

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

Issue: 1 Volume: 21

Date: February 2021

COLLEGE CALENDAR 2021 – MARCH/APRIL

Monday 1 st March	Curriculum Day – No students required at school
Tuesday 9 th to Friday 12 th March	Year 7 Camp to Phillip Island
Monday 22 nd March	College Photos
Friday 26 th March	College Photos Catch-up Day
Wednesday 31 st March	Parent/Teacher Interviews (from 4pm)
Thursday 1 st April	Parent/Teacher Interviews / End of Term
Tuesday 20 th April	First day of Term 2

Please Note: all dates and times are subject to change

PRINCIPAL'S REPORT

It has been a very busy and dynamic start to the College year. Students and staff have settled into a productive routine and the focus on teaching and learning is evident as I move around the College.

Learning Focus

Priorities for 2021 remain focussed on Literacy and Numeracy while staff have begun their professional learning and trial of moderation of Common Assessment Tasks in Years 7 and 8. Preliminary testing has been completed by all Year 7 to 10 students this month. Data generated by this testing will be used to identify students who will be supported through extension and intervention programs throughout the academic school year.

March 1 Curriculum Day

The first scheduled curriculum day for 2021 will be held on Monday March 1.

This is a pupil free day. On this day, staff at the College and the whole Lilydale District network, comprising 23 primary and secondary schools, will attend online workshops facilitated by Misty Adoniou.

Misty is an educator with many years' experience teaching undergraduate and postgraduate teacher education courses in Language and Literacy. She will work closely with the network throughout the year to develop and expand teacher skill in the teaching of writing.

Green Chronicles

A reminder to parents that staff regularly issue Green Chronicles which can be seen on the Compass portal. These provide staff with an opportunity to acknowledge student achievement in alignment with the school's values (Excellence, Respect, Responsibility). Students may receive Green Chronicles for:

Absence Hotline: 9735 7040

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

Visit: www.lilydaleheights.vic.edu.au

Principal's Report (continued)....

EXCELLENCE

- Producing work that is above the expected standard
- Challenging themselves and encouraging others to strive for excellence
- Showing significant improvement in their learning
- Demonstrating excellence within the College and/or representing the College in the wider community

RESPECT

- Supporting the learning of others
- Contributing to a positive learning environment
- Encouraging the inclusion of others in any area connected to the school
- Modelling respect for staff, students, learning and/or the environment
- Respecting the rights of others in the community

RESPONSIBILITY

- Consistently making the most of learning opportunities
- Demonstrating 100% attendance over the period of the term
- Seeking opportunities to contribute to the school community in a positive way
- Managing personal learning

Congratulations to those students who have already been awarded a Green Chronicle this year. Keep up the good work!

Tutor Learning Initiative:

The Tutor Learning Initiative is designed to support students whose learning has been disrupted because of the COVID-19 pandemic. Schools have been allocated funding to engage tutors to provide targeted teaching to students identified as needing support. The Initiative will commence in Term 1 and will provide support for students for 26 weeks.

We are pleased to announce that the following teachers will join the College as a part of the Tutor Learning Initiative:

Ms Chrystal Anlicker

Mr Ralph Horn

Mr Michael Lester

Mrs Lesley Sutherland

Building Works:

Stage 1: The College has taken possession of the new stadium and it is anticipated that Stage 1 works will be completed by the end of this term. This will open up the town square and new sustainability hub for student access.

Stage2: We have progressed to design development on this stage of capital works. This stage sees the refurbishment of C-Wing and the library foyer. It is anticipated that this will go to tender in July for commencement in August of this year.

Yarning Circle:

A yarning circle was held at the College last week. The purpose of the yarning circle is for Koori students within the College to meet with their support team. The circle provided the students with an opportunity to have an open and frank discussion about their experiences at school and share ideas regarding supports and events occurring throughout the school and wider community. Congratulations to Tanna Draper Nagas on her leadership in the First Nations Advocate role.

Attendance: It's not OK to be away!!!

