

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

Issue: 1 Volume: 22

Date: February 2022

COLLEGE CALENDAR 2022 – FEBRUARY/MARCH

Monday 28 th February	Network Professional Development Day – pupil free day
Friday 4 th March	Yarra Group Swimming Carnival
Monday 14 th March	Labour Day Public Holiday
Tuesday 15 th – Friday 18 th March	Year 7 Phillip Island Camp
Tuesday 29 th March	Whole School Cross Country (1.45 p.m. – 3 p.m.)
<i>Please Note: all dates and times are subject to change</i>	

PRINCIPAL'S REPORT

It has been a very busy and dynamic start to the College year. Students and staff have settled into a productive routine and the focus on teaching and learning is evident as I move around the College. Congratulations to the students on the way they have settled into school routine and welcome to the Year 7 class of 2022.

Learning Focus

The Annual Implementation Plan priorities for the 2022 school year, determined by DET and the College, are:

- Learning – Support both those who need extra support and those who have thrived to continue to extend their learning, especially in numeracy: learning growth
- Wellbeing – Effectively mobilise available resources to support students' wellbeing and mental health

COVIDSafe Measures Extension 17 February 2022

We want to thank parents and students for the great job they have done in keeping our school as safe as possible by following important COVIDSafe measures such as mask wearing, physical distancing, ventilation, getting vaccinated and rapid antigen testing.

This has meant that our school has remained open and our students in class. This is a fantastic outcome and a testament to the hard work of parents, carers, students and school staff.

Rapid Antigen Tests

The Victorian Government has extended the COVIDSafe measures introduced for the beginning of Term 1. This includes extending the availability of free rapid antigen tests (RATs) for screening until the end of term. It is anticipated an additional 24 million RATs will be provided to schools and early childhood settings to continue to support early detection and prevent infection, for use at home.

Absence Hotline: 9735 7040

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

Visit: www.lilydaleheights.vic.edu.au

Principal's Report (continued)...

Department of Health modelling indicates that in the first two weeks of school returning, the program has already prevented more than 21,000 cases in schools alone.

The department will continue to supply RATs to our school for your use. Twice-a-week testing continues to be strongly recommended for both students and staff.

Testing will be conducted at home, and students and staff must report any positive result. There is no requirement to report a negative result.

Vaccination

Vaccination is another key component to protect students and staff in school settings.

Vaccinations for children aged 5 to 11 are open and third dose vaccinations for 16 to 17 year olds are now available.

There are lots of convenient options to access vaccinations. These include state-wide vaccination hubs, your local GP or pharmacy.

Ventilation

Improving ventilation is one of the most effective measures to keep education settings safe. 51,000 air purifiers were delivered to schools by Term 1 2022 to support COVIDSafe settings in schools.

Mask rules will remain the same, with students in Grade 3 and above required to wear masks – although they will not be required outdoors.

On behalf of the school, I would like to thank you again for your continued support in helping your child to complete the rapid antigen tests and other COVID Safe measures. As a result of these efforts our school can continue providing a safe environment for students and staff.

Feb 28 Network Curriculum Day

Please note that Monday February 28 is a scheduled curriculum day for the entire Lilydale District network of schools. Students will not be required at school on this day.

On this day, staff from the College and the Lilydale District will continue their work with Misty Adoniou. Misty is an educator with experience and expertise working with teachers to improve their teaching of Language and Literacy. She has received numerous teaching awards, including an OLT National Citation for Outstanding Contribution to Student Learning and the Vice-Chancellor's Award for Teaching Excellence. Misty will provide keynote presentations to both primary and secondary schools in the network and will support schools individually on their literacy improvement journeys. Specifically, we will continue our work on 'Writing Across the Curriculum'. This entails modelling for students how to write text types specific to a given learning area and ensures students are consistently applying these text types across like classes. The development of these consistent assessment methods will also support moderation, wherein teachers work together to ensure assessment outcomes and gradings are consistent across classes.

