

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

Issue: 11 Volume: 21



Date: December 2021

COLLEGE CALENDAR 2022 – JANUARY/FEBRUARY

Friday 28 th January	Staff return to school
Tuesday 1 st February	Students return to school
Wednesday 9 th February	Year 7 2022 Parent Information Evening, 6.30 p.m..
Wed. 9 th – Friday 11 th February	Y12 Soaring Start Camp
Tuesday 15 th February	College Photos (catch-up day Thursday 17 th February)
Thursday 24 th February	College Swimming Carnival
Monday 28 th February	Network Professional Development Day – pupil free day

Please Note: all dates and times are subject to change

PRINCIPAL'S REPORT

2021 has been another busy and productive school year. It is difficult to believe that this is the final newsletter for the school year. December has been very productive with students engaged in classroom and extra-curricular activities. While the College is busy preparing for the 2022 school year, many programs and activities have continued to be prepared and delivered to students still at the College.

Learning Focus:

December has been a busy and exciting time for all. The focus on student learning has been unwavering at this time of year with students undertaking end of year examinations, assessments and many students completing their Individual Learning Plans in preparation for the upcoming academic year. In addition to this, students from Years 9, 10 and 11 have completed at least one week of the "UP" program where they have officially transitioned into the next school year. Additionally, there has been a range of engaging activities occurring at lunchtimes during this month. These activities have included: Music concert, testing of icy-pole stick bridges designed and built in Year 7 Maths, playing the games designed and built in Year 8 Maths, Pride Club and catch-up and homework help clubs. Thank you to all those students and staff involved in making a success of the opportunities.

The Class of 2021

Farewell to the class of 2021, your contribution to the College community whether it be in the academic, sporting, arts or performing arts fields throughout your time has been much appreciated. Whether you move on to employment, training or further studies, College staff and Council would like to take this opportunity to wish you every success for the future.

Absence Hotline: 9735 7040

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

Visit: www.lilydaleheights.vic.edu.au

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Principal's Report (continued)...

2021 College Dux

Congratulations to the Dux of the school for 2021, Kai Mayne. Kai finished with a score which places her the top 12 percent of 45,000 Year 12 students in the state. This is an outstanding achievement.



2021 Premier's Spirit of ANZAC Award

Congratulations to Aimee Norris of Year 11 who is the recipient of the 2021 Premier's Spirit of ANZAC Award. Aimee was selected from a significant number of high calibre entries from across the state. She will receive a substantial sponsorship from the Department of Veterans Affairs. The sponsorship is designed to support Aimee with continued engagement in her educational journey. Well done Aimee!



Duke of Edinburgh

Congratulations to Clare Rayner who has again been recognised for her contributions to the Duke of Edinburgh Program. Clare continues to go above and beyond in her drive to enrol as many students as possible into the international program. Clare has been officially recognised for her achievements in the Award Leader role at Lilydale Heights College. Well done Clare!

Awards Night

This College event was held on the afternoon of December 6th. This ceremony is the highpoint of the academic school year for students in Years 7 to 11. Awards are presented for academic distinction to students who have worked well ahead of their expected levels. Students who have contributed significantly to the College through Sport, Music and Leadership in the SIRC were also acknowledged on the night. In addition, we also presented awards to students who have shown a strong commitment to the College Values and contributed to the wider school community. Congratulations to all award recipients; your commitment to personal excellence and outstanding achievements are a credit to you all.

Congratulations to the following students who were awarded the Principal's awards for consistently demonstrating achievement above the expected standard in alignment with the College Values of Excellence, Respect and Responsibility.

- Year 7 Ivy Connor
- Year 8 Alasdair Norris
- Year 9 Athena Rose Marana
- Year 10 Laura Dangaard
- Year 11 Sarah Rice

Orientation Day

On December 7th, we welcomed the 2022 Year 7 cohort to the College. Students gathered in the performance centre where they were formally welcomed, before being whisked away to meet teachers, familiarise themselves with the College grounds and, most importantly, begin to develop new lifelong relationships. Congratulations and thank you to all students and staff who contributed to the success of the day.