A reminder to parents of the importance of regular attendance at schools. Daily attendance is important for all children and young people to succeed in education and to ensure they don't fall behind both socially and developmentally:

Principal's Report (continued)....

- School participation maximises life opportunities for children and young people by providing them with education and support networks
- School helps children to develop important skills, knowledge and values that set them up for further learning and participation in their community
- School helps them to make the most of life opportunities

Children and young people who regularly attend school and complete Year 12, or an equivalent qualification, have:

- better health outcomes
- better employment outcomes
- higher incomes across their lives

Research confirms there is a strong link between poor attendance and adverse student outcomes like:

- early school leaving
- poverty
- substance use
- unemployment
- negative health outcomes

Please remember to contact the school on 9735 1133 if your child is absent from school.



Swimming Sports

Ideal weather conditions greeted us on the day. Student participation levels were very high and much fun and frivolity was had. Well done to all staff and students who contributed to the success of the day.

Congratulations to Yarra house who ran out eventual winners.

You can see some photos from the Swimming Sports on the next two pages.

Regards,



Rosina Fotia, Principal

SWIMMING SPORTS



SWIMMING SPORTS



CSEF 2021

If you applied for the CSEF at Lilydale Heights College in 2020 you do not need to complete an application form in 2021 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 2021 if any of the following changes have occurred:

- **new student enrolments:** your child has started or changed schools in 2021 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 2021

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 (28 January 2021) or the first day of Term 2 (19 April 2021), 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.

MENTAL HEALTH PRACTITIONERS INITIATIVE

Our school is excited to be part of the Mental Health Practitioners initiative. This initiative supported our school to recruit a mental health practitioner. We have engaged a mental health practitioner for **three** days a week and they commenced at the start of this year. Students and parents are advised to contact Emily Gerson if they would like to discuss their suitability to engage with the service. Please note, referral and consent forms will be required prior to service commencement. We are excited to have a new staff member at **Lilydale Heights College** who will make a positive contribution to supporting student wellbeing. For more information on the Mental Health Practitioners initiative see the Department website:

<https://www.education.vic.gov.au/school/teachers/health/mentalhealth/Pages/mental-health-practitioners-secondary.aspx>.

Krissy Veerhuis – Student Welfare

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

SPORTS NEWS

Welcome to all the new Year 7 students and welcome back to everyone else.

All students are randomly allocated to one of our four House groups and will remain in these groups whilst at the College. We have three whole College Sporting Carnivals during the year – Swimming, Athletics and Cross Country. Swimming was held on Thursday February 25, Athletics will be on Monday May 10 and Cross Country, which will now incorporate a colour run aspect to it, on Tuesday March 23. Winners of these events have the opportunity to compete in the Yarra Division event and then possibly the Eastern Metropolitan Region events. All students are encouraged to participate in all whole school carnivals, whether competing or just having fun and cheering on their House mates. Great chance to dress up in your House colours too.

Our Houses are:

OLINDA - BLUE HOUSE - derived from the Olinda Creek from where the future site of the Lilydale township was first seen.

House Captains: Beth Ackroyd and Jackson Butler. Vice Captains: Sara Greenhalgh and Lucinda Bowen.

CASTELLA – YELLOW HOUSE - named after the family De Castella who were first to settle the Lilydale area.

House Captains: Megan Galletti and Jade Mason. Vice Captains: Cayden Cameron and Sarah Rice.

MELBA – GREEN HOUSE - named after Dame Nellie Melba, the famous opera singer who was born in the area, lived her later years in Coldstream and is buried in the cemetery across from the school.

House Captains: Eliza Jeeves and Jordy Thomas. Vice Captain: Maddie Amore.

YARRA – RED HOUSE - named after the indigenous inhabitants of the Lilydale area, the Yarra Yarra Tribe.

House Captains: Aidan Norfolk, Abbey Harrop and Cat D'Couto. Vice Captains: Bailey Griffiths, Olivia Ray and Ben Whittle.