Green Chronicles

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

EXCELLENCE

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

RESPECT

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

RESPONSIBILITY

- Consistently making the most of learning opportunities

Principal's Report (continued)...

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

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

Campfire Conversation

Lilydale Heights College has been selected as one of 100 of schools across the state to host a Campfire Conversation in Term 1 2022, as part of the Victorian Government's Self-Determination in Education Reform Initiative. The Campfire Conversation will provide an opportunity for the College to host a community event and will place us at the forefront of exciting system changes that empower Koorie learners, families, staff and the wider community to create meaningful reforms. Congratulations to Tanna Draper Nagas on her leadership in the First Nations Advocate role.

Arts Centre Melbourne

Lilydale Heights College has been approved as a First Call Fund Partner School for 2022!

As a First Call Fund Partner School the *entire* school is now able to access:

- FREE tickets to all the performances and workshops in our [schools' program](#)
- 100% travel reimbursement (covering the cost of your bus or public transport to and from Melbourne)

Thank you to Ms Halley Metcalfe for sourcing this initiative for our students.

Tutor Learning Initiative

The Tutor Learning Initiative will continue in 2022. This program is designed to support students whose learning has been disrupted because of the COVID-19 pandemic. Schools have been allocated funding to engage tutors to provide targeted teaching to students identified as needing support. The Initiative will commence in Term 1 and will provide support for students for 26 weeks. We are pleased to announce that the following teachers will join the College as a part of the Tutor learning initiative:

Ms Lauren Dwyer

Mr Aden Stares

Ms Sam Critchley-Drayton

Mrs Lesley Sutherland

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
- higher incomes across their lives.

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

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

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

Principal's Report (continued)...

Annual Privacy Reminder

Lilydale Heights College collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the School's Privacy Policy. Please take time to remind yourself of the school's collection statement, found on our website at:

www.lilydaleheights.vic.edu.au

Before and After School Traffic

A reminder that **Nelson Road is a one-way street between the hours of 8 am - 9.30 am and 2.30 - 4 pm.**

Traffic must enter from the Victoria Road end. Local council officers and highway patrol will be issuing fines.



Methven Professional Mooroolbark

Shout out to Regina Atkinson from Methven Professionals Mooroolbark for donating \$500 to our school which we will be allocating to our wellbeing program. Recently one of our parents from Lilydale Heights sold their home through Regina. If you would like to sell your home contact Regina Atkinson/Professionals and for every sale made that is associated with our school, they will donate \$500. All you have to do is mention our school when you sign up your home for sale!



Regards

Rosina Fotia, Principal



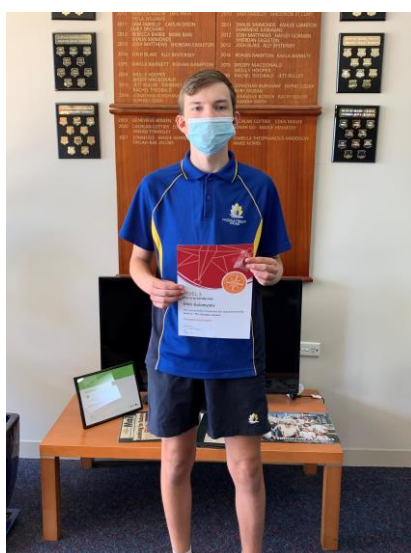




ACCOMPLISHED AWARDEES

We are continuing to celebrate students from 2021 who have just completed their Compass or Duke of Edinburgh Awards. It is a great achievement as they have worked independently through the four sections, clearly adopting resilience, positivity and determination to complete their respective tasks.

