



THE HEIGHTS

News and Information from Lilydale Heights College

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

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PRINCIPAL'S REPORT

Learning Focus

July 13, the first day of Term 3, was a scheduled curriculum day at the school. Staff worked to re-engage themselves with the key priorities of the College including the College instructional model and literacy and numeracy priorities. This day provided an opportunity for staff to reconnect and organise their teams in preparation for remote learning 2.0. The remainder of the week focussed on creating a proactive and engaging environment for our senior students while preparing for release of remote learning tasks for the more junior classes. I am proud of our second transition to remote learning and in awe of the professionalism and commitment of staff in supporting each other and, most importantly, the students in our care, both on and off site.

Senior students have started the term very positively and are enjoying the space and relative “quiet” in the school grounds. The learning focus of the College, however, remains essentially focussed on student learning outcomes. The College has enacted all Department of Education recommendations pertaining to the safety and wellbeing of every student in our care, so that the teaching and learning program can continue both on and off site.

The College priority is to ensure that all students are kept safe and well

To support the health and wellbeing of all our students and staff, our school will continue an enhanced cleaning routine and will encourage frequent hand washing throughout the day. In addition, **ALL** students will be temperature checked on arrival at the College and are always expected to wear face masks. Students will not be able to enter the classroom unless this checking has been completed.

Congratulations and thanks must be extended to students. Their support for current expectations regarding daily temperature checks and the wearing of face masks has been impeccable. The level of understanding, maturity and respect being demonstrated by them has been heartening and I thank them for their commitment and support.

Remote Learning Arrangements

The format being used by Lilydale Heights College during remote learning 2.0 is similar to that used last term. Teachers are using WebEx meetings as a platform to communicate at least once per week and emails at other times.

A reminder of student expectations is as below:

- Log onto Compass and check you lesson plan at the beginning of each lesson
- Connect to WebEx classes if they are scheduled
- Email teachers for non-WebEx classes to let them know you have seen the lesson plan for that day
- Submit Remote Learning Tasks (RLT's) by the due date or earlier

Absence Hotline: 9735 7040

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

Visit: www.lilydaleheights.vic.edu.au



Principal's Report (continued)....

Remember it is important that students:

- Model College values
- Get regular exercise
- Keep up with their independent reading
- Stay connected with friends

Please do ask for assistance if you need it and don't hesitate to contact the school on 9735 1133 if you have any questions.

If you child is ill or is feeling unwell, they must not attend school. They must remain home and seek medical advice.

Course Selection Dates and Details

The Virtual Information Evening for all prospective 2021 students to assist in making informed decisions regarding electives and options for Middle and Senior School programs was held on Wednesday July 29. The online presentation provided important information for families and outlined the selection process at the school. Students have been receiving further information about the process of subject selection during SELF classes. The Curriculum Handbooks are available online on Compass. Please discuss potential choices for 2021 with your student and do not hesitate to contact the College if you need further support with this decision making process. **The 2021 timetable is determined by student choice so it is imperative that signed subject selection forms are submitted by Wednesday August 12.**

State Award Winner

Congratulations to Reegan Davis of Year 8. Reegan is the joint state winner of an artwork competition hosted by the Japanese Language Teachers Association. Reegan's winning design will grace all materials produced by the association at events throughout this year. Well done Reegan!

Thank you again for your ongoing support during challenging times.

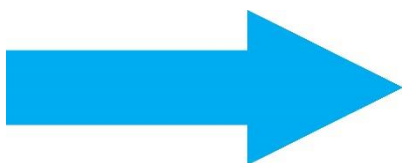
Stay well.



***Rosina Fotia,
Principal***

SCHOOL BEANIES

These are now on sale from PSW, at the cost of \$15.



BUILDING WORKS UPDATE (as of 30th July)

PAST FOUR WEEKS:

Sports Pavilion

- Complete rough in of services
- Complete paving
- External wall cladding
- Install water tank
- Commence wall lining
- Commence battening walls
- Frame ceilings
- Turn lights on
- Complete cutting façade
- Install internal door jambs



Canteen

- Hand over

Town Square

- Complete service in grounds
- Complete sewer diversion
- Commence paving and ramps
- Concrete path and paving
- Concrete seats
- Rock walls



S-HUB

- Test boilers
- Complete asbestos removal
- Commence strip out and demolition
- Complete internal light demolition
- Demolition site walk
- Site measure steel
- Commence heavy demolition
- Prop existing structure



NEXT TWO WEEKS:

Sports Pavilion

- Plaster sheet walls and ceilings
- Batten and ply gym walls
- Install external door suits and louvers
- Deliver of sports floor to site



Town Square

- Soft spot rectification works
- Concrete stairs
- Soft scape

S-HUB

- Complete demolition
- Structural changes



BUILDING WORKS UPDATE (continued)....