Term 1 also sees the start of our inter-school sports competitions. We are affiliated with the Yarra Division and compete with a number of other schools in the area. Term 1 are the summer sports including cricket, tennis, softball, baseball and volleyball. Keep an eye out for results!

Sonya Tamos – Inter-School Sports Co-ordinator



Sports Report (continued)....



BRONZE DUKE OF EDINBURGH AWARDEES

Congratulations go Liam Weir, Jack McVay and Thomas Burgess for completing their Bronze Award. They have demonstrated resilience, organisation, independence and in particular determination to achieve of sections of their Award throughout 2020. Well done! The boys' adventurous journeys took them to parts of our local community such as Emerald and beyond on bikes and on foot.

We wish you continued success throughout the Award Program.



Liam Weir with his Bronze Award certificate.

INDEPENDENT READING

The Independent Reading Program is back in full swing, with students from Years 7 to 10, as well as Year 11 VCAL students, completing 20 minutes of reading each school day. It truly is a wonderful thing to walk through the wings during these sessions and hear that unique silence created by scores of people reading.

During this time students are expected to be reading something of their own choice; something they should enjoy. However, this enjoyment comes with so many added perks. The simple act of reading develops a person's literacy skills in a profound way, including an understanding of sentence, paragraph, and text structure, development of vocabulary, improvement of spelling and grammar skills, and pushing a person's ability to develop understanding. It is for these reasons that independent reading is so important, and why it is so great to see everyone involved.

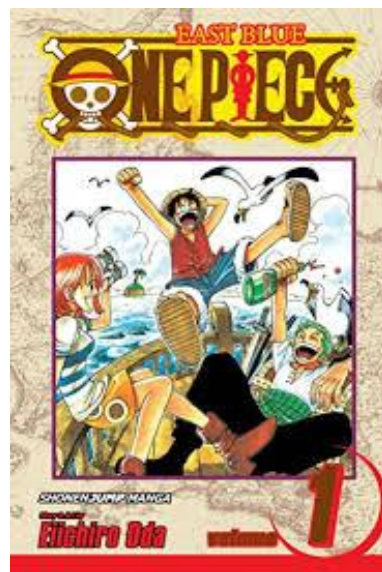
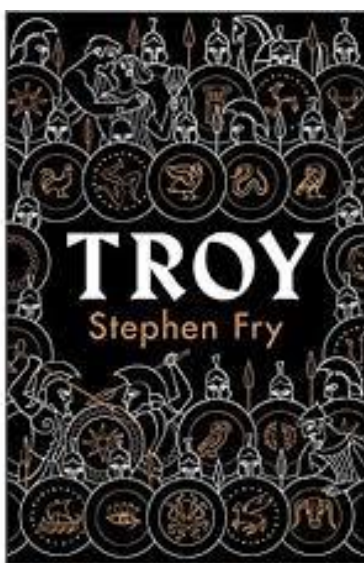
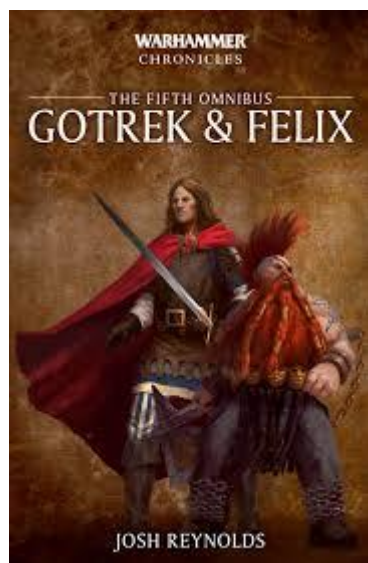
The continuation of this reading practice at home is another way to establish this importance. Having a quiet time set aside where reading is a focus allows us a chance to wind down and relax, get away from screens, and open our minds. If you do this before going to sleep, it could also help develop a better sleep routine, and all the positives that go along with this. Even better, if this reading is modelled by adults, just like the teachers during the 20 minutes at school, then the idea of reading being a normal part of life is further strengthened.

