

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

Issue: 2 Volume: 21

Date: March 2021

COLLEGE CALENDAR 2021 – MARCH/APRIL

Wednesday 31 st March	Parent/Teacher Interviews (from 4pm)
Thursday 1 st April	Parent/Teacher Interviews/End of Term (no classes on this day)
Tuesday 20 th April	First day of Term 2

Please Note: all dates and times are subject to change

PRINCIPAL'S REPORT

How quickly the term has passed and once again there has been no end of activities that students have undertaken both in and out of the classroom. Students and staff have worked hard to reintegrate into a school routine after many months of uncertainty. I am very proud of the way the school has settled and our renewed focus on teaching and learning.

VALE BARRIE JOHNSON

We were informed last week that the inaugural Principal of Lilydale Heights College (then Lilydale Technical School) Mr Barrie Johnson, passed away recently at the ripe old age of 92.

Barry began as Principal of the school in 1970 and continued in that role until his retirement in 1986, when he moved to Queensland to see out the rest of his days.



LEARNING FOCUS:

Teacher professional learning and capacity building has been a focus of this month. Staff have been involved in a series of engaging professional development opportunities designed to build confidence and knowledge in their teaching:

- Numeracy, this includes identifying areas where numeracy exists outside the mathematics classroom.
- Literacy, with a particular focus on the teaching of vocabulary specific to certain subject areas.

In addition, the curriculum day held on March 1 had all staff from all 23 schools in the network considering ways to motivate students to write and examining how writing gets harder as students move through school. Misty Adoniou challenged us to consider what we assume students already know, to acknowledge that the language of writing is different to the language of speaking and to identify that language differs across different disciplines in school. We will continue the work Misty has started with us throughout this school year.

Absence Hotline: 9735 7040

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

Visit: www.lilydaleheights.vic.edu.au

Principal's Report (continued)...

BUILDING UPDATES

Stage 1: Works are now complete. The College has access to all new facilities. The defect period is still underway and grounds are yet to return to the reinstatement conditions. VCAL students are also assisting with some final works in the surrounding garden areas. Outdoor seating furniture will arrive in late April and indoor furniture for the Sustainability Hub is now on order. The students have embraced the new space and are treating it very respectfully.

Stage 2: This stage of works sees a refurbishment of C-Wing and a new roof placed on the College Library. Detailed design is well underway and, once finalised, will move to tender stage. It is anticipated that works will begin on this stage in August of this year.

Stage 3: This stage of works sees the refurbishment of the Performing Arts and Technology Wing, as well as a rebuild of the Senior School Wing and Science area. Consultants have been busily assessing latent conditions, ensuring that the design meets VSBA requirements and aligns with the College Master Plan.

COLLEGE COUNCIL

College Council is an important body of community members who work to assist in the efficient governance of the school. It ensures that decisions affecting students of the school are made having regard, as a primary consideration, to the best interest of the students and that they enhance the educational opportunities of students at the school. In addition, the College Council ensures the school and the Council complies with any requirements of the Education and Training Reform Act, the Education and Training Reform Regulations, a Ministerial Order or a direction, a guideline or policy issued under the Education and Training Reform Act.

Thank you very much to outgoing members of College Council. In particular Ms Danielle Burgham, who vacates the College Council President position. Thank you also to Ms Karon Austin, Ms Dorianne Oliver and Ms Rose Lahza for their support and commitment to College Council over recent years.

Congratulations and welcome to the elected representatives of the College Council for 2021:

President:	Ms Cathy Skinner
Vice President:	Mr Douglas Shannon-Palfreyman
Treasurer:	Mr Tim Wright
Secretary:	Ms Tracey Green
Parent members:	Ms Andrea Hindle, Mr Tom DeGraauw, Ms Katherine Emary, Ms Lynda Nel
Staff members:	Ms Rosina Fotia, Ms Isabella Phillips, Ms Emily Gerson
Student members:	Lucy Lamond, Chelsea Morin

HARMONY DAY

Harmony Week is “a time to celebrate Australian multiculturalism, and the successful integration of migrants into our community.” It is about celebrating and recognising diversity in our society. This week students celebrated Harmony Day with a free dress day and a range of lunchtime activities aimed at raising awareness of and celebrating our multicultural society. Congratulations to the SIRC for their vision and commitment to this day. Please have a look at some of the photos from the day in this newsletter.