BUILDING WORKS UPDATE (continued)....



Tim Wright, Assistant Principal.

2020 JLTAV EVENTS POSTER COMPETITION WINNER

Congratulations to Reegan Davis of 8D who won the first prize in the 2020 JLTAV (Japanese Language Teachers' Association of Victoria) Events Poster Competition.

JLTAV runs a series of seminars and events for teachers and students of Japanese Language across Victoria. Reagan's artwork will be used as a booklet cover at one of the major online events this year.

Check out her fantastic poster!

Well done Reagan!



Mayumi Takahashi-Chan, Language Department.

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**

RACE TO SYDNEY!!!

Hi everyone! It's so important to take opportunities to be active, especially at the moment! Regular physical activity boosts the immune system, helps with food digestion and helps with your mental health and wellbeing. So, as a motivator to get everyone up and active, we're going to have a race to Sydney! Obviously we can't actually race to Sydney, but we can pretend! The race will be held between teachers and students. You can log any activity where you cover distance - rides, walks, runs, even swims. If you've got a canoe you can use that too! (Mrs Rayner I'm looking at you).

Send screenshots of the distance you've covered each week to Ms Lahza at rose.lahza@education.vic.gov.au and she'll log them into our tally. You need to do this by 11:30 a.m. each Friday. You can find your distance covered in workouts if you have apple watches, iPhones, Garmin watches, Fitbits, smartwatches or smartphones. If you can't find anything on your devices, have a chat with your P.E. or Sport teacher and they can help you! The total distance to Sydney is 878.4 kilometres, taking the National Highway. See you in Sydney team!



VIRTUAL OPEN DAYS 2020

Getting the most out of a Virtual Open Day

Participate in a Virtual Open Day from the comfort of your own home! Most institutional Virtual Open Days will be held in late July and August (see over the page for Open Day dates). However, you are more than welcome to contact an institution at any time for advice on courses.

Students are encouraged to register for as many Virtual Open Day events as possible and register soon!

Who should participate in a Virtual Open Day?

Anyone who is considering studying at a tertiary level in the next few years should attend.

Why should you attend a Virtual Open Day?

Apart from the opportunity to obtain course information there are many other reasons for participating:

- You are going to feel more comfortable arriving at a university or TAFE institute on the first day of classes if you have done your research and found out more about the institution
- What is really involved in the course or courses you are interested in?
- If you have to move away from home, where are you going to live?
- Will you be happier studying in a large metropolitan institution or a smaller, perhaps rural institution?
- What does the place 'feel' like? Watch or participate in Virtual Tours, and try gaining an insight into whether or not it is a bustling environment with lots of activity, or a quieter, more relaxed campus set in landscaped grounds?
- How are you going to get there? Is it close to public transport or should you start saving now for a car?

If you don't know the answers to any of these questions, then you should participate in a Virtual Open Day

How to make the best of Virtual Open Days

To make your Virtual Open Day activity fun and informative, here are some pointers:

- Write down a list of questions you would like to ask about particular courses – if they are not addressed during the virtual event, you can always follow up with the institutions later
- If the event allows Q & A, make sure you ask lots of questions
- Enjoy the activity!

Not everyone can participate in all Virtual Open Days and various institutions are also holding their Virtual Open Days on the same date, so students are encouraged to register for as many as possible so that even if you miss one, you should receive notifications from the institutions and may be sent recordings if they are available.

This information was correct at the time of publication.

Students are encouraged to register soon for these events so they can receive important updates.

Addresses of tertiary institutions are available via VTAC on www.vtac.edu.au or by ringing the institution directly or visiting their website. Students in Years 10, 11 and 12 are encouraged to participate in a few Virtual Open Days

VIRTUAL OPEN DAYS 2020 (continued)....

