

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

Issue: 9 Volume: 21

Date: October 2021

COLLEGE CALENDAR 2021 – NOVEMBER

Monday 1 st	All students return to school onsite learning
Tuesday 2 nd	Melbourne Cup Day Public Holiday
Monday 15 th – Wednesday 24 th	Year 12 2022 Orientation
Monday 22 nd – Monday 29 th	Middle School Assessment Week
Thursday 25 th & Friday 26 th	Year 12 2022 EIP's
Monday 29 th – Wednesday 1 st	Year 11 2022 Orientation
<i>Please Note: all dates and times are subject to change</i>	

PRINCIPAL'S REPORT

Welcome back to face-to-face learning! After a period of lockdown, it has been wonderful to welcome back students and staff. The College is definitely a more inviting and lively place with students in attendance. Transition to onsite learning has gone very well and a new routine has been quickly established.

Learning Focus

The staff focus has been on re-engaging and re-socialising students, as well as ensuring that students are now provided with an opportunity to review their learning and begin to take steps towards completing assessment due before the end of the school year. The College has established a range of support options to ensure that students can catch up on missed opportunities or be further extended with their learning. Our priorities for the remainder of this term will centre on:

1. Mental Health and Wellbeing

Our highest priority will be the wellbeing, particularly the mental health, of every student and member of staff. This means effectively mobilising all available resources to support our most vulnerable students and enabling staff to access the relevant support services.

2. Learning and Excellence

Some of our students have thrived in the remote and flexible learning environment, others have maintained their learning progress and some have fallen behind, despite the best efforts and those of their families and teachers. Our priority will be supporting both those who need it to catch up and those who have progressed to continue to extend their learning.

3. Transitions

We will make every effort to ensure successful transitions for children in Grade 6 moving into Year 7 and the Year 12's moving into employment or further education and training. Thank you to staff for their work in this area and many thanks to families for their patience and support.

Absence Hotline: 9735 7040

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

Visit: www.lilydaleheights.vic.edu.au

We are

eSmart
Smart. Safe. Responsible.

Principal's Report (continued)...

Year 12 Celebration Day

October 21st signalled the final day of official school for the current Year 12 cohort. The cohort was honoured with an online whole school assembly. Here they were acknowledged and thanked for their contributions to the College over time in front of students, staff, family and friends. This was followed by a colourful costume parade, outdoor games and fun, as well as a visit from Mr Whippy himself. Thank you to the organising team of Ms Gentile and Ms Steeper. We wish them the best of luck in their upcoming final assessment period.



Building Update

ASPYER building contractors have begun work on Stage 2 of our capital works upgrade. This will see the refurbishment of the C-Wing classrooms as well as an upgrade to the roof and asbestos removal works in the library area. The team has made a great start. We look forward to watching this new space transform. For the remainder of this term, the library will operate out of a mainstream classroom. To support the Independent Reading Program, we encourage students to bring their books from home.

Parliament Prize

Congratulations to Athena Rose Marana who has been awarded 3rd Place in the Year 7-9 category for the 2021 Parliament Prize. She placed 3rd from over 630 applicants from across the state. Athena had to record a 90 second video outlining what she would say to Parliament if she were an MP. An amazing effort!!

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:

- 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

Principal's Report (continued)....

- 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 you child is absent from school.



Principal's Report (continued)....



Staying COVID Safe

In order to ensure that we maintain a COVID safe environment, it is essential that we all adhere to the following guidelines:

1. If a student is unwell, even with the mildest of symptoms, they must stay at home. If a student becomes unwell during the day, they must be collected from the College as soon as possible and be COVID tested before they return school.
2. If a student has any of the symptoms of coronavirus (COVID-19) outlined below, however mild, they should get tested and they must remain at home until they receive their results:
 - fever • chills or sweats • cough • sore throat • shortness of breath • runny nose • loss of sense of smell or taste.In certain circumstances headache, muscle soreness, stuffy nose, nausea, vomiting and diarrhoea may also be considered symptoms.

For further advice you are encouraged to:

- call the 24-hour coronavirus (COVID-19) hotline 1800 675 398
- call a general practitioner
- use the Department of Health and Human Services (DHHS) online self-assessment tool.

To support this in schools, hand sanitizer is available in every classroom, high ventilation is encouraged and cleaning processes have been heightened.

Thank you for your continued support at this time.

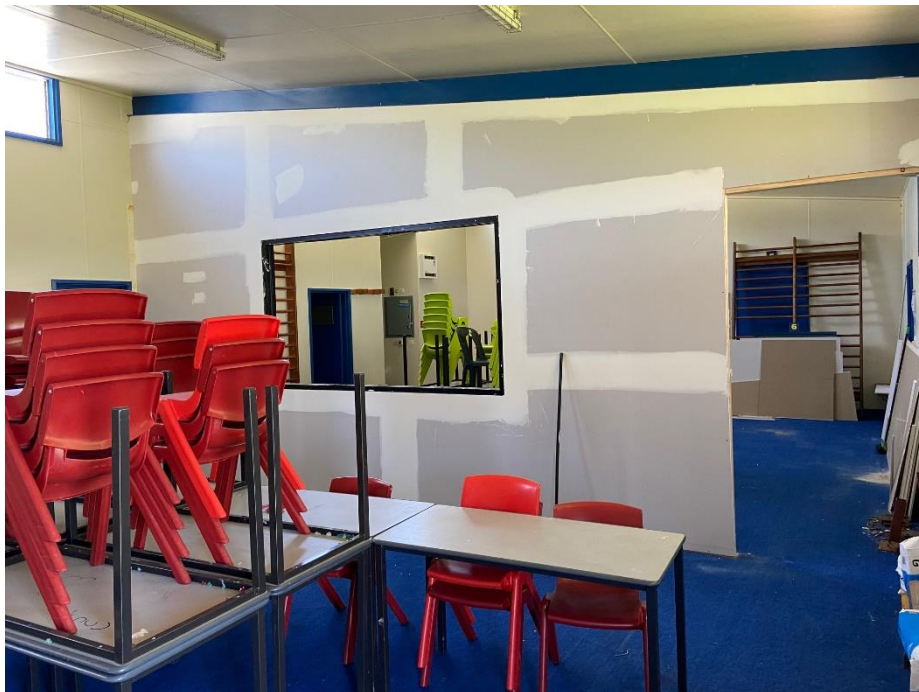


Rosina Fotia, Principal

BUILDING WORKS – STAGE 2 – C-WING & LIBRARY

- Fences have been laid out
- Site establishment
- Early works to prepare the pavilion
- Asbestos removal completed
- Demolition Works beginning

Tim Wright – Assistant Principal.