COVID SAFE PRACTICES UPDATE

The Victorian Government has further relaxed its COVIDSafe settings from 6pm on Friday 26 March 2021. Changes to the COVIDSafe settings include allowing more visitors in the home and changes to mask wearing and updates to density limits in some settings. There are limited operational changes for schools. Visitors continue to be welcomed at our school, however face masks must be carried by individuals aged 12 years and over at all times and worn when physical distancing of 1.5 metres cannot be maintained. Individuals aged 12 years and over must continue to wear a face mask when on public transport, school buses and when in taxis or ride share vehicles – unless they have a lawful exemption. Thank you for your understanding and support throughout this term as we continue to implement COVIDSafe practices at our school.

Principal's Report (continued)...

COLLEGE CAPTAINS ASSEMBLY

Congratulations to the College Captains and Leaders who were formally recognised at a Whole School Assembly earlier this week. Their tireless work around the College and commitment to displaying the College values in our community is outstanding. We look forward to working closely with these students throughout this year.

College Captains	Jonah Go	Maisie Hennessey	Taylah- Rae Jacobs
Vice-Captains	Bella Theophanous–Maddison	Aimee Norris	
Y12 Prefects	Tyler Milic	Lucy Lamond	
Year 11 Prefects	Bailey Griffiths	Trak Buller	
Music Captains	Tayla Anderson	Taylah Rae Jacobs	
Sustainability Captain	Lucy Lamond		

Sports Captains

Castella:	Captains Vice Captains	Megan Galletti and Jade Mason Cayden Cameron and Sarah Rice
Melba:	Captains Vice Captains	Eliza Jeeves and Jordy Thomas Maddie Amore
Olinda:	Captains Vice Captains	Beth Ackroyd and Jackson Butler Sara Greenhalgh and Lucinda Bowen
Yarra:	Captains Vice Captains	Aidan Norfolk, Abbey Harrop and Cat D’Couto Bailey Griffiths, Olivia Ray and Ben Whittle

SIRC 2021

Year 12	Jonah Go Tyler Milic	Maisie Hennessy Lucy Lamond	Taylah Rae Jacobs	
Year 11	Bella Theophanous-Maddison	Aimee Norris	Trak Buller	Hayley Burgess
Year 10	Laura Dangaard	Milayna de Graaw	Erin Foley	Jess Burgess
Year 9	Amelia Dangaard			
Year 8	Chelsea Morin	Milo Noy		



Principal's Report (continued)...

ATTENDANCE.... IT'S NOT OK TO BE AWAY!

Going to school every day is the single most important part of your child's education. Students learn new things at school every day. Attending and participating in school will help your child develop:

- important skills and knowledge to help them learn
- social and emotional skills such as good communication, resilience and team work

Children who attend school every day and complete Year 12 have:

- better health
- better job opportunities
- higher income across their lives



There is no safe number of days for missing school. Each day a student misses school puts them behind. If you need support getting your child to school, please do not hesitate to contact us on 9735 1133.

YEAR 7 CAMP

Year 7 Transition Camp to Phillip Island is now complete. The Peer Support students also joined the camp as an additional activity designed to build further connections for senior students. The camp was supported by Teaching and Education Support staff. Thanks must be extended to the organising committee and staff who attended.

CROSS COUNTRY

Congratulations to Yarra who were house champions at the cross-country event held last week. Weather conditions were favourable and student participation rates were at an all-time high.

Please note that school resumes for Term 2 on Tuesday April 20.



Rosina Fotia, Principal

UNIFORM SHOP

***Our school uniform supplier – PSW School Uniforms
8A/51 Lusher Road, CROYDON
wishes to advise families that they will be open all
through the school holidays for any additional
uniform purchases***

WHOLE SCHOOL SWIMMING CARNIVAL

What a great day we all had at the Swimming Carnival on February 25th! A little chilly to start the day but it turned out to be a lovely day for a swim. Ball Toss was a great success again, as was the Melbourne Cup and 5 Minute Challenge. So many of the students and staff dressed in their House colours and costumes added to the fun of the day. There was great participation in all the swimming events with the following students winning their age groups:

Age Group Champions:

- U13 Ivan Leban and Kayla Cantwell
- U14 Max Phelan and Alma Kerr
- U15 Brodie Petty and Amy Perry
- U16 Tyler Elliott and Luci Bowen
- U17 Bailey Griffiths and Kaitlyn Watson
- U21 Michael Stephens and Maisie Hennessy

Congratulations also to TJ, Bridey Withers, Tyler Milic, Jonah Go, Aidan Norfolk and Jordy Thomas who won prizes for their wonderful costumes. Special mention to Ms Whitfield for her costume too.