Community Outreach Week Year 9 Fundraiser

Year 9 Community Outreach Week this year was another great success. The aim of this week is to provide students with an opportunity to give back to their community at a time when needed the most. Students identified "Backpacks4VICKids" as the organisation that they wanted to support. This organisation provides disadvantaged youth with backpacks filled with school equipment, clothing and gifts for the upcoming school year. Students planned a series of fundraising activities which included: egg and coffee breakfast for staff, a coffee and cake session for families, biscuits in a box for purchase and the sale of hand-made and decorated planter boxes and pots. After a busy week, the students, supported by the wonderful Year 9 team of teachers, raised over \$1,200. An amazing result!! Congratulations to all involved.

Principal's Report (continued)...

Reports

End of Semester Reports are now able to be accessed by parents/guardians online. The aim of the report is to indicate to parents/guardians the progress your student has made over the semester period. Reports will give you an indication of how well your student is progressing and summarise the major assessment tasks completed by students this semester. Please do not hesitate to contact the College if you are unable to access your child's reports.

School resumes for students on February 1st, 2022.

On behalf of the College Council and Staff at Lilydale Heights College, I would like to thank you for your ongoing support of the College and, most importantly, the students in our care. Together we have worked to make the most of the opportunities presented to us and, collectively, we have done a remarkable job.

We wish you all a very restful and safe festive season.

Rosina Fotia, Principal



COLLEGE UNIFORM 2022

***College Uniform can be purchased at PSW School Uniforms
8A / 51 Lusher Road, Croydon (phone 9768 0336)***

A reminder that:

School shoes must be leather lace-up school shoes, not runners or skate shoes

Piercings must be removed, or clear ONLY

Natural tone hair colour

All students:

Any new uniform must be the new, approved uniform available at PSW

***The College Uniform Policy is available on the
Lilydale Heights College website***

TERM 1 SUNSMART

**Lilydale Heights College is a SunSmart School.
This is a reminder that in Term 1 all students
are required to wear College Hats when outside.
Hats can be purchased at PSW or at the College Office.**



YEAR 8 SELF END OF YEAR ACTIVITIES

Congratulations to our Year 8 students who participated in our final joint SELF lesson! Students competed in various brain teasers, games and physical pursuits, such as an egg and spoon race and tunnel-ball (shoutout to 8E who took the championship!). The points are in! Our SELF competition that has been running all year is complete and the winning class is.....8C..... with a total of 32 points! Coming in a close second was 8A with 31 points. Solid efforts from 8F on 24, 8B on 21 and 8D and 8E on 20. We've had a great year with you all and want to say a special thanks to Mr Turner for his leadership and organisational prowess.

Jane Scobie – SELF Teacher.



YEAR 8 DRAMA

For their final performance this year, students in Year 8 Drama have been working on Morality Plays, featuring characters such as the Deadly Sins, the Heavenly Virtues and the Four Horsemen of the Apocalypse. Students spent time rehearsing, designing and performing these in class, showcasing the skills they have developed this semester.

Sophie Dunn-Famularo – Drama Department.



YEAR 9 FABRICS

As part of the end of year activities, Year 9 students made fabric bags to hold toiletries and stationery for kids taken into out of home care. I think you will agree the students did a great job.



Kerry Halls – Fabrics Teacher.

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
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BackPack4VICKids – COMMUNITY OUTREACH WEEK

On the second last week of term, our Year 9 students were involved in COW - Community Outreach Week. This year we decided to raise money for an organisation called Backpacks4VICKids. This organisation makes up backpacks containing a range of essential items, to support children and young adults who have been removed from families and forced into emergency care.

I would like to profusely thank our wonderful Year 9's who were passionately involved in this project. We had a group of students sewing beautiful toiletry bags and stationery bags which they then stamped with a *made with love* stamp. We had students in Art painting pots in beautiful colours to sell. We had students making planter boxes from old pallets which they filled with plants. We had a group making and selling bacon and egg rolls and coffee which were a big hit with staff. And lastly a large group of students made and sold 55 boxes of homemade biscuits and ran a coffee and cake morning tea.

To say the students worked hard is an understatement. Well done to everyone - they were all amazing and I was so proud of them. As a result, we were initially able to raise \$1,100. I would like to extend my extreme gratitude to our Principal Rosina Fotia and our Business Manager Tracey Green, who then contributed an extra \$900 to make the total amount raised \$2,000! This is just fantastic – thank you.

A huge thank you also to everyone who supported this event. Our great teaching staff made it happen and our school community and friends were wonderful in supporting the events. We have now purchased much needed items for backpacks and for Christmas packs, which will be gratefully received.