Building Works (continued)....



INTERSCHOOL SPORT WRAP-UP FOR 2022

An early finish to Interschool Sport this year, with the cancellation for the remainder of the year of any previously scheduled Yarra District, Eastern Metropolitan District and State Sports events.

However, prior to this, Lilydale Heights had a successful year, especially with our Badminton squad in the Year 7 Boys, Senior Girls and Year 8 Girls events. We also had (or would have had) EMR representation in Girls Football, as well Year 7 and Year 8 Softball and Baseball.

THANK YOU to our Year 12 House Captains who were fortunate enough to be able to participate in all of the College Carnivals, as well as some of the Senior Interschool events, even though they missed out on some other sports activities through the year.

Castella:	Megan Galletti and Jade Mason
Melba:	Eliza Jeeves and Jordy Thomas
Olinda:	Beth Ackroyd and Jackson Butler
Yarra:	Aidan Norfolk, Abbey Harrop and Cat D'Couto

Wishing you all the very best with your future endeavours; thank you for being House Captains, and for most of you, Vice-Captain in 2020, during such a tumultuous time.

A big congratulations must be given to Yarra House for winning all three of the House Carnivals and becoming the House Champions for 2021.



Interschool Sport Wrap-up for 2022 (continued)....



Interschool Sport Wrap-up for 2022 (continued)....

A special mention to Maisie Hennessy who took out Under 20 Age Group Champion for all the Carnivals this year – Swimming, Cross Country and Athletics.



SENIOR SCHOOL STEPTEMBER CHALLENGE

Congratulations to all the Year 12 students and staff who competed in the Steptember challenge over the entire month of September. This challenge raises awareness and funds for cerebral palsy research and initiatives. As a group, students and staff walked over 5 million steps, which is equivalent to 3,700 kilometres. This is the distance from Lilydale Heights to Darwin!

Danielle Gentile – Y12 Student Liaison.

STEPTEMBER SENIOR SCHOOL CHALLENGE

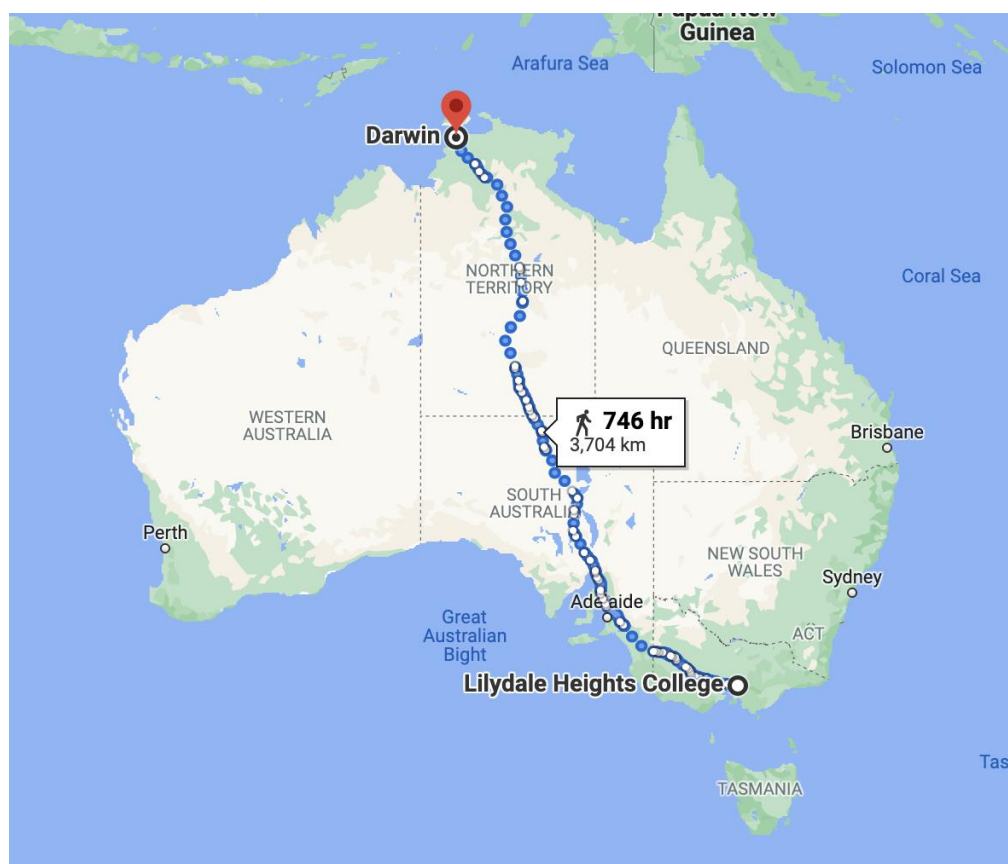


TEACHER WINNERS

- 1 Mr. Ng
- 2 Ms. West
- 3 Ms. Gaudion
- 4 Mr. Boyce
- 5 Mr. Chapman

STUDENT WINNERS

- 1 Maisie Hennessy
- 2 Michael Stephens
- 3 Ayden Cooke
- 4 Cat D'Couto
- 5 Jonah Go