Well done to Max Phelan and Natasja Lammertsma who completed their Level 4 Compass Award, Gleb Golomysov who achieved his Level 3 Compass Award, Athena Rose Marana, Henry Shannon-Palfreyman, Mickeala Harding and Evie De Graauw completed their Bronze Award and James Nel completed his Silver! Great job all! We will be having some information sessions very soon to outline the Award Programs and the different requirements of each Award. Please feel free to email me if you have any questions or would like to start the Award Program.



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

MOUNTAIN BIKING COMPETITION

Alasdair Norris of 9D is participating in a Mountain Biking Competition in March. This competition is geared towards secondary school students. This schools event not only engages youth in healthy social and active recreation but brings a heightened appreciation of nature, the environment, self-reliance, self-learning and independence, all as part of riding a bike in the outdoors.

It's about encouraging students of all abilities to come and race with their mates in a safe and social environment. They will have an exciting racing experience and enjoy the fun event atmosphere together – great memories to share! Students will have the opportunity to test their riding ability across three skill areas on some of the most popular mountain bike trails at Mt Buller – Endurance, Speed and Technical Skills.

If any other students are interested - the competition dates are as follows:

HIGH COUNTRY MTB SCHOOLS COMP | MT BULLER VIC | 11.03.2022

YARRA RANGES MTB SCHOOLS COMP | SILVAN VIC | 08.04.2022

GIPPSLAND MTB SCHOOLS COMP | HAUNTED HILLS VIC | 28.10.2022



STUDENT ACHIEVEMENT

Between the 3rd of February and the 6th, I competed at the South Australian State Trap Carnival, Trap being a discipline of clay target shooting, this particular version of the discipline being Down the Line (DTL). During the first day, Thursday, there was a Champion of Champions event, completed to 18 metres, 3m back from the standard 15 metres, involving a medley of three 'sub' events. This event is not my best and I came out with 97/125. The Friday held two events; Double Rise when there are two targets to shoot instead of the normal single target, 27/50 and the second event was the Handicap, when every shooter is placed out from 15 to 25 metres based on their skill level. The best shooters, AA25's, will compete off 25 metres while the C15's (me) will shoot off 15 metres, the aim being to level out the playing field. Here is where the carnival started to turn better for me shooting a 43/50, with better scores to come. Saturday held another two events, Single Barrel – one target, one shot – I won this event for C Grade 45/50 targets, then the Double Barrel – one target, two shots – I then was thrilled when I won this in grade too, 53/56 targets, there was a six target shoot off to determine the winner. Sunday was the final day, bringing with it Point Score, where you are awarded 3 points for hitting the target on your first barrel, 2 for the second and 0 if you miss, so the number of targets is multiplied by 3, a 50-target event is worth 150 points. I won this event too with a score of 143/150. This brought my State Title tally to 3 state titles, my first 3, and meaning that I also won the State C Grade High Gun (the best shooter over the four days).



Aimee Norris, Year 12

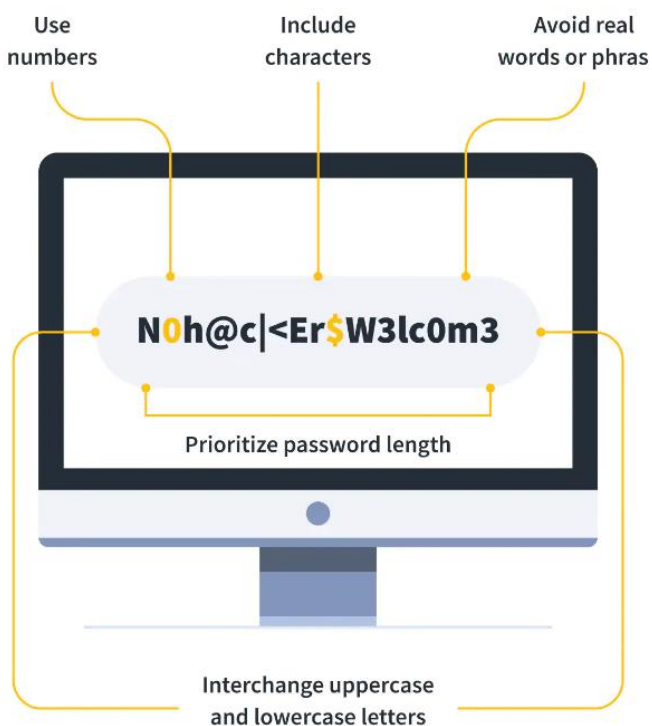
FEBRUARY E-SMART TIP

How safe is your password?