Well done and congratulations to Yarra House who won the overall event.

Sonya Tamos – Inter-School Sport Co-ordinator.



Whole School Swimming Carnival (continued)...



Whole School Swimming Carnival (continued)...



YARRA DISTRICT SWIMMING

Congratulations to all of the students who attended and represented the College at the Yarra Division Swimming Carnival on Friday 5th of March. Although the weather wasn't the best, everyone put in their best efforts and encouraged one another throughout the day. Getting out of the pool wasn't the best feeling, nor was waiting in the cold wind between races, but we all managed to fight the 13-degree weather.

A special congratulations to Ivan Leban in Year 7 on winning overall age group champion for Under 13s males and Maisie Hennessey in Year 12 for winning overall age group champion for Open Women.

Results:

Junior School - overall 3rd

Middle School - overall 3rd

Senior School - overall 2nd

Overall for whole day – 3rd

Students winning their events progressed to Regionals on Tuesday 23rd March.

Maisie Hennessey Year 12.



KAYAKING EXCURSION

The Middle School Outdoor Education class was again getting active outdoors on March 18. Fortunate with good weather, the Year 9 and 10 students kayaked along the Yarra River in the Wonga Park area. Students were involved in a skills session where they learnt all the fundamental skills needed to kayak through rapids and how to safely recover from a capsize. After playing some games, lots of splashes and having many laughs seeing some capsizes, they then completed a journey along the river, during which they had to utilise teamwork and the skills they had learnt to safely navigate numerous rapids. The students had a great day with many memories made.

Nicola Boyle – Outdoor Ed Teacher.



SILVER AND GOLD DUKE OF ED PRACTICE EXPLORATION

Well done to all our students on their weekend hike held earlier this month; they ended up walking over 50km for the whole weekend with their back packs, walking up and down over difficult terrains and river crossings. Their exploration requirements were not only to be self-sufficient in terms of their food and equipment, but also to support themselves and navigate around the routes.

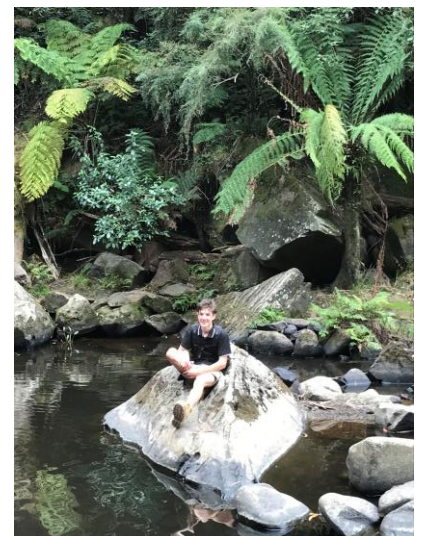
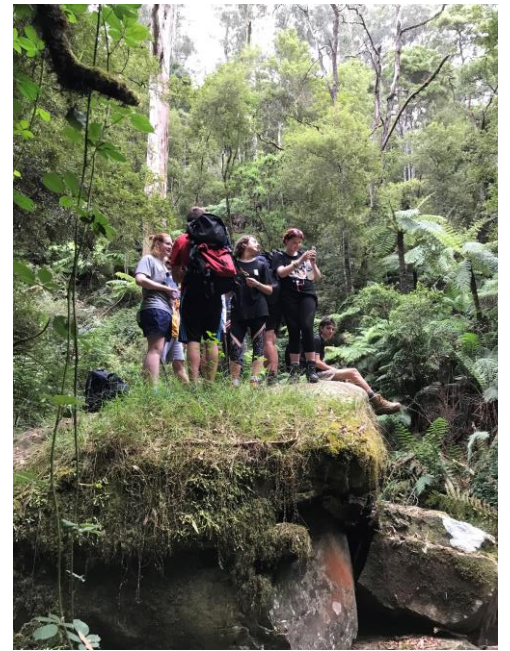
The students were faced with the challenge of exploring the rivers around Lorne from the waterfalls through to their routes to the oceans. They tracked along the Eskines River, the Pantom Falls and St Georges River and then the Surf coast walk on the Sunday. The students were extremely supportive of each other; they listened throughout their reflections and made supportive improvements for the walk on Sunday.