Sharon Francis – Foods Department.



BackPack4VICKids – Community Outreach Week (continued)...



YEAR 7 GINGERBREAD

Year 7 students have been busy over the last week of term producing Gingerbread. This process was rolled out over three lessons.

First lesson – producing the dough

Second lesson – cutting out the shapes and cooking the dough

Third lesson - decorating the gingerbread

All students enjoyed the challenge and we hope you have been able to sample their creative creations.



Leigh Thomson – Foods Teacher.

COMPASS AND DUKE OF ED CELEBRATION AFTERNOON

Over 40 students in our Awards Program came together on the second-last Wednesday of the term to have some fun and celebrate completing the final aspects of their Awards. Despite it being a cold afternoon, the students got involved in the activities; they raced around two orienteering courses, working their basic map reading skills. They also worked on their trust and support and were involved in small group work on the slackline task and treasure hunt. It was great to see the students being active, working and having some social time together! The only thing that would have made this better would have been if we were camped in the outdoors and were coming together over a campfire to tell stories and reflect. Fingers crossed that the students who maintain their Awards will be able to experience that next year. At the end of the evening we were able to recognise all of the Award students. It is when you see them all together that you actually realise the massive number of students who were working through this program; an excellent number across the different year levels.

Well done to all those involved and a special mention to Nicola Boyle, Anne Wilkins and Jeremy Ng for all their help and support with the program this year!



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

YEAR 9 FUNFIELDS EXCURSION

On 1st December, the Year 9's ventured to Funfields Waterpark in Whittlesea on a beautiful 32 degree day. We enjoyed the Voodoo 360, wave pool and many trips down the big waterslides. Before it got warm we relished the go-karts, taboggans and mini golf. It was a terrific way to end a year that was spent mostly at home. Thanks should go to the staff that were involved on the day - it was a fantastic day for all.



Troy McGown – Year 9 Student Liaison.

For parents and carers

Wellbeing support for students during the school holidays

This guide provides tips and resources for parents, carers and families to support the mental health and wellbeing of children and young people in their care during the school holidays. This includes services to reach out to if more support is needed.

Actions that support positive mental health

Encourage your young person to:

- Exercise and eat healthily to boost their mood
- Prioritise sleep to support mental and emotional wellbeing
- Explore relaxation techniques and coping strategies
- Stay in touch and catch up with friends and loved ones
- Make time to do things they enjoy
- Practice positive self-talk, and remind them they are not alone
- Seek professional help if needed.¹

The Department have developed wellbeing activities and conversation starters for parents and carers of [primary school-aged children](#) and [secondary school-aged children](#).

Feeling it: [mindfulness resources and activities for senior secondary students](#). Smiling Mind gives tips on self-care, understanding and managing emotions, being mindful, being kind to yourself, navigating uncertainty and preparing for change.

Signs a child or young person may need mental health support

In some cases, these actions will not be enough to support positive mental health.

Keep an eye out and seek professional help for changes that last two or more weeks such as:

- Loss of interest or involvement in activities normally enjoyed
- Feeling 'low', unusually stressed or worried
- Ordinary things get harder
- Being easily irritated or angry
- Taking more dangerous risks, like using alcohol or drugs
- Withdrawal or feeling overwhelmed
- Difficulties with concentration and motivation
- Having a lot of negative thoughts
- Changing in sleeping and eating.^{2,3}



Young people supporting each other

Young people are **most likely to turn to each other for support** before seeking out an adult or service provider.

Young people can support each other by:

- contacting 000 if a friend needs urgent assistance or is at risk of harming themselves or others
- reaching out to a friend, offering support and letting them know you care
- letting their friend know they may need to tell a trusted adult about their concerns.

Having these types of conversations can be difficult for young people. Information for young people on how to support a friend is available on the headspace website: [How to help a friend going through a tough time](#)

Mental health support

- **Your local GP**
- **headspace Counselling:** Victorian Government secondary school students, including those who have just finished schooling, can access counselling services from headspace. During the holidays, students can self-refer by calling their [local headspace centre](#).
- **ehheadspace:** 1800 650 890 www.headspace.org.au/ehheadspace
- **Kids Helpline:** 1800 551 800 www.kidshelpline.com.au
- **Lifeline:** 13 11 14 www.lifeline.org.au
- **Beyond Blue:** 1300 224 636 www.beyondblue.org.au
- **Head to Help:** 1800 595 212 www.headtohelp.org.au
- **Suicide Call Back Service:** 1300 659 467 www.suicidecallbackservice.org.au
- [Family violence information and support services](#)
- **Contacting 000** for urgent assistance