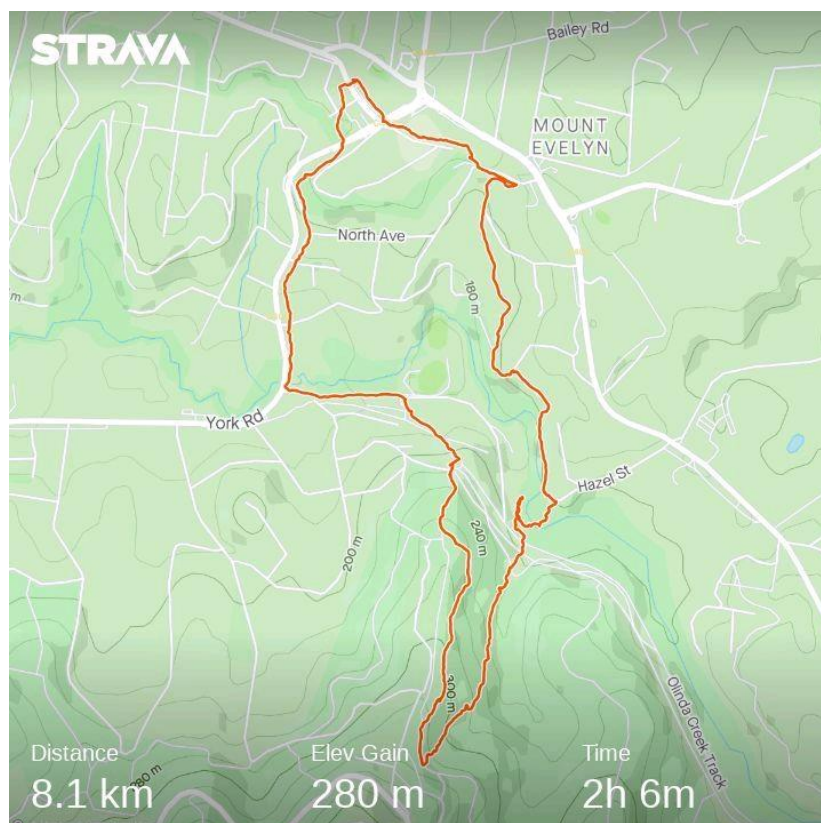
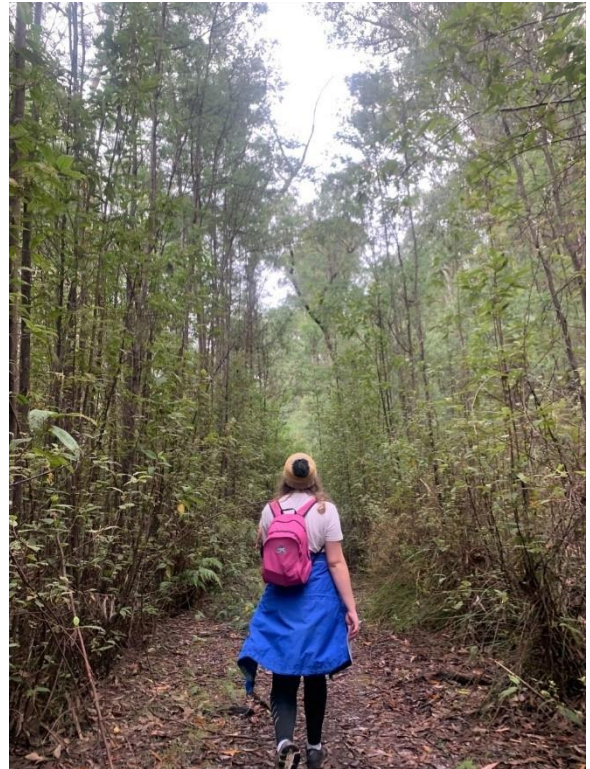


COMPASS AND DUKE OF ED AWARD STUDENTS CONTINUE TO EMBRACE THE CHALLENGES

Our students in the Award Program have continued to persevere and explore the outdoors near them. They have been completing the challenges of planning and navigating around different walks in their local areas, creating campsites and being self sufficient in terms of food and shelter.

Many students are working to complete their Award Program this year and we wish them well in their final tasks. We are looking forward to seeing many more photos and reading reflections as their adventures come in.

Clare Rayner – Compass/Duke of Ed. Co-ordinator.



Compass & Duke of Ed Award Students Continue to Embrace the Challenges (continued)...



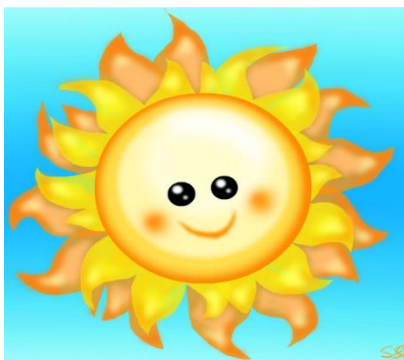
STUDENT ACHIEVEMENT

Congratulations to Athena Rose Marana (9B) for winning third place in the 2021 Parliament Prize, awarded by the Parliament of Victoria. More than 630 students from 150 schools entered the competition this year, each presenting a short speech (via video) about a current issue. Athena spoke passionately and persuasively about the need to end racial discrimination and was a deserving finalist, receiving a certificate and cash prize. With so many quality entries into the competition, winning third place is an outstanding achievement!



To view Athena's video as well as the other winning entries, you can head to the parliament's website: <https://www.parliament.vic.gov.au/education/the-parliament-prize>

Tim Chapman – Humanities Leader and High-Ability Practice Leader.



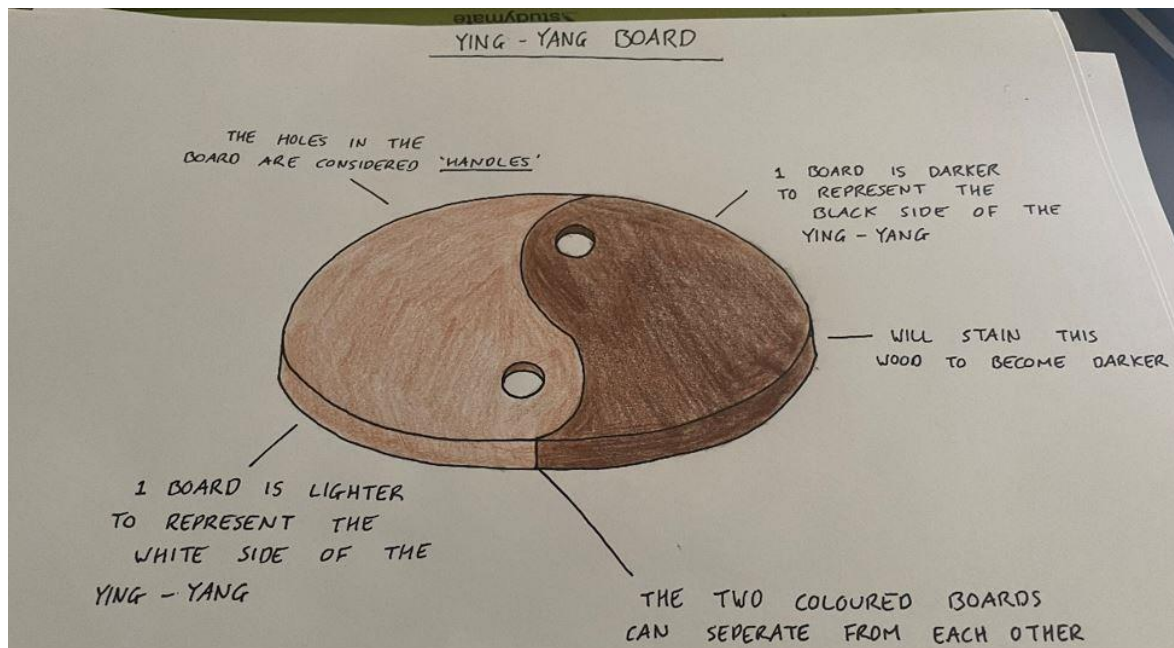
TERM 4 SUNSMART

**Lilydale Heights College is a SunSmart School.
This is a reminder that in Term 4 all students
are required to wear College Hats when outside.
Hats can be purchased at PSW or at the College Office.**