When it comes to my own reading, I've just completed Stephen Fry's "Troy", and have now gone back to my trashy fantasy roots, having started more "Gotrek and Felix" novels. I've got the latest Matthew Riley book as well as my first manga in the form of "One Piece" and "Deathnote" coming up next. I'm quite looking forward to it.

So why not give Independent Reading a try at home as well? It could just be the escapism we need.

Happy reading, all, and let me know if you have any book recommendations!

Peter McKenzie – Literacy Learning Specialist



MIDDLE SCHOOL OUTDOOR EDUCATION

Our Middle School Outdoor Education class has been busy spending time outside experiencing a range of tasks to support their in-class learning. The students have completed their first Mountain Bike Session. This involved practicing a range of skills needed to participate in our next Mountain Bike Session where we will be riding to Lilydale Lake. The students enjoyed the challenges created, including the opportunity to try some jumps. The second activity the students were involved in was an opportunity to experience for themselves the multiple reasons people choose to spend time outdoors. This encompassed completing some soil testing, recreational activities, outdoor mindful tasks and finishing off with the challenge of walking along a slack line. It was awesome to see the students actively engaged in the activities and responsive to the instructions. They supported and encouraged one another and displayed resilience to push and extend themselves further, resulting in their skills and confidence improving significantly.

Nicola Boyle



JAPANESE TEAM TEACHER PROFILES

This year we have 363 students learning Japanese at Lilydale Heights College! We now have five Japanese teachers at LHC. How well do you know your Japanese Teacher?

Pezzimenti-Sensei

I have been a Japanese teacher for 17 years with the past 3.5 years at Lilydale Heights College. I started learning Japanese in high school, just like you all and continued it at university level after I graduated Year 12. I continued to love learning the language and learning about the culture, so I decided to apply for a scholarship through my university. This scholarship allowed me to complete my final year of university at a Tachibana Women's University in Kyoto City. Wow, what an amazing experience that was. Lectures and essays using only Japanese was certainly a challenge but was invaluable to me. Since then, I have visited Japan around nine times, both personally and with various school trips. I love the history and culture of Japan and every time I go, I look forward to visiting places of cultural significance, of which there are many to choose from. I have been all over Japan but there are still so many places I would love to see. I want to go to Okinawa one day!

Phillips-Sensei

I have been teaching Japanese for 26 years. I have also taught Italian, French, English, Humanities and VCAL. I have been to Japan four times. I love the culture, the country, the people and the food!

My favourite places in Japan are Kyoto and Miyajima island. I love all Japanese food, but my favourites are sushi and sashimi. Outside of my passion for Japan, I love music and going to see live bands. I love to cook and going vintage shopping. Before teaching, I ran a band venue in Melbourne; I was very lucky to meet lots of amazing bands. I speak fluent Italian and French, and love to travel. One day I want to go to the *Yuki Matsuri* (Snow Festival) in Sapporo, Japan.

Takahashi-Sensei

I was born in Japan and lived there for 22 years. I first came to Australia when I was 16 years old. I stayed with a homestay family in Perth for two weeks. After this experience, I decided to study more English and came to Melbourne when I was 23 years old. I chose Melbourne because I love playing tennis, and one of the grand slams in Melbourne. I love coffee, Taiwanese bubble tea, and chocolate! I speak Cantonese with my Hong Kong Chinese husband at home because I love learning languages. I have been teaching Japanese since 2006. I did my teaching practice at LHC in 2005, and was very happy to come back in 2019 to be part of LHC staff.

