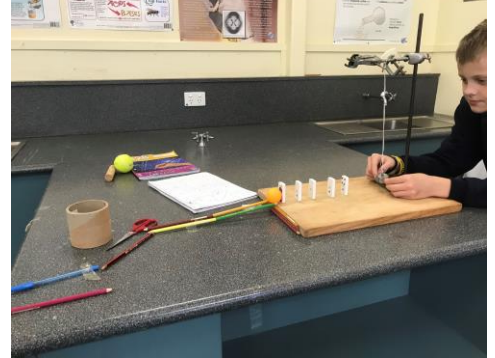
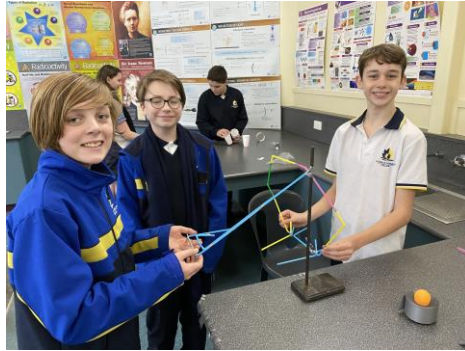
## YEAR 7 FOODS

Year 7's recently made apple turnovers and are doing so well since they have been back at school.



## YEAR 7 SCIENCE

In Year 7 Science, students learned about the many different machines that have been developed through the centuries that make less work for us. This week students have been challenged to create a Rube Goldberg Machine. A Rube Goldberg Machine is designed to complete a basic task in an overly complicated and humorous way using a combination of simple machines.



Leigh Thomson / Clare Rayner.

## YEAR 8 SCIENCE

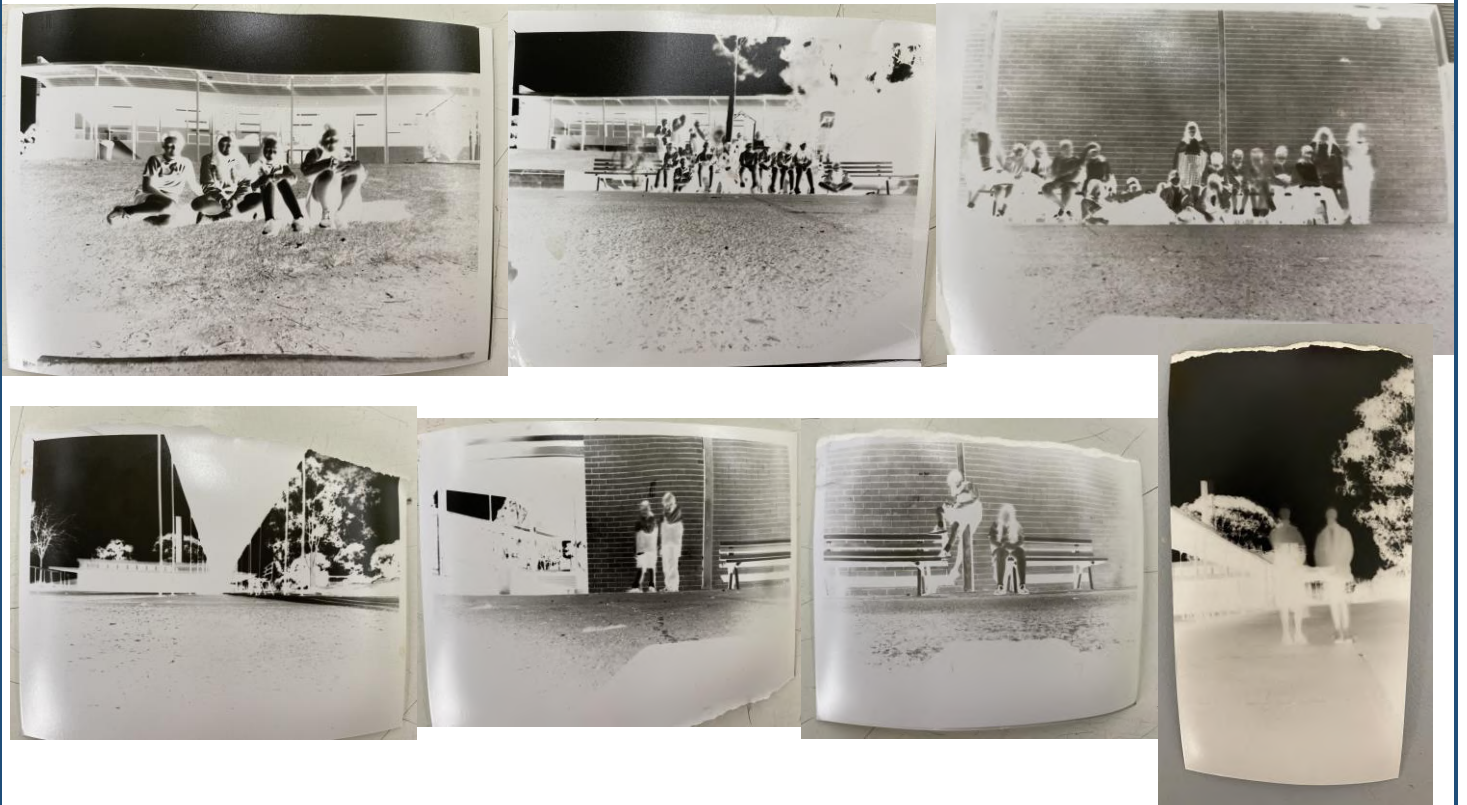
Our Year 8 Science classes have been working on some studies investigating our body systems. Students conducted a heart dissection which created a lot of fun and excitement. Once the students cut the hearts open, they enjoyed identifying the different parts.