Family violence support and resources

- **Safe Steps:** 1800 015 188 www.safesteps.org.au
- **1800RESPECT:** 1800 737 732 www.1800respect.org.au
- **What's okay at home:** www.woah.org.au
- [Family violence support](#)

Self-harm and suicide prevention resources

- [Getting a mental health care plan](#) (ReachOut)
- [What you need to know about self-harm](#) (headspace)
- [How to help when someone is suicidal](#) (SANE Australia)

Mental health resources

- **Mental Health Toolkit:** contains resources for students, parents and carers to support the mental health and wellbeing of children and young people in their care including:
 - o [Raising Learners Podcast Series:](#) providing expert advice/information to parents/carers on topics including how to keep your child safe online
 - o [Understanding mental health – fact sheet](#) (Orygen)
 - o [Learn how to handle tough times](#) (headspace)
 - o [Get into life \(to keep your headspace healthy\)](#) (headspace)
- [Supporting your young person during the holidays](#) (headspace)

Starting a conversation

“NIP it in the bud” 3 step process



Notice

N stands for Notice:

You might notice changes in a young person:

Things like

- A noticeable change in how they are feeling and thinking
- Feelings like anger, sadness, fear, not caring about anything, risk taking
- You might see changes in the way your child is behaving or acting
- Not enjoying things anymore
- Changes in eating or sleeping
- Being easily irritated or having problems with friends and family
- Finding they can't focus on things or maintain attention
- Feeling down or that there is no hope or point to life
- Having trouble concentrating or remembering things
- Turning to alcohol or drugs to cope with feelings
- Having negative thoughts or distressing thoughts
- Feeling unusually stressed or worried
- OR, Changes socially **like** withdrawal, being secretive, acting out of character

Inquire

I stands for Inquire:

There's no perfect way to start a conversation about mental health – so it's ok if you're finding it hard. It can help to do some research first, and also find a time and place where everyone involved is feeling safe.

When asking, it can help to be specific about the things you've noticed. And remember, you're asking to understand. Understanding your young person's experience can leave you in a better place to respond in a way that helps.

Some ways to try might be:

Q: Hey, I've noticed you seem to have a lot on your mind at the moment. I'd like to hear how it's been for you.

Q: I've noticed that sleep has been harder for you lately. Have you got some ideas about why that might be?

Q: I haven't seen any of your friends recently. How have things been going?

Q: What can I do to be help?

Provide

P stands for Provide.

It's about providing whatever it is you think your young person might need at that time. It will include support, listening, and empathy. Responding in a way that shows you're really listening can make a big impact. Here are some statements that might help.

Statement - I can hear this is really tough for you

Statement – It sounds like it's been impacting lots of areas of your life

Statement - Thank you for sharing with me, I care about how you feel and what you're going through.

Taking the time to really try to understand can show the young person you're a safe place to go to for support, and might mean they end up sharing more. In trying to find the best way to offer some support, it can help to share the decisions with the young person. Some statements that might help are:

Statement – I'd like to find a way that I can be helpful for you. Would that be ok for you?

Statement – It sounds like home is a bit stressful at the moment. Would you like to have a go with me at figuring out some ways to take some of that stress away?

Statement – I'm not feeling very confident about the best way to help at the moment. Would it be ok if we called a service to help us figure out the best way forward?

If you have immediate concerns take them to Emergency or phone 000 and stay with them.

National Support Services



Mental Health Services and Support

Beyond Blue

24/7 mental health support service

1300 22 4636
beyondblue.org.au

headspace

Online support and counselling to young people aged 12 to 25

1800 650 890 (Mon-Tues daily)
 For webchat, visit: headspace.org.au/eheadspace

Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

1800 55 1800
kidshelpline.com.au

1800RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

1800 737 732
1800respect.org.au

Lifeline

24/7 crisis support and suicide prevention services

13 11 14
lifeline.org.au

Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467
suicidecallbackservice.org.au

Mensline

24/7 counselling service for men

1300 78 99 78
mensline.org.au

QLife

LGBTI peer support and referral

1800 184 527 (open 10pm daily)
qlife.org.au (online chat 3pm-12am daily)

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



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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.