Having a weak password can lead to anything from fake posts being made in your social media account, to taking money from your bank account, and even identity theft. Does your password meet all these steps?

5 Steps to Create a Strong Password

Dreaming up a strong password begins with thinking beyond just creative phrases. You need to incorporate numbers, symbols, and punctuation, too.



Alison Beiber – eLearning Co-ordinator.

TREAT YOUR **PASSWORD** LIKE YOUR **TOOTHBRUSH**

-  Don't **share** it
-  Choose a **good** one
-  Don't **recycle** an old one



SCHOOL PHOTOS 2022

Annual school photos have been taken by Arthur Reed Photos. To view the images of your child and order photos, you will need to first register online.

1. Go to <https://order.arphotos.com.au> and enter the 2022 image code for your child (*from their personalized flyer*)
2. Tap on 'Add another child' to enter the image codes of any siblings
3. Fill in your email and mobile details and then review all details before confirming your registration

That's it! When 2022 photos are ready, you will be notified by email and SMS.

Even if you registered last year, it's important that you do it again each year using your child's new image code to link their photos for the current year with your contact details.

To ensure you are ordering school photos for the current year, please wait for notifications that 2022 images are online before placing orders.


In the web shop you can view photos and customize your photo package; Choose ANY layout, ANY image and purchase multiple digital image downloads. **All photo orders will be sent directly to the address you provide when ordering.**

REGISTER ONLINE NOW to be notified when 2022 school photos can be viewed and ordered.


Register online now to be notified when images are ready to view!

School Photos - easy as 1 2 3

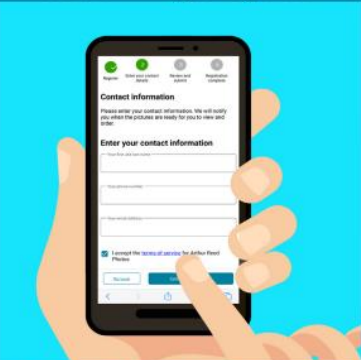
1 Go to order.arphotos.com.au and enter your child's 2022 image code



2 Tap on 'Add another child' to enter the image codes of any siblings



3 Fill in your contact details & review before confirming your registration*



*This information will only be used for distribution of personal image codes and ordering details.

That's it! You'll receive an email and/or SMS when images are ready to view in our secure webshop
Registration is required each year to link student images for the current year with your contact details.

• View photos online & customise your photo package • Any layout, pose or image • Multi Image Digital Downloads

TO ENSURE YOU ARE ORDERING 2022 PHOTO PACKAGES, please wait to receive notifications to view 2022 images before placing orders

Arthur Reed Photos Pty. Ltd.
A.B.N. 48 528 494 590

Telephone: (03) 5243 4390 Enquiries: customerservice@arphotos.com.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

SPORT NEWS

Welcome to all the new Year 7 students and welcome back to everyone else. All students are randomly allocated to one of our four House groups and will remain in these groups whilst at the College. We have three whole College Sporting Carnivals during the year – Swimming, Athletics and Cross Country. Swimming was held on Thursday February 24, Athletics will be held on Tuesday May 3 and Cross Country, which will now incorporate a colour run aspect to it, on Tuesday March 29. Winners of these events have the opportunity to compete in the Yarra Division event and then possibly the Eastern Metropolitan Region events. All students are encouraged to participate in all whole school carnivals, whether competing or just having fun and cheering on their House mates. Great chance to dress up in your House colours too. Our Houses are:

OLINDA - BLUE HOUSE - derived from the Olinda Creek from where the future site of the Lilydale township was first seen. House Captains: Sara Greenhalgh and Kaity Watson Vice Captains: Ebony Skinner and Tahlia Edwards



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

House Captains: Sarah Rice, Mera El-Eridi and Hayley Burgess

Vice Captains: Erin Foley and Ash Stallworthy



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

House Captains: Amelia Carrigan and Tom Duff-Rankine

Vice Captains: Heart Angel Liddy and Riley Moran



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

House Captains: Olivia Ray, Ben Whittle and Franc D’Couto

Vice Captains: Kai Burke and Tahlia Goodman



Sports News (continued)...

Term 1 also sees the start of our interschool sports competitions. We are affiliated with the Yarra Division and compete with a number of other schools in the area. In Term 1 are the summer sports including cricket, tennis, softball, baseball and volleyball. Keep an eye out for results! Students in Junior School will be picked for Interschool Sport teams during their Sport sessions. Middle and Senior School students will have to sign up using Office Forms. I will be sending access to these forms through students' school emails, with notification on the Daily News for when these need to be completed, so, again, keep an eye out for these.

Sonya Tamos – Interschool Sport Co-ordinator.

YEAR 7 INTERSCHOOL CRICKET

On 22nd February, we had our first interschool sport event for the Year 7s – boys cricket. It was a fantastic day; the sportsmanship and school values exhibited over the day was great to be a part of. We had two teams and both had two wins and two losses across the day. Jack Dowthwaite and Heath Rodger were amazing with the bat, hitting numerous boundaries. Harry Lee's team spirit was second to none and the group as a whole was a pleasure. Both teams demonstrated amazing leadership and had a lot of fun. Congratulations to each and every player for starting off Year 7 interschool sport with a bang.

Erin Rackham – Sport Teacher.



MIDDLE SCHOOL OUTDOOR ED - MOUNTAIN BIKING SKILLS AND RIDING

Congratulations to our Outdoor Ed group; they have been focusing on mountain bike skills and riding around local trails. The students really enjoyed it and worked hard developing their skills and completing the challenges around our school. They enjoyed the sea-saws, ramps and riding around a variety of courses. In our second session we rode to the small Lilydale Lake skills park and then back to school. The students excelled in working together and showed determination to participate. They enjoyed being in the outdoors learning about different experiences in nature. Thanks to all students and Miss Dwyer for making this such a fantastic experience; hopefully we will be able to extend these skills further to Lysterfield Bike Park early next term.

Clare Rayner – Outdoor Ed Co-ordinator.



IT'S NOT OK TO BE AWAY!

EVERY DAY COUNTS

Going to school every day is the single most important part of your teenager's education. Students learn new things at school every day – missing school puts them behind.

Why it's important

We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day.

Students develop good habits by going to school every day – habits that are necessary to succeed after school, whether in the workplace or in further study.

Missing school can have a big impact on students academically and socially. It can affect their test results, including VCE & VCAL, and, just as importantly, it can affect their relationships with other students, and lead to social isolation. There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes.

Each missed day is associated with falling behind in subject topics and assessment tasks, and lead to fewer subject choices and may impact on achievement in Years 11 and 12 and post-school pathways.

Getting in early

It's never too late to improve attendance. Even in the middle years, when school can seem the most challenging for students and when attendance rates can be at their lowest, going to school more often can make a big difference. **Every day counts.**

Schools are there to help – if you're having attendance issues with your child, speak to your school about ways to address those issues.