At camp the students demonstrated some excellent cooking and camp craft skills. When they noticed they had missed something, they made a mental note to remember it for their assessed experience and moved on. Finally, they were extremely responsible and receptive to instructions! I thank them for making it a wonderful weekend where they will have made some cool memories of places as well as experiences. I look forward to helping the students extend their final Silver/Gold experiences at Mount Buller/Stirling Camp in April. Great work by all!!

Clare Rayner – Duke of Ed. Co-ordinator.



Silver and Gold Duke of Ed. Practice Exploration (continued)...



YEAR 7 INTER-SCHOOL VOLLEYBALL

Three teams from Year 7 made a trip away from school on March 16 for their first interschool competition. The teams had a busy day, with six matches. Volleyball is certainly a fun game, but it's not without its level of difficult skills to learn and use. Our students put in a great effort and definitely improved throughout every match. The boys unfortunately lost all their matches, finishing 7th in their pool. The two girls' teams finished 3rd and 4th, with some wins under their belt.

Great efforts, resilience and determination was displayed throughout the day; the students' motivation and support of each other was fantastic. Well done Year 7's, hopefully you feel that you want to continue and extend your volleyball in Year 8!

Clare Rayner – Sport Teacher.



STUDENT ACHIEVEMENT

The College is always happy to hear about our students' achievements in extracurricular activities.

One of these is Franc D'Couto, who competes in Judo and has had two competitions so far this year. One was in February where he won Silver as a Cadet in his weight division and the other in March where he won Gold as a Cadet in his weight division and Bronze in Junior Men.

Well done to Franc.



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



SUSTAINABILITY REPORT

The Sustainability Team has set its goals for 2021 to work towards our Resource Smart WASTE star and BIODIVERSITY star. As part of this we are developing curriculum for Year 7 and 8 SELF classes with the theme, "What is Sustainability?" Using the Waste Audit completed by Year 11 VCAL students, a waste plan will be developed and implemented. Using the indigenous planting in the new landscaped area as inspiration, we will be looking at propagating more plants for use in other parts of the College.

All students are welcome to join our team. We meet Tuesday lunchtimes in B4.

Sustainability Fundraiser

Each year the Sustainability Team sells bulbs to raise money for sustainable activities that occur within the College. Some of the projects we have completed in the past are purchasing plants for the gardens and timber to make veggie garden beds. This year we are aiming to create an indigenous food garden. If you or someone you know loves plants, please go online to place your order at: www.bulbfundraise.com.au/LILYHC
The last day to order is 16th April.

Sustainability Tip this month:



Would you like to achieve something positive while searching on the internet? Download Ecosia. This search engine plants a tree in different parts of the world EVERY time you complete a search.



Search the web to plant trees...



117,468,496

Trees planted by Ecosia users

Let's plant some trees!

Make Ecosia your new search engine and plant trees
with your searches - for free!



Shannon Sargeant – for the Sustainability Team.



KITCHEN GARDEN

It has been a great start to the new Middle School subject, Kitchen Garden. Students have been enthusiastic about the creation of a veggie garden at the College, lining the new beds and filling them with soil, then planting and watering. They have learned how the gardens represent the interactions found in ecosystems and the requirements for growth. While waiting for plants to mature and be ready to use in the kitchen, we have been fortunate to have donations of produce from staff, parents and the wider community to create dishes with. Students have made carrot muffins and apple muffins, zucchini fritters and mini frittatas, tomato chutney and peach pastries.

If you have a garden at home with excess produce that you would like to donate, please contact me via Compass.

Shannon Sargeant – Science Department.



Kitchen Garden (continued)...