INSTITUTION	DATE	TIME	CONTACT DETAILS
Australian Catholic University Melbourne Campus Virtual Tour Ballarat Campus Virtual Tour	Sat 29 August Sat 5 September Sat 12 September	9am – 3pm 9am – 3pm 9am – 3pm	1300 275 228 Email: opendayvic@acu.edu.au Register for any of the three Open Days at https://openday.acu.edu.au/AskACU – students can call, submit an online question, or start a chat
Australian National University Virtual Tour	Sat 22 – 28 August	Various times	https://www.anu.edu.au/events/anu-open-day
Bond University Virtual Tour	Sat 25 July	1pm – 5pm	1800 074 074 https://bond.edu.au/open-day
Box Hill Institute			1300 059 104 https://www.boxhill.edu.au/events/
Collarts (Australian College of the Arts)	Sat 29 August		https://www.collarts.edu.au/open-day
CQUniversity	Sat 1 August Sat 15 August	10am – 1pm	13 27 86 https://www.cqu.edu.au/courses/future-students/future-study-options/open-days
Charles Sturt University	6 - 17 Sept (select days)	Various times	https://study.csu.edu.au/life/events/open-day
Deakin University & Deakin College All Campuses	Sun 16 August	9am – 4pm	1800 334 733 https://www.deakin.edu.au/openday (03) 9244 5197 Deakin College
Federation University Virtual Tour	Sun 16 August		1800 333 864 https://federation.edu.au/openday
Griffiths University Nathan Campus Virtual Tour Gold Coast Campus Virtual Tour	Open until 1 October	Various times	1800 677 728 https://www.griffith.edu.au/open-day
Holmesglen Institute All Campuses Virtual Campus and Study Tours	6 August	Various times	1300 639 888 Online bookings are essential www.holmesglen.edu.au/opendays
JMC Academy Melbourne Campus Virtual Tour	Sat 15 August		(03) 9624 2917 https://www.jmcacademy.edu.au/events/open-days
Kangan Institute	Wed 26 August		13 82 33 https://study.kangan.edu.au/open-day-2020/
La Trobe University & La Trobe College Melbourne Campus Virtual Tour Shepparton / Mildura / Albury-Wodonga Bendigo Campus Virtual Tour	Sun 2 August Sun 23 August Sun 23 August	10am – 4pm 10am – 3pm 10am – 3pm	1300 135 045 Register to participate at http://www.latrobe.edu.au/openday (03) 9479 2417 La Trobe College
Melbourne Polytechnic			(03) 9269 1200 https://www.melbournepolytechnic.edu.au/about-us/news-and-events/events/?
Monash University & Monash College	Sat 29 August Sun 30 August Mon 31 August	10am – 2pm 10am – 2pm 4pm – 7pm	1800 666 274 https://www.monash.edu/news/events/open-day-2020 (03) 9903 4788 Monash College
Photographic Studies College	Sun 2 August		(03) 9682 3191 or 1300 818 777 https://www.psc.edu.au/study-with-us/psc-virtual-open-day.html
RMIT Bundoora, City & Brunswick Campuses	Sat 8 & Sun 9 August	10am – 3pm	9925 2260 www.rmit.edu.au/openday
SAE Qanm South Melbourne Campus	Sun 30 August	11am – 2pm	1800 723 338 https://sae.edu.au/news-and-events/events/melbourne-campus-open-day-16-august-2020/?date=2020-08-16&id=558
Swinburne University Hawthorn Campus Virtual Tour	From Wed 12 August	Various times	1300 SWINBURNE http://www.swinburne.edu.au/openday/
Torrens University	On demand	On demand	1300 575 803 https://www.torrens.edu.au/about/virtual-open-day
University of Melbourne Parkville & Southbank Virtual Tour	Sat 5 & Sun 6 Sept		1800 801 662 https://study.unimelb.edu.au/openday
University New South Wales (UNSW) Canberra Campus (ADFA) Virtual Tour Sydney Campus Virtual Tour	Sat 22 August Sat 5 September	9am – 4pm 9am – 4pm	1300 864 679 https://www.events.unsw.edu.au/event/adfa-open-day https://www.events.unsw.edu.au/event/unsw-open-day-0
University of Sydney Virtual Tour			1800 793 864 http://openday.sydney.edu.au/
University of Tasmania Virtual Presentation	28 – 30 August	10am – 5pm	https://www.utas.edu.au/open-day
Victoria University Footscray Park Campus Virtual Tour City Flinders Campus Virtual Tour City Queen Campus Virtual Tour	Sat 29 August	12pm – 6pm	1300 842 864 https://www.vu.edu.au/open-day-2020
William Angliss Institute of TAFE	Sat 1 & Sun 2 August		1300 264 5477 https://www.angliss.edu.au/study-with-us/meet-us/OpenDay/

Juliet Honey, Careers Co-ordinator.

ALL MASKED UP AT LILYDALE HEIGHTS!

Our students and staff have embraced the compulsory wearing of masks whilst at school. We thought we would share a few photos of some of the different masks people are wearing. A special mention must go to Sam Dahmen of Year 12 for his wonderful Lilydale Heights mask!



ALL MASKED UP AT LILYDALE HEIGHTS! (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 Kids-Help 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.