Being away from school for 1 day a fortnight equals missing 1.5 years over 13 years of school

If for any reason your teenager must miss school, there are things you can do with your school to ensure they don't fall behind:

- Inform the school via the Attendance Officer or your student's Year Level Liaison.
- Find out what work your student needs to do to keep up
- Develop an absence learning plan with your student's teachers and ensure they complete the plan

Remember, every day counts. If your teenager must miss school, speak with your Year Level Liaison as early as possible. Openly communicating with your teenager's school about all absences is a good way to prevent attendance issues being escalated. Chronic or ongoing attendance issues that are escalated can lead to an Infringement Notice being issued to parent/s.

In Victoria school is compulsory for children and young people aged 6 – 17 years

Top attendance tips for parents

- Schools want to work in partnership with parents – act early if you have any concerns by contacting your child's school and asking for advice and support
- Remember that every day counts
- There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes and their social connectedness
- Talk positively about school and the importance of attending every day
- Open and prompt communication with your child's school about all absences is a good idea
- Avoid making routine medical and dental appointments during the school day or planning family holidays during the term
- Seek help from your school if you are concerned about your child's attendance and wellbeing. Schools want to work in partnership with parents to support student attendance and wellbeing.

It's not ok to be away (continued)...

Further information

For more information and resources to help address attendance issues, visit: www.education.vic.gov.au/school/parents/behaviour/Pages/studentattendance.aspx

The school must be notified in the morning if your student is to be absent.

When a student is absent he/she is required to provide an explanation from a parent. A medical certificate is required for absences in excess of three school days.

Parents can submit absences in a number of ways:

- Via the school phone number **9735 1133** and follow options for the absence line
- Via Compass home page, click on attendance listed under your student's name then you can enter the absent type

Homepage

The home screen provides you with relevant alerts and news, as well as quick access to your child's profile.

The screenshot shows the 'Hogwarts P-12 Portal' homepage. At the top, there is a navigation bar with a home icon, a calendar icon, a pencil icon, a grid icon, a user icon, and a star icon. On the right, it says 'Mrs Molly WEASLEY' with a settings gear icon. Below the navigation bar, there is a 'Main Menu' button and a 'Tools' button. The main content area is divided into several sections. On the left, there is a 'Welcome to the Hogwarts P-12 Portal' message with instructions to keep contact details up to date. Below this, there is a 'Your Child/ren' section with two profiles: Ron WEASLEY and Ginny WEASLEY. Each profile has links to 'Profile (Attendance, Schedule, Reports)', 'Send email to [child's] teachers', 'Add Attendance Note/Approval (Approved Absence/Late)', 'View Academic Reports', and 'Book Parent Teacher Interviews'. Ron's profile also shows '1 overdue learning task'. On the right, there is a 'Compass' section with a 'My News' tab. Below the tab, there are several alerts: 'Reports are available through Ginny's profile or by clicking here', 'Insights Cycle Open' (requesting input/feedback for 'Student Goals'), 'Course Confirmation/School Payments' (confirmation and/or school payments available), 'Event Consent/Payment Required' (2 event(s) awaiting consent and/or payment), and 'Attendance: Attendance Note/Approval Required' (Ron was recorded as 'not present' or 'late' without explanation). At the bottom right, there is a 'News' section with a 'Cauldron Sale' announcement (Potions students reminded to sell cauldrons) and a 'Homework Club' announcement (Every Wednesday 3:30pm to 4:15pm in the Library).

Annotations on the screenshot include a red arrow pointing to the 'Your Child/ren' section, a red box around the 'Your Child/ren' section, a red box around the 'Compass' section, and a red box around the 'News' section.

Helene Butterworth – Attendance Officer.