PEER SUPPORT CLASS – VISIT TO YEAR 7 CAMP

On Wednesday March 10th, the Year 10 Peer Support class headed down to the Year 7 camp at Phillip Island. In the morning we joined the Year 7's at the camp facilities and participated in a variety of activities with them in their activity groups, including the giant swing, flying fox, bike riding, low ropes course and a rather competitive Year 7 vs Year 10 game of 'Ga-Ga'. After this we went into Cowes for some lunch, before heading down to the beach with the Year 7's for an afternoon of fun games. The Peer Support leaders ran a variety of activity rotations with their classes including:

- Beach soccer
- Beach volleyball
- An ironman challenge (where the Year 7's had to run along the beach, then down to the water and swim a certain distance before running back)
- Frisbee golf
- A sandcastle competition
- Scavenger hunt
- Team relays
- Class photo challenge

Everyone seemed to really enjoy all the activities and there was great participation. The weather was also perfect which was a big positive. It was awesome to spend time with the Year 7's and see them outside of the classroom having fun in a more relaxed environment. Overall it was a really great day and we hope the Year 7's enjoyed it as much as we did.

Laura Dangaard 10B



CROSS COUNTRY AND COLOUR RUN

On Tuesday March 23 we had our Whole College Cross Country. The Cross Country course was completed by all age groups and the competition was fierce. Again, the Colour Run was included in the event, with lots of white shirts being covered in the Fluro Holi Powders as well as Miss Martin! Well done to our Year 7's on completing their first Cross Country at the College; you all did a great job.

Congratulations to the following students for winning their age group and being awarded the Age Group Champion:

- U13s Clover Scobie and Jay Parkinson
- U14s Ella Wood and Taite Holt
- U15s Katelyn Hurley and Harry Whittle
- U16s Lacey Flynn and Tyler Elliott
- U17s Bella Theophanous-Maddison and Kane Hennessy
- U21s Maisie Hennessy and Jordy Thomas

Congratulations to Yarra House who won the overall day in the closest ever House Competition, with only 20 points separating fourth place to first place.

Sonya Tamos – Interschool Sport Co-ordinator.



Cross Country and Colour Run (continued)...



Cross Country and Colour Run (continued)...



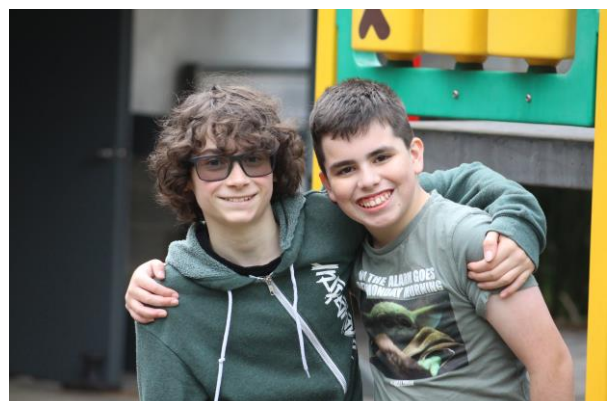
YEAR 7 CAMP WRAP UP!

Year 7 Camp to Phillip Island - it is one of the first big events of high school with new friendships formed and memories made that will be kept forever. We were all pushed out of our comfort zones, had a lot of fun and the opportunities to participate in camp activities were endless. Amazing highlights from camp are most likely the camp activities. At "The Island" camp, you were never bored and the camp had their own activities that you could do, like the trampolines and normal ball games that would give you the opportunity to meet new people. At camp, you would be put into groups that would encourage you to meet different people and have fun. Activities you could do were things like the flying fox, the giant swing, bike rides around the camp, a photo hunt, archery, rock climbing, the circatron and the pool.

Not just that, but the food there was AMAZING! The camp staff were simply wonderful; kind and caring and would always care for everyone, not just the kids but the teachers too. Each night was another great meal that was put together with care and kindness. But after dinner we wouldn't just get ready for bed, we got to do night activities too! The first night we set out to go to the Penguin Parade to watch cute penguins come to the shore. The second night we went on a peaceful night walk through Cowes. And on the last night at camp we had a disco and if you didn't want to party, you would watch a movie instead. One day during camp we had the Year 10 Peer Support class come down from school and run some activities on the beach which was great fun.

Sadly we had to leave, but that camp was amazing and we all enjoyed it and we all loved it, including the teachers!

Ivy Connor and Imogen Mason – Year 7.



