

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

Issue: 4 Volume: 22

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COLLEGE CALENDAR 2022 – JUNE

Tuesday 14 th – Friday 17 th June	Middle School / Year 11 Exams
Monday 20 th – Friday 24 th June	Year 10 Surf Coast Camp
Friday 24 th June	Last day of Term 2 – 2.30 p.m. finish
Monday 11 th July	Student Free Day
Tuesday 12 th July	First day of Term 3 for students
<i>Please Note: all dates and times are subject to change</i>	

PRINCIPAL'S REPORT

On Monday May 2, I was honoured to welcome the daughter of the founding Principal of the school (Barrie Johnson) and the founding Vice Principal (John Fisher) to the school. Christine presented the school with a painting given to her father on his retirement. It was an honour to meet them both. They had many stories to share and enjoyed walking through the school and the inspection of new facilities.



Absence Hotline: 9735 7040

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

Visit: www.lilydaleheights.vic.edu.au

Principal's Report (continued)...

Learning Focus

As Semester 2 begins to draw to a close, staff are busily completing Common Assessment Tasks (CATs) in each of their subjects. Students are expected to complete at least one CAT per subject per term. Results from these tasks will be reflected in the semester reports.

NAPLAN

From May 10-20 students in Years 7 and 9 completed their online NAPLAN testing. The **National Assessment Program Literacy and Numeracy** (NAPLAN) is a full cohort assessment of students in Years 3, 5, 7 and 9 that tests the fundamental disciplines of literacy and numeracy. Data from these tests is used by schools to inform planning and development of units of work designed to meet the learning needs of cohorts and individual students.

Curriculum Day

Wednesday May 25 was a scheduled curriculum day at the College. Staff completed their first day of Berry Street training on this day. The Berry Street Education Model (BSEM) provides strategies for teaching and learning that enables teachers to increase engagement of students with complex, unmet learning needs and to successfully improve all students' self-regulation, relationships, wellbeing, growth and academic achievement. This was the first of four days of training that staff will undertake over the next two years.

Work Experience and Careers Week

Year 10 students Work Experience is a crucial part of the pathways journey for young people. It provides students with exposure to work environments and employer expectations, an opportunity to explore possible career options, as well as an increased sense of maturity, independence and self-confidence. Well done to all the Year 10 students who participated in this valuable experience. During this time, Year 9 students also took the time to explore future pathways; they researched and presented a variety of career options to their peers with the ultimate goal of expanding their understanding of the range of options they have as they move towards post-secondary careers. Well done to the Middle School staff for their efforts in organising this week of activities.

Student Opinion Survey

The Student Attitudes to School Survey (AtoSS) is an annual student survey offered by the Department of Education and Training to assist your child's school to gain an understanding of students' perceptions and experience of school. Students will be asked about their thoughts and feelings in relation to their school, their learning, peer and family relationships, resilience, bullying, mental health and wellbeing, physical activity and life in general. In our experience, young people enjoy having their say. This survey has been in use for nearly 20 years and it has been invaluable in helping schools understand student views. The College uses the survey results to plan programs and activities to improve each student's schooling experience. This year, the AtoSS will be conducted between May 23 – June 3.

Athletics Day

Perfect weather greeted students and staff at the annual College Athletics Carnival this month. Student participation rates were at an all-time high and the sunny weather meant that many records were challenged and broken. Congratulations to all who participated and special mention to **Yarra House for their clean sweep of all carnival events this year...again!**



Principal's Report (continued)...



Building Works

Stage 2 building works are progressing well with the deadline for completion being August 5. Stage 3 works commenced on May 19. The initial part of this works will see E-Wing (Technology) gutted and rebuilt before B-Wing (Science) is demolished before being rebuilt.

Some Parent Reminders

Event deadlines

At this time of the year it is important to remind parents of the need to adhere to event payment deadlines. These deadlines are key to the smooth organisation the school and are set so that planning around buses, replacement staff and equipment can be completed in a timely manner. As such, **late payments for events cannot be accepted by the school.**

Students leaving early from school

A reminder of the early leavers process at the College:

- Parents/guardians who need to collect their child from school early for any reason during the school day are asked to send a written note with their child, to be brought to the school office before school on the day of early departure. The student will be issued with an early leavers pass to show their teacher when it is time for them to leave.
- The student then signs out at the front office before leaving the school premises.