SUSTAINABILITY

After two years of interruption on campus, the Sustainability Team is looking forward to reinvigorating its program in 2022. We meet weekly on a Thursday lunchtime in the Sustainability Hub. Our focus for 2022 is Waste and Biodiversity and we have had a flying start with the Year 7 students undertaking litter audits in Maths as part of their unit on statistics. It was a bit disappointing to see the large amount of litter that was collected by each class, especially the soft plastics and one of our aims is to provide different recycling bins within the College in Term 2 to help close the loop on our waste cycle. To help us achieve this aim, the Sustainability Team is running a Bulb Fundraiser with Tessellar in Silvan. If you love bulbs, or know someone who does, please use the following link to make your purchase. The last day for orders is the 15th of April.

www.bulbfundraiser.com.au/LILYDALEHEIGHTS



Sustainability Tip



When looking for new work shoes this summer, I came across VIVAIA, super comfortable flats (and other styles) made from recycled plastic bottles. What a great way to repurpose a single use product. Check them out here <https://www.vivaiacollection.com/> and look for myself and Mrs Fotia wearing them around campus.

Each month the team would like to provide you with a sustainability tip. If you have any that you would like to share, please email me at the College sar@lilydaleheights.vic.edu.au

Shannon Sargeant (Sustainability Leader)

ARE YOU INVOLVED IN A LOCAL COMMUNITY GROUP?



As a school we are keen to promote community groups and encourage students to get involved with a community group. We are looking for community groups to set up a table or display in our town square at lunchtime and chat with students about their group. Please note you must be double vaccinated to attend onsite. If you are part of a group and would like an opportunity to promote your group please contact the school and ask for Krissy Veerhuis.

Krissy Veerhuis – Mental Health Practitioner.

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.**



CSEF 2022

If you applied for the CSEF at Lilydale Heights College in 2021 you do not need to complete an application form in 2022 unless there has been a change in your family circumstances. The school will automatically apply for the CSEF on your behalf.

You will only need to submit an application form in 2022 if any of the following changes have occurred:

- **new student enrolments:** your child has started or changed schools in 2022 or you did not apply at the same school in a previous year
- **changed family circumstances:** such as a change of custody, change of name, concession card number, or new siblings commencing at the school in 2022

Schools are able to accept and process applications up until the end of Term 2 each year. CSEF payments are made to schools from March onwards each year. The payment is \$225 per year for eligible secondary school students. To be eligible, on the first day of Term 1 (31 January 2022) or the first day of Term 2 (26 April 2022), a parent or legal guardian of a student must be an eligible beneficiary of one of these cards:

- Centrelink Health Care Card
- Pensioner Concession Card
- Veterans Affairs Gold Card

OR they must be a temporary foster parent

Application forms are available at the General Office. Applications close 24 June 2022.

Jo Taylor – Office Manager.

YARRA RANGES TECH SCHOOL

AFTER SCHOOL PROGRAM

When: Every Friday afternoon during school term

Time: 3:15pm – 5pm

Cost: \$5 per student, per session – Price includes food & drink

Age: 12 years old and over

Activities: Coding, E-Sports, Electronics, Robotics – VEX, Thymio, Donkey Cars



To find out more, please visit our website: yarrarangestechschool.vic.edu.au

To secure a place in the after school program –

Contact yrts-admin@boxhill.edu.au or call 9286 9584 to find out more!





Parent and carer webinars

2022

2022 schedule

eSafety's free webinars provide parents and carers with the knowledge, skills and tools to support children to have safe, positive online experiences.

Our live webinars for parents and carers attracted record attendance numbers in 2021. To meet the growing demand, our education and training team is expanding the program in 2022 to include more dates and topics to support school communities.

Each month, we will present either a new webinar topic or a video with simple tips to keep young people safe online.

2022 Parent and carer education topic schedule

January

Can't make it to a webinar?

You can watch this short video on [Cyberbullying and online drama](#).
(Suitable for parents and carers of young people aged 11 to 18 years old).

February

Webinar: Helping kids thrive online

(Suitable for parents and carers of young people aged 5 to 12 years old).

8th February –
Safer Internet Day 2022 #SID22

March

Webinar: Cyberbullying and online drama

(Suitable for parents and carers of young people aged 11 to 18 years old).

April

Can't make it to a webinar?