Clare Rayner.

## STUDENT ART WORK

### YEAR 7 ART - PINHOLE PHOTOGRAPHY

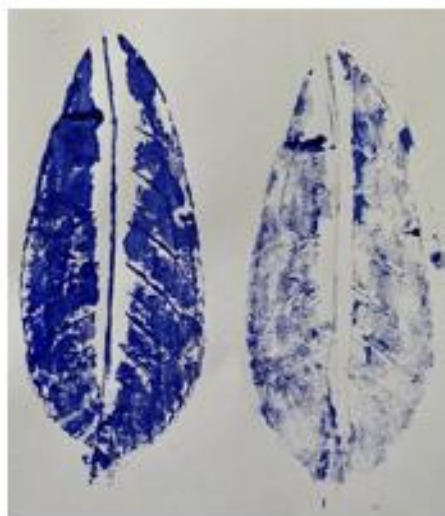
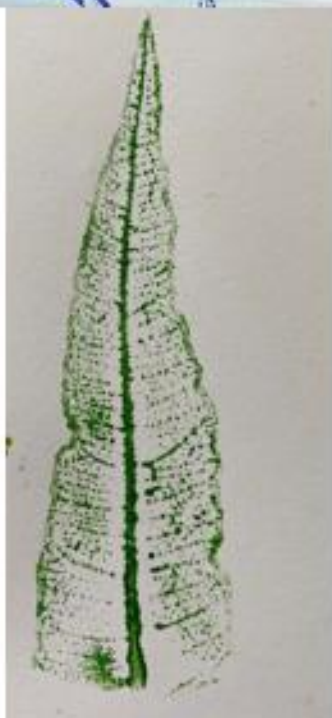
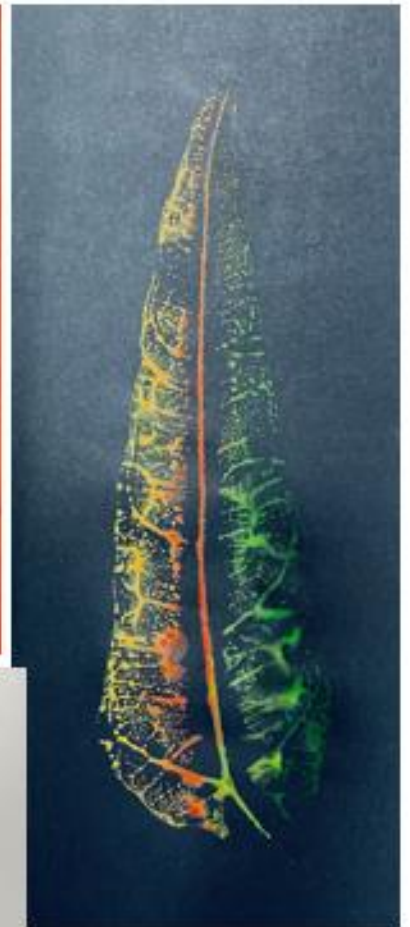


### MIDDLE SCHOOL STUDIO ART – SILHOUETTE PAINTING



## Student Art Work (continued)....

### MIDDLE SCHOOL STUDIO ART – LEAF MONOPRINTING



## Student Art Work (continued)...

### MIDDLE SCHOOL STUDIO ART – LAYERED PAPER COMPOSITIONS



Laura Morley.



Entries are now open for the Parliament Prize competition for Victorian students in three categories: Years 5-6, 7-9 and 10-12.



**Submit a video of a 90-second statement you would make to Parliament if you were an MP. Tell us about the issues you care about affecting your community.**

There are cash prizes available for students and schools.  
Entries are due by Friday 14 August 2020.

**ENTRIES ARE NOW OPEN**  
**[vicparl.news/ParlPrize](https://vicparl.news/ParlPrize)**

## 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.eheadspspace.org.au/](http://www.eheadspspace.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.