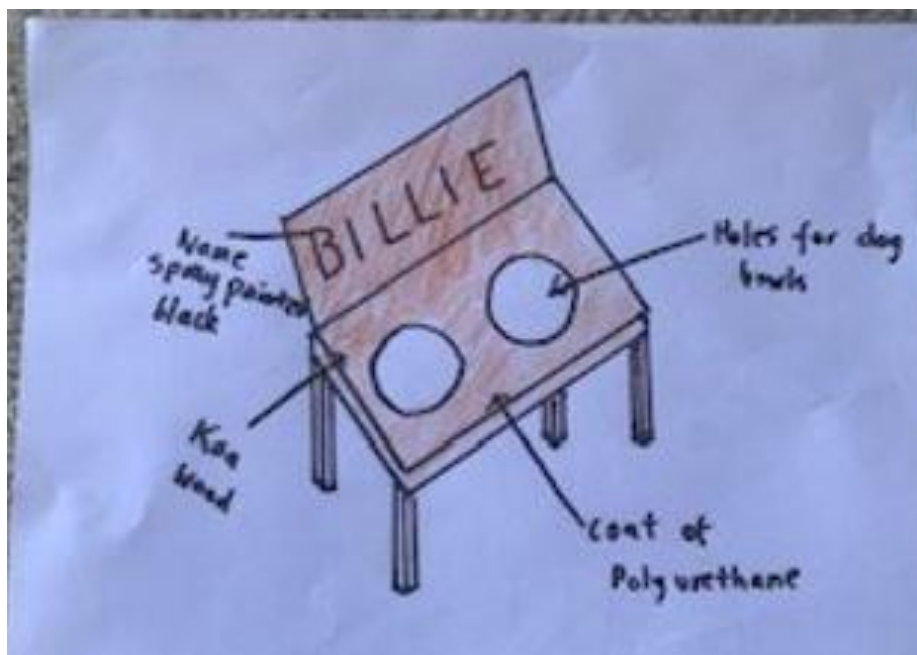


MIDDLE SCHOOL SKATEBOARDS AND TABLES

This presentation drawing is the work of Ella McAuley from Year 10 as part of her development work to create a food service board from wood. I loved her idea of incorporating a common icon like the ying and yang into a useful and beautiful board where you can separate the two halves.



This presentation drawing is by Harry Whittle from Year 9. It forms part of the development work asking him to design a wooden table for a specific end user.



MIDDLE SCHOOL FABRICS

Understanding the sustainability of using natural dyes

This term, Fabrics students made dyes using natural materials and used them to dye a white piece of cotton fabric. Students also investigated the history of natural dyes and the problems created by the use of synthetic dyes. Here are the results from two of the students.

Laura Dangaard (lemon peel)



Evie De Graauw (onion skins)

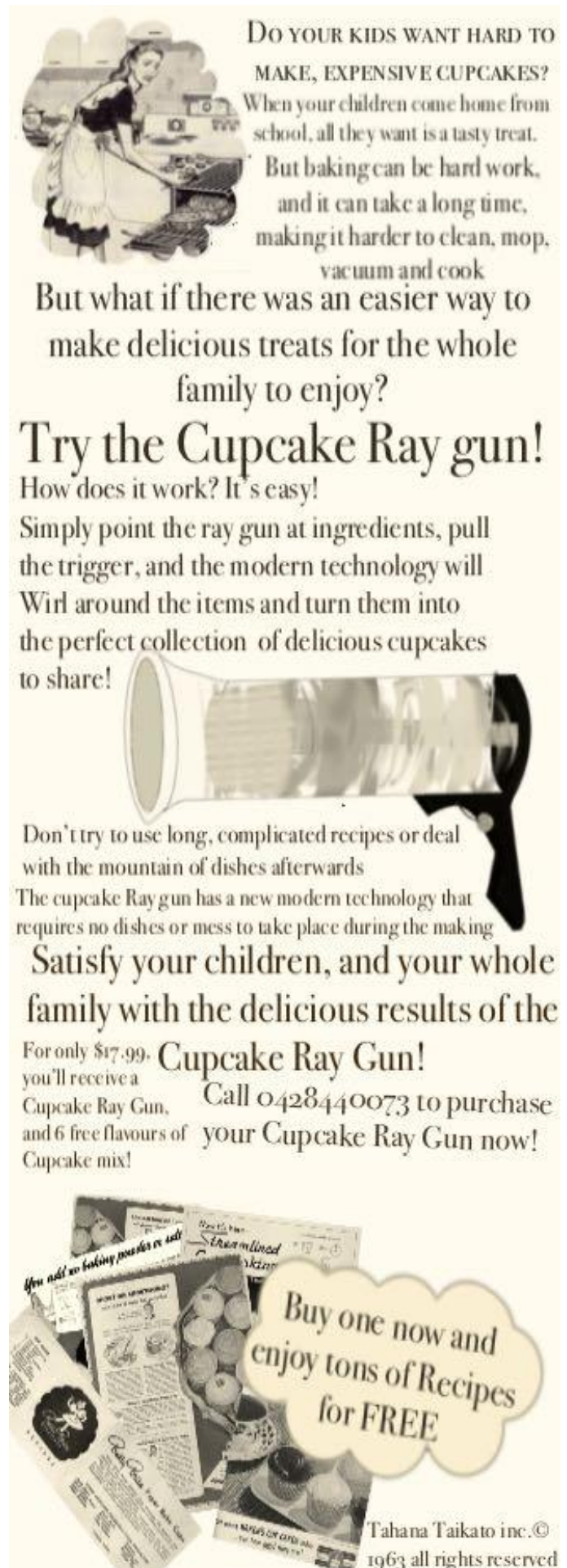


YEAR 8 ENGLISH

In Year 8 English, students are exploring persuasive advertisements.

Tahana has created an advertisement for a made up product, a "Cupcake Ray Gun," that could appear in a 1960s newspaper or magazine.

Sophie Dunn-Famularo – English Teacher.




DO YOUR KIDS WANT HARD TO MAKE, EXPENSIVE CUPCAKES? When your children come home from school, all they want is a tasty treat. But baking can be hard work, and it can take a long time, making it harder to clean, mop, vacuum and cook.