DUKE OF ED AWARDEES TOOLANGI OVERNIGHT HIKE EXPERIENCE

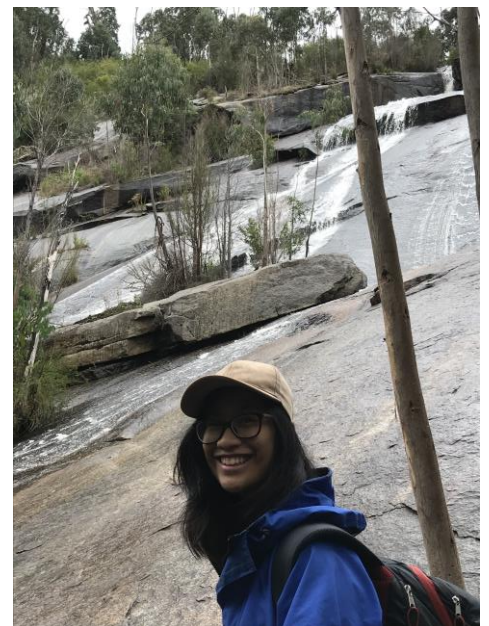
Well done to all of the students who ventured out on our explorations this past weekend. They made an excellent effort on their first major overnight hike and I feel the students definitely learned a lot about this type of experience; the fact that they were being independent with organising all their equipment for the overnight camp, organising their tents, cooking and cleaning up after all of their meals. The students also managed to navigate their way together around a challenging hiking loop with 10km of hiking along some challenging terrain, with occasional rain showers which made routes slippery. We definitely had the opportunity for some excellent views of the waterfalls in Murrindindi Scenic Reserve.

The students' support and encouragement of each other grew throughout the experience. Despite being very tired I hope everyone enjoyed the experience and recognised their personal achievements. I look forward to working with the group again as the students continue with their Bronze and Silver Award programs. They will certainly need to make use of these experiences, reflecting on them and moving forwards. We also need to say a massive thank you to Mr Turner and Ms Boyle for coming along and helping with our experience. Good work all!

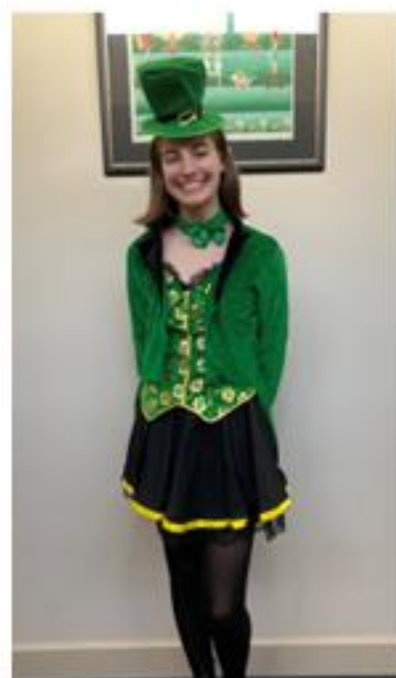
Clare Rayner – Duke of Ed. Co-ordinator.



Duke of Ed Awardees Toolangi Overnight Hike Experience (continued)...



HARMONY DAY



LILYDALE HEIGHTS SECONDARY COLLEGE CANTEN 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"x20 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 Pattle (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 & Chips	\$5.00
	Pasta most days	\$3.00

DRINKS

Oak Milk Small	\$2.80	Fruit Slushies	\$2.00#
Oak Milk Large	\$3.80	Cans	\$2.40
600ml Sugar Free & Mineral Water	\$3.80	600ml bottles	\$4.20
Spring Valley 100% Juice	\$3.40	600ml water	\$2.30
Hot Chocolate	\$1.20	Gatorade	\$4.40
Iced Tea	\$4.20	500ml Water	\$1.00
Large Up and Go	\$2.80	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.

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.eheadsapace.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.



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Please Note: Such publications do not imply College endorsement of the product or service.



LILYDALE HEIGHTS
COLLEGE

Eastern Raptors Rugby League Club

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More info at easternraptors.com.au

LILYDALE HEIGHTS COLLEGE

17 Nelson Road Lilydale VIC 3140 Phone: 9735 1133 Fax: 9739 5463

Email: lilydale.heights.co@edumail.vic.gov.au Visit: www.lilydaleheights.vic.edu.au