Evans-Sensei

I first visited Japan when I was 16, on my high school trip to my sister school in Kobe. I had such an awesome time with my host-family, and at my sister-school, that I chose to study Japanese and International Business at university. I have worked in Japan for over six years, in the country side in Gifu, and in Tokyo for five years. In my previous career I worked in sales and marketing in Telecommunications. Working in Japan was challenging at times, but also very rewarding. I can't wait to visit Japan again. Next time I go, I want to take my daughter to visit my host-family in Osaka, and go in winter so we can go snowboarding. I want to eat lots of sushi and okonomiyaki and visit onsen. I love learning Japanese, the culture is really interesting, and I LOVE Japanese food. Some of my other interests are music, dancing, cooking, yoga and bushwalking. One day, I am going to walk the 'Nakasendo Way'; a walk from Kyoto to Tokyo that takes you through the Japanese Alps.

We would also like to extend a warm welcome to our newest member, Myddleton-Sensei who has joined the Japanese team this term.

Arigatou Gozaimasu, The Japanese Team

OELLEN, CRCC AND
MAROONDAH CITY COUNCIL
PRESENT THE

MAROONDAH YOUTH CAREER EXPO

Thursday 18 March

5.30pm - 8.30pm

Central Ringwood Community Centre
Bedford Park, Rosewarne Lane, Ringwood

The first step
towards the rest of
your life!

Contacts:

info@oellen.org.au

Phone: 8578 6844

Free Event!

Registrations

essential at

www.oellen.org.au/events

**15 - 25
year olds**



- Job panel and Q&A
- Employers and career experts
- Apprenticeship guidance
- Resume advice
- Women in trades
- Body language expert



Maroondah Community
Development Grant
Recipient



Let's Stay
Connected Fund (LSCF)
Grant recipient



Croydon Store Closure due to Electricity Supply Interruption

Friday February 19, 2021

Our **Croydon** retail outlet will be closed on **Monday March 1st, 2021** due to a scheduled interruption to electricity supply.

Any Click & Collect orders can be collected the following day between 12pm and 4pm.
Our online store at psw.com.au remains operational if families require to make any purchases on the day.

LILYDALE HEIGHTS SECONDARY COLLEGE CANTEEN MENU 2021

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
Dim Sims	\$1.00
Cheese Garlic Bread	\$1.70
Chicken Strips	\$2.00

SNACKS

Homemade Sausage Rolls	\$2.50
Egg and Bacon Roll	\$3.20
4" x 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 Partle (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
Homemade Texan Muffins	\$3.50

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	\$3.20
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#
*Bolognaise	\$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

MONDAY	Carbonara Pasta	\$3.00
TUESDAY	Hot Jam Donuts	\$1.50
WEDNESDAY	Wedges	\$3.40 (sour cream add 40c)
THURSDAY	Chicken/Bacon Burger	\$4.20
FRIDAY	Fish includes	\$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
Fruit Slushies	\$2.00#
Cans	\$2.40
600ml bottles	\$4.20
600ml water	\$2.30
Gatorade	\$4.40
500ml Water	\$1.00
Juice Box	\$1.80

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.

ConnectUs.

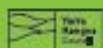
Connecting young people to the right local services and supports, at the right time.

ConnectUs is a comprehensive service finder website for young people aged 10-25 in the outer east.

Listings include services and supports to strengthen physical and mental health, build skills and connect with groups and activities.

Be sure to register your details so ConnectUs can connect young people to you.

Bringing supports for **young people** together.



► connectus.serviceseeker.com.au



ConnectUs.



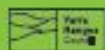
We all want our children to
be at their best.

ConnectUs is an anonymous service finder website for young people aged 10-25 in the outer east.

Use this site to find local people and supports to boost physical and mental health, build skills and connect with groups and activities for your child.

You're not alone. ConnectUs can connect you.

Help your child be at **their best.**



▶ connectus.serviceseeker.com.au



ConnectUs.

Connecting you to local people to find your **best you.**

Want to find your **best you?**

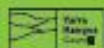
Try ConnectUs, an anonymous service finder website for people aged 10-25 in the outer east.

Use this site to find local people and supports to boost your social, emotional and mental health, build your skills and connect with groups and activities.

You're not alone.

ConnectUs can connect you.

Find your **best you.**



► connectus.serviceseeker.com.au



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.