We understand that situations may sometimes arise during the day, and in this instance, parents are asked to phone the school well in advance of the leaving time to arrange this, **before** coming to pick up their child. It is often not practical or convenient for the office staff to locate a student at short-notice and in a timely manner without prior notification.

(Please Note: Where at all possible, it is preferred that any appointments are scheduled outside of school hours).

Principal's Report (continued)...

It's Not OK to be Away!

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

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

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

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



There is no safe number of days for missing school. Each day a student misses puts them behind.

Rosina Fotia, Principal



IMPORTANT INFORMATION CHANGE OF COLLEGE BANK ACCOUNT DETAILS

Would parents/guardians who regularly make payments via direct deposit to the College please note that we have new bank account details, effective immediately.

We ask that you please contact the College Office to obtain the updated details for your records before making any future payments.

Thank you.

UNIFORM

In accordance with the Uniform Policy as ratified by the College Council, the following items are not permitted: LEGGIES, HOODIES, COMBAT BOOTS.

PE uniform may be worn by Year 7 and 8's on days that they have Physical Education and Sport.

All uniform can be purchased from PSW in Croydon.

If you are experiencing financial difficulties, please contact the General Office.

NAPLAN

Congratulations to all the Year 7 and 9 students who completed NAPLAN online this year. This was the first time that they had completed NAPLAN in four years. Our students demonstrated responsibility and excellence in the way they approached the task. A special mention to all the students who completed catch-up tests due to absence.

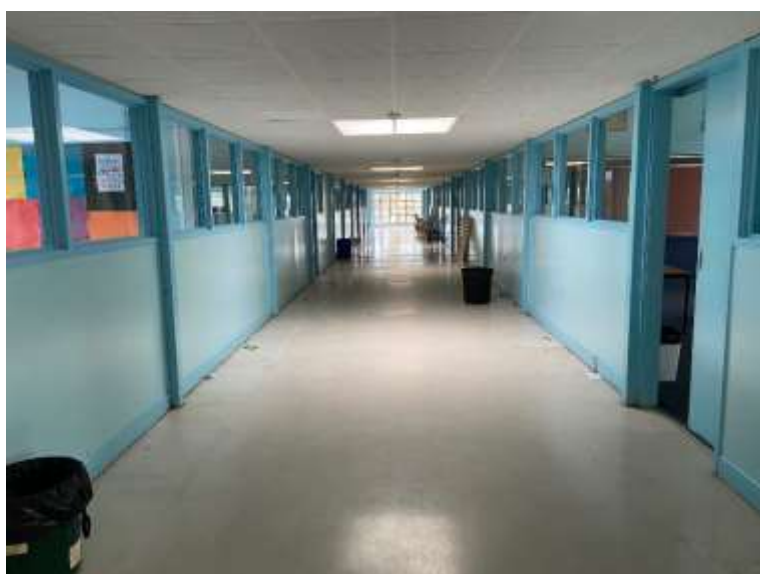
The individual NAPLAN results will be sent to families later in the year. This will provide parents with a snapshot of how their child has performed in each test. However, parents are receiving more detailed progress about their child's learning through the continuous reporting that the College provides via Compass Learning Tasks.

Tim Wright – Assistant Principal.

BUILDING WORKS UPDATE

The Building Works that are a part of the Lilydale District and Yarra Valley Education plan have been progressing for the staged upgrading of facilities at Lilydale Heights College.

The Stage 2 works are nearing completion and we excitedly await the opening of the new C-Wing building. A sneak preview is below, also with the before shot!



STAGE 3

In more exciting news, Stage 3 works have begun!

The fences have been placed around E-Wing to establish the site and initial works on services have been completed. The builders have started the demolition stage to the first part of Stage 3.

Tim Wright – Assistant Principal.

SILVER AWARD LEVEL DUKE OF ED EXPLORATION TO HOWQUA HILLS HISTORIC AREA

Our Silver Award students were full of excitement when completing their exploration earlier this month. Students completed a three day hike up and down the hills and along the flats, exploring the cattlemen's huts, the gold miners' tunnel and Tunnel Bend. Both groups were amazing, despite challenging conditions with the rain and cold temperatures at the start of the exploration. They demonstrated clear support of each other whilst they were walking and proved to be independent in terms of organizing their equipment, managing their foods and were just a pleasure to be around for the weekend. These students are a credit to the Duke of Edinburgh ethos and what the Award stands for; being determined, resilient and committed to complete an exploration. Congratulations and well done Award group - I look forward to reading your reflections!

Clare Rayner – Duke of Ed. Co