But what if there was an easier way to make delicious treats for the whole family to enjoy?

Try the Cupcake Ray gun!

How does it work? It's easy! Simply point the ray gun at ingredients, pull the trigger, and the modern technology will Wirl around the items and turn them into the perfect collection of delicious cupcakes to share!




Don't try to use long, complicated recipes or deal with the mountain of dishes afterwards. The cupcake Ray gun has a new modern technology that requires no dishes or mess to take place during the making.

Satisfy your children, and your whole family with the delicious results of the

For only \$17.99, you'll receive a Cupcake Ray Gun, and 6 free flavours of Cupcake mix!

Cupcake Ray Gun! Call 0428440073 to purchase your Cupcake Ray Gun now!



Buy one now and enjoy tons of Recipes for FREE

Tahana Taikato inc.©
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SUSTAINABILITY IN YEAR 7 FOOD STUDIES

This term we have been completing work about sustainable food production. In this student work below, Michaela Blake describes the lives of free-range hens living in chicken caravans. In the second question she clearly relates this to the key elements of sustainability that we have been studying.



1. Would you rather be a chicken at a **free range farm** or a chicken at the **chicken caravan farm**? Why?

I would prefer to be a chicken at a chicken caravan farm because I'd get to move around and have new scenery, as well as fertilizing the soil all over a farm instead of just one area. If the area the caravan was in had its resources exhausted or began to die, you could just move the caravan to allow that area to regrow.

2. Describe three sustainability benefits that the chicken caravan has.

The Chicken Caravan

- | | |
|------------------------|---|
| Sustainability goal 1. | It doesn't harm the environment |
| Sustainability goal 3. | Makes sure the animals are given a good life |
| Sustainability goal 4. | It doesn't use too much fossil fuel to transport. These apply to the caravan because the chickens are constantly able to move around and forage, as well as having lots of space to roam around. The caravan uses very little fuel, and only requires maybe a car or some other vehicle to tow it around (I think) and the chickens moving around helps the environment, as it fertilises the soil over the whole farm. |

WELLBEING SUPPORT

With the changing COVID19 restrictions and the return to onsite learning, feeling as though we have lost some control and experiencing increased periods of worry and anxiety are completely normal. Below are some links that may be useful for both parents and students to help combat these uncertain times.

20aps-ccn-is-transitioning-to-school-p1.pdf (psychology.org.au)

This is an Australian written parent tip sheet regarding transitioning back to school

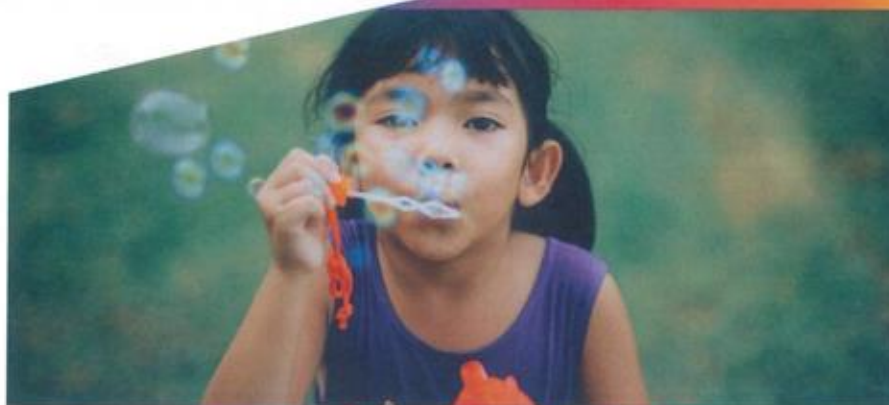
[Parents and carers: be kind to yourself | Berry Street](#)

Great information for parents on being kind to themselves

<https://kidshelpline.com.au/anxiety>

A great site on anxiety for teens (what it is, how do I cope with it)

The Wellbeing Team.



ParentZone Term 4 2021

Online parenting programs * Free of Charge * Bookings Essential

Dads Matter

Dates: Wednesdays 20th Oct to 24th Nov 2021

Time: 7:00pm to 9:00pm

A program for dads to better understand the importance of their role in the lives of their children
Contact Julia on 9721 3629 or 0400 866 495

Emotion-Focused Parenting

Dates: Mondays 18th Oct to 29th Nov 2021

Time: 7:00pm - 9:00pm

Explores emotional intelligence and supports parents to deal with challenging behaviors
Contact Julia on 9721 3629 or 0400 866 495

Living with Autism

Dates: Thursdays 21st Oct to 25th Nov 2021

Time: 10:00 am to 12:00 noon

Support for parents living with a child with Autism to explore parenting strategies
Contact Joanne on 97213632 or 0428 296 573

Parenting Preschoolers

Dates: Wednesdays 27th Oct to 1st Dec 2021

Time: 10:00am - 12:00pm

For parents of preschoolers to better understand their child, learn positive discipline strategies, improve communication and develop resilience
Contact Laurie at laurie.arrowsmith@anglicarevic.org.au

Raising Resilient Kids

Dates: Thursday 21st Oct 21st to 25th Nov 2021

Time: 1:00 to 3:00 pm

For parents of school-aged children. Explores strategies to help children bounce back from adversity, cope with change and deal with anger, and anxiety.
Contact Sharon at Sharon.Muir@anglicarevic.org.au

Safe & Respectful Program

Contact: Michelle on 0438 646 744 for dates / times

A supportive space for parents to consider strategies to support children in developing identity, sexuality, sexual health, and relationships.

Strengthening Parents Support Program

Contact: Michelle on 0438 646 744 for dates / times

Monthly peer support groups for parents who have a child with a disability or developmental delay.

Talking Teens

Dates: Wednesdays Oct 20th to Nov 24th 2021

Time: 7:00 to 9:00 pm

For parents of 12 to 18-year-olds, topics include teen behavior, dealing with feelings, communication improving relationships, and resolving family disputes.
Contact Sharon at Sharon.Muir@anglicarevic.org.au

Further enquiries: parentzone.eastern@anglicarevic.org.au

PARENTZONE



Parenting Workshops and Webinars

2 hour sessions * Free of Charge * Bookings Essential

Alleviate your Child's Anxiety

Monday 15th November 2021

Time: 7:00 pm to 8:30 pm

For parents of children 5 to 12-year olds

Discover the causes of anxiety and learn a parent-led approach to alleviating your child's worries. Learn the skills of resilience, and strategies to help your child obtain a more resilient mindset.