You can watch this short video on [Online sexual harassment and image-based abuse](#).
(Suitable for parents and carers of young people aged 13 to 18 years old).

May

Webinar: Parental controls

(Suitable for parents and carers of young people aged 4 to 13 years old).

June

Webinar: Online gaming

(Suitable for parents and carers of young people aged 13 to 18 years old).

July

Can't make it to a webinar?

You can watch this short video on [Parental controls](#).
(Suitable for parents and carers of young people aged 4 to 13 years old).

August

Webinar: Popular apps

(Suitable for parents and carers of young people aged 13 to 18 years old).

September

Webinar: Online sexual harassment and image-based abuse

(Suitable for parents and carers of young people aged 13 to 18 years old).

National Child Protection Week #NCPW22

October

Webinar: Digital technologies and mental health

(Suitable for parents and carers of young people aged 10 to 18 years old).

November

Webinar: Guide to the holidays

(Suitable for parents and carers of young people aged 8 to 13 years old).

December

It's December! You can check out our annual [Gift Guide](#) here.

Subscribe to [eSafetyNews](#) for dates and registration details or visit esafety.gov.au/parents/webinars.

LILYDALE HEIGHTS SECONDARY COLLEGE CANTEN MENU 2022

SNACKS

- Hash Brown \$1.00
- Bacon roll \$2.80 (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 \$1.10 or 3 for \$3.00
- Garlic Bread \$1.60 with Cheese \$2.00
- Chicken Strips \$2.00

SNACKS

- Sausage Rolls \$3.20
- Egg and Bacon Roll \$3.20
- 4"n' 20 Pies and Pasties \$3.20
- Nachos \$3.20 (sour cream add .40c)
- Potato Wedges \$3.40 (sour cream add .40c)
- Homemade Quiche (Gluten Free) \$3.20
- Margherita Pizza (Vegetarian) \$2.80
- 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-Dopper 0.70c
- Cakes \$2.90
- Muffins \$3.30
- Homemade slices \$2.00

FOCCACIAS (Grilled)

- Roast chicken, Avocado & Cheese \$5.00
- Cheese & Tomato \$3.30
- Ham, Cheese & Tomato \$3.80
- Ham & Cheese \$3.50

BURGERS & HOT WRAPS

- As advertised on the day in Canteen
- Chicken Schnitzel Bacon Burger \$4.40
- 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 \$3.50

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 \$2/3.00
- Mixed Salad \$4.00
- Mixed Salad with meat \$5.00
- Gourmet Salad (Changes weekly - see specials) \$5.00
- Soup of the day (winter) \$2.00

DAILY SPECIALS

- | | | |
|-----------|----------------------|-----------------------------|
| MONDAY | Carbonara Pasta | \$3.00 |
| TUESDAY | Hot Jam Donuts | \$1.50 |
| WEDNESDAY | Wedges | \$3.50 (sour cream add 40c) |
| THURSDAY | Chicken/Bacon Burger | \$4.20 |
| FRIDAY | Fish, Octopus | \$5.00 (Chips \$3.20) |
| | Pasta most days | \$3.00 |

DRINKS

- | | | |
|----------------------------------|-------|--------|
| Oak Milk | Small | \$2.90 |
| Oak Milk | Large | \$3.90 |
| 600ml Sugar Free & Mineral Water | | \$3.80 |
| Spring Valley 100% Juice | | \$3.50 |
| Hot Chocolate | | \$1.20 |
| Iced Tea | | \$4.20 |
| Large Up and Go | | \$2.80 |

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.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.



COMMUNITY NOTICES & ADVERTISEMENTS

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LILYDALE HEIGHTS
COLLEGE

COME AND TRY RUGBY LEAGUE

TUESDAY 8 MARCH @5PM

AGES 5-16

COLCHESTER RESERVE, BORONIA



Register for our FREE Come & Try
session at playnrl.com

LILYDALE HEIGHTS COLLEGE

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