Email Laurie to register your interest:
laurie.arrowsmith@anglicarevic.org.au

Learn to Play, Play to Learn

Monday, November 1st 10:00 to 12:00 pm

For parents of children 0 to 5-year-olds

Understand how young children's play supports early learning and development. Discover a variety of free and low-cost activities to engage your child at home

Bookings: [Click here](#)

Enquiries: sharon.muir@anglicarevic.org.au

Setting Boundaries

When: Monday 22nd November

Time: 7:00 pm to 9:00 pm

For parents of children 5 to 12-year-olds

Discover how to work together to develop clear boundaries with school-aged children and what to do when boundaries are challenged.

Bookings: [Click here](#)

Enquiries: sharon.muir@anglicarevic.org.au

Teens and their Screens

When: Wednesday 1st December 2021

Time: 7.00 pm to 9:00pm

For parents of children 0 to 5-year-olds

An interactive webinar to explore strategies to encourage young people to balance screen time and real life. Support in how to establish clear screen time rules together

Bookings: [click here](#)

Enquiries: sharon.muir@anglicarevic.org.au

Further enquiries: parentzone.eastern@anglicarevic.org.au

PARENTZONE



Lilydale Youth Hub

Wellbeing across the Yarra Ranges

What do we do?

The Lilydale Youth Hub specialises in supporting young people through the process of finding the right help and managing the treatment process.

For young people, understanding mental health and social issues and finding the right treatment can be daunting and confusing.

Our support team works with young people to assess their problems and aspirations and connect them with the services they need.

The Hub is designed for us to quickly and easily find the right pathway for young people to receive help, including complex areas such as homelessness; challenges with the education system; instances of violence, abuse or neglect; or financial hardship.

We understand that a number of physical and sexual health issues can also be tied to mental health problems.

Hub case managers provide referrals to specialists such as dietitians, exercise physiologists, physiotherapists, and sexual health nurses.

We work with young people right through their care journey, in ways that suit their needs.

Case managers take an open and flexible approach, staying in touch with the young person and helping them through the treatment process to ensure they receive the care that they need.

This can include meeting in informal locations that the young person finds safe and comfortable; in-home visits; and providing transport to help get to health appointments.

Young people have reported that often the most off-putting part of seeking treatment is having to recount their story with each new person that they deal with on their journey. Having a single, ongoing case manager will remove this barrier by providing continuity of care.

Who is the Lilydale Youth Hub for?

All young people aged 12-25 who live, work or study in the Yarra ranges

Contact us P. 9757 8777 E. youthhealthhub@inspiro.org.au W. lilydaleyouthhub.org.au

Getting connected to our support team

All referrals made to the Hub require the young person's engagement, knowledge, and consent.

- Self-referral by calling the service line or via the online web form
- A parent contacting the service on their child's behalf
- Referral by a GP or other health specialist

- Referral via a school representative such as counsellor or teacher

- Referral via another health or community service that the young person is already engaging with.

Feedback is provided to referrers in line with confidentiality and privacy procedures.

The Lilydale Youth Hub was established through a partnership between:



This initiative is funded by the Australian Government under the PHN program

An Australian Government initiative

Contact us P. 9757 8777 E. youthhealthhub@inspiro.org.au W. lilydaleyouthhub.org.au



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

MAROONDAH HIGHWAY LEVEL CROSSING REMOVAL CONSTRUCTION BLITZ

Please read the important information below regarding Road Level Crossing Removal Projects on Maroondah Hwy Lilydale and Manchester Rd Mooroolbark, as advised by the Maroondah Highway Level Crossing Removal Project South Eastern Program Alliance. Your child may be affected by these works and may need an alternate travel plan to school until the works are completed.

Isabella Phillips and Rose Lahza.

Maroondah Highway level crossing removal construction blitz

The Manchester Road, Mooroolbark and Maroondah Highway, Lilydale level crossings will be removed months ahead of schedule, and two new train stations at Mooroolbark and Lilydale will **open to passengers on 17 November**, thanks to a massive construction blitz that kicked off on 10 September 2021.

Works are continuing safely on the **Maroondah Highway and Manchester Road Level Crossing Removal Projects** with COVIDSafe plans in place to help protect workers and the community. Strict processes are in place to check and record the vaccination status of workers entering construction sites. For more information about coronavirus COVID-19, please visit coronavirus.vic.gov.au.

The major construction blitz is currently underway and includes significant road and rail disruptions during this time. Students, staff and parents will need to allow additional time to travel to school while these works continue to be carried out in Mooroolbark and Lilydale.

Upcoming road and rail disruptions

Disruptions to the Lilydale Line

Buses replacing trains between	Dates
Ringwood and Lilydale	Buses will continue to replace trains between Ringwood and Lilydale until last service Tuesday 16 November . Please allow up to 50 minutes. Mooroolbark and Lilydale stations re-open on Wednesday 17 November 2021. Until that time, new myki card purchases or balance top ups can be made at ptv.vic.gov.au/myki .

Impacts to Manchester Road and Brice Avenue

Transport	Planned travel changes
Manchester Road	<p>Full closures (day and night) on Manchester Road at the level crossing between:</p> <ul style="list-style-type: none">7:30pm Friday 22 October and 7am Tuesday 9 November 2021 <p>Detours will be in place via:</p> <ul style="list-style-type: none">Bellara Drive, Dorset Rd and Lincoln Rd; orMaroondah Hwy, Mooroolbark Rd and Hull Rd <p>Please allow up to 15 minutes.</p> <p>Vehicle access to the shops just north of the level crossing on Manchester Road (Manchester Triangle) will be maintained between 6am and 10pm during the full closure of Manchester Road. Traffic management will be in place to facilitate access near Winyard Drive for southbound (heading towards Kilsyth) travelling motorists</p>

Maroondah Highway Level Crossing Removal Construction Blitz (continued)....

Transport	Planned travel changes
	<p>only. Pedestrian access will be maintained on the western side of Manchester Road through this section.</p> <p>Lane closures will also be in place on Manchester Road between Tuesday 9 November and Wednesday 17 November</p>
Bus routes	<p>Bus route 675 will continue on its normal route along Manchester Road and will be able to make a U-turn just before the level crossing instead of travelling under the rail bridge.</p> <p>Bus stops for routes 675 and 680 and FlexiRide services 2,3 and 4 located near the station on Brice Avenue are temporarily relocated to outside the Red Earth Community Centre until end of November 2021.</p> <p>*Please note these changes may impact independent school buses.</p>
Brice Avenue	<p>There will be an east-bound lane closure in place on Brice Avenue between Manchester Road and George Street until Wednesday 17 November 2021.</p> <p>Detours will be in place via Charles Street, Bathurst Street and Station Street. Customer car parking and access to shops will be maintained at all times.</p>

Impacts to Maroondah Highway and John Street

Transport	Planned travel changes
Maroondah Highway and John Street	<p>Full closures (day and night) on Maroondah Highway at the level crossing and John Street will be in place until Wednesday 3 November 2021.</p> <p>The Maroondah Highway detour route is via:</p> <ul style="list-style-type: none"> Cave Hill Road (north of highway), Beresford Road, Gardiner Street and Anderson Street. <p>The John Street detour route is via:</p> <ul style="list-style-type: none"> Cave Hill Road (south of highway), Melba Avenue and Hutchinson Street. <p>Lane closures on Maroondah Highway and John Street will be in place between:</p> <ul style="list-style-type: none"> Wednesday 3 November and Wednesday 17 November
Bus routes	<p>Bus routes 663, 670, 673, 676, 677, 679, 680, 683, 684, 685 and FlexiRide service 1 will still operate out of Lilydale Station bus interchange during this period.</p> <p>Passengers who use these bus services should allow an additional 15 minutes travel time due to detours at the Maroondah Highway level crossing.</p> <p>*Please note these changes may impact independent school buses.</p>

Maroondah Highway Level Crossing Removal Construction Blitz (continued)....

Next steps

We want to ensure that you have all the information and support required in the lead up to the works and while they are underway, especially if this means altering any of the existing bus routes your school privately operates.

Attached to this letter are maps of the detour routes that will be in place during this time and guidance for accessing these alternative routes.

If you would like to discuss this information and/or arrange a briefing with a member of the project team, please contact us on 1800 105 105 or via email contact@levelcrossings.vic.gov.au. For more information about works happening in your area, you can visit our [website](#) or stay up to date on our social media channels.

Yours sincerely,

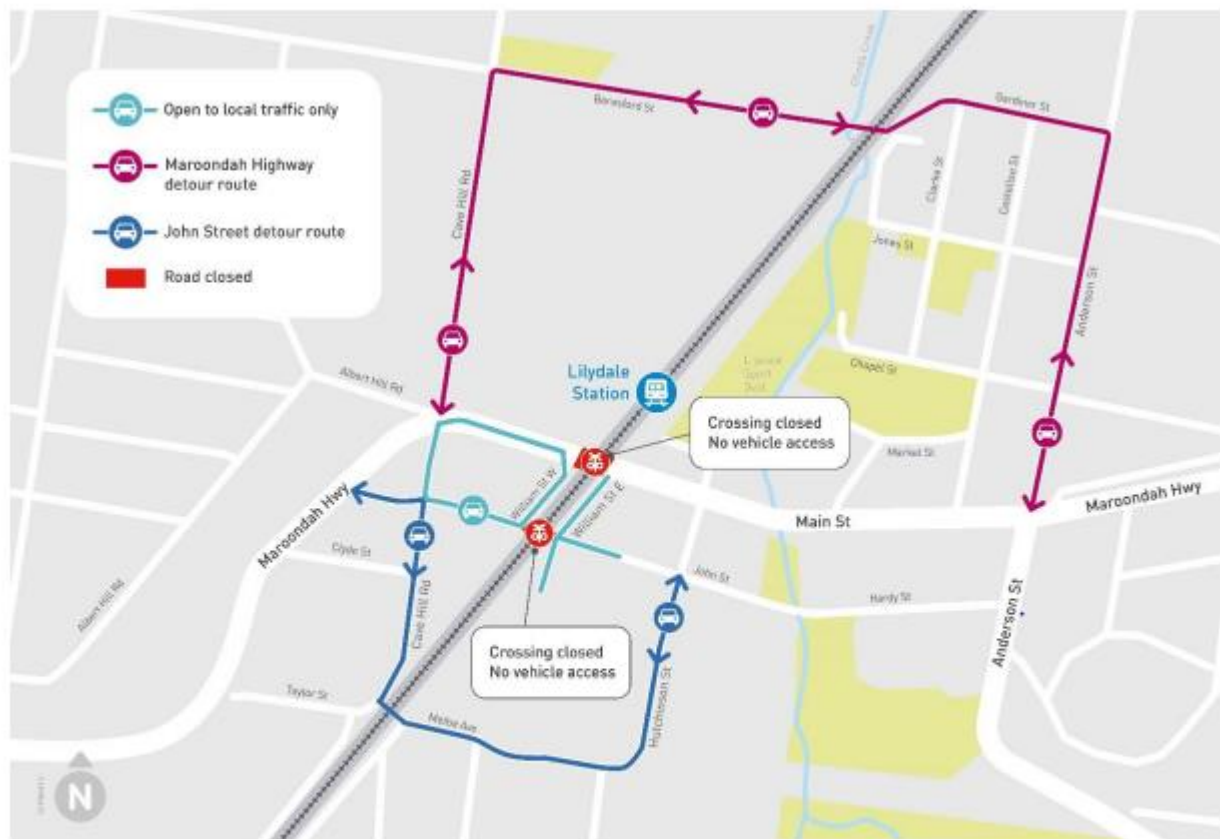
The Manchester Road and Maroondah Highway Level Crossing Removal Project Team

Detour Maps



Map one (until 6am Wednesday 3 November 2021): Maroondah Highway full closure detour map, with detour following Cave Hill Road, Beresford Road, Gardiner Street and Anderson Street. Alternatively, for heavy vehicles, following Mt Dandenong road.

Maroondah Highway Level Crossing Removal Construction Blitz (continued)....



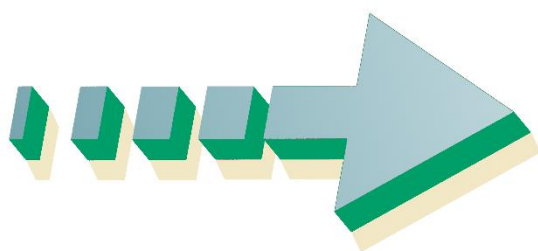
Map two: Local traffic vehicle detour until 6am Wednesday 3 November: Maroondah Highway and John Street full closure local roads access detour map, with main detour following either Cave Hill Road, Beresford Street, Gardiner Street and Anderson Street, as well as Cave Hill Road, Hutchinson Street and Melba Avenue.

INFORMATION FROM OUR
COLLEGE UNIFORM SUPPLIER,
P.S.W. CROYDON

BACK TO SCHOOL SHOPPING

DON'T GET CAUGHT IN THE QUEUE

During the upcoming back to school period, **IN JANUARY 2022**, we are anticipating up to **3 HOUR WAIT TIMES** at our retail stores, **SO AVOID THE QUEUES BY SCANNING THE QR CODE** to **book your child's fitting**. Online bookings available between November 15 to December 23.



VISIT OUR WEBSITE
PSW.COM.AU



**PSW** 

Your uniform is available from our
GROYDON
PSW RETAIL OUTLET

**UNIT 8A, 51 LUSHER ROAD,
CROYDON VIC 3136
(03) 9768 0336**

EXTENDED TRADING HOURS**

15 Nov 2021 - 12 March 2022

Monday to Friday: **9:00am – 5:00pm**

Saturday: 9:00am – 2:00pm

NORMAL TRADING HOURS**

All year round except Extended Trade Period

Tuesday to Friday: **9:00am – 5:00pm**

Saturday: **10:00am – 1:00pm**

CLICK & COLLECT PICK UP AVAILABLE

Unisex		Colour	Logo	Size	Price(\$)
1110402	S/S Polo Shirt -Stripe Collar & Armbands	White-Navy-Yellow	Embroidery	10/3XS-4XL	37.95
1101055	L/S Shirt - Stand Collar	White		10/3XS-16/S 18/M-3XL	25.95 27.95
1191055	L/S Shirt - Stand Collar	White		10/3XS-16/S 18/M-3XL	30.95 32.95
1110255	V Neck Nylon Windcheater	Ink	Embroidery	10/3XS-2XL	42.95
1114040	Flat Front Flexiwaist Trouser	Ink	Embroidery	62-117	56.50
1113040	Flat Front Flexiwaist Short	Ink	Embroidery	62-117	46.00
Female		Colour	Logo	Size	Price(\$)
1118016	Summer Dress with Adjustable Back Tab	Navy/Royal/White/Gold Check - 276		10G-22L	66.95
1104001	Box Pleat Skirt	500-Navy/Royal/White/Gold Check		10G-18G/12L 14L-20L	55.95 66.95
1111991	Ladies Expandable Tailored Pant	Ink	Embroidery	6L-22L	56.50
1111927	Ladies Tailored Shorts-Adjustable Waist	Ink	Embroidery	6L-22L	44.00
Sport		Colour	Logo	Size	Price(\$)
1111569	Stretch Microfibre Shorts	Ink	Embroidery	10/3XS-3XL	37.50
1111909	S/S Micromesh Polo with Contrast	Royal_Ink_Yellow	Embroidery	10/3XS-4XL	40.50
1112017	Stretch Microfibre Tracksuit Pants	Ink	Embroidery	10/3XS-2XL 3XL-3XL	52.95 53.95
1118432	Bonded Jacket-Contrast Chest	Ink-Royal-Yellow	Embroidery	10/3XS-4XL	84.95
Accessories		Colour	Logo	Size	Price(\$)
1101919	Baseball Cap	Royal	Embroidery	ALL-ALL	15.50
1100593	Adjustable Mesh Bucket Hat - Contrast Pij	Royal_Yellow	Embroidery	XS-L-XL	15.00
1106206	Jacquard Beanie With Pom Pom and Bad	Ink_Royal_Gold		ALL-ALL	15.50
8303200	College Backpack w Laptop Insert	Ink	Embroidery	ALL-ALL	63.00
2511050	Crew Socks - 3 pack	Navy		9--12-11--14	17.95
1110760	Cushion Foot Sports Socks - 3 Pack	White		9--12-11--14	17.95
2513050	Opaque Tights	Navy		MID-XTALL	9.96



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Feeling Safe: For Secondary School Students

Get the facts

This fact sheet has been designed to give you the facts about child abuse. It includes advice on what to do if you have been abused, are being abused, or are at risk of being abused. This fact sheet also provides you with advice if you know someone who has been abused, or is at risk of being abused.



What are your rights?

- Everyone has the right to feel safe and be protected from abuse.
- No one is allowed to threaten you, hurt you, or touch you in a way that makes you feel uncomfortable, unsafe or afraid.
- This includes all adults, other teenagers and children – it includes everyone from family members, coaches, teachers, to friends and strangers.
- Every relationship should be respectful.
- No one should ever involve you in sexual activity without your consent, and no one should behave in a way that makes you feel unsafe or afraid.
- You don't have to deal with abuse on your own. Talk to a trusted adult. Teachers and other adults at your school can support you to get help.

What is child abuse?

- Child abuse includes physical abuse, sexual abuse, emotional or psychological harm, neglect, and family violence.
- Child abuse can also include grooming. This is behaviour where an adult tries to establish a relationship or other emotional connection with a child, to prepare them for a sexual relationship.
- Child abuse does not have to involve physical contact or force. It can include:
 - controlling a child through threats
 - exposing a child to sexual material and sexual acts
 - exposing a child to family violence.
- Child abuse can be perpetrated by any member of a community or a family member. Abuse can impact anyone and it is never the victim's fault.

For more information on sexual abuse and sexual assault visit Youth Central:
<http://www.youthcentral.vic.gov.au/know-your-rights/sexual-assault>.

What should I do if I have been abused or I feel unsafe?

- You should talk to an adult you trust.
- If you have been abused, or feel unsafe or threatened in any way you don't have to deal with this on your own.
- Abuse is never your fault and you should tell a trusted adult so you can get the help and support you need to feel safe and protected. Talking to someone won't get you in trouble.
- You can tell a teacher or any adult at your school. They will be able to help you.

What should I do if I think someone I know has been abused or is unsafe?

- You should talk to an adult you trust. Any staff member at your school will be able to help.
- You can also help your friend by encouraging them to tell a trusted adult.

What if my friend doesn't want to tell an adult?

- You should still tell an adult you trust on your friend's behalf.
- Even if your friend has specifically asked you not to tell an adult, you still should. It is more important to make sure that your friend is helped and feels protected.

What will happen if I tell an adult at the school that I feel unsafe, or that I know someone who is unsafe?

- You will be helped.
- Teachers and other adults at your school must listen to your concerns and help you.
- The information will not be shared with the person who is making you feel unsafe.
- Information will only be shared with people who can support and protect you.
- In some cases the people helping you are required by law to tell the police, the Department of Health and Human Services' Child Protection services and/or your family to prevent any further abuse, or risk of abuse.

What if I don't feel like I can talk to anyone at my school?

- You should still find a trusted adult to talk to.
- Abuse or feeling uncomfortable is too big to deal with on your own.

There are many people who can support you to feel safe and protected. You can:

- contact eHeadspace for advice online visit: www.eheadspace.org.au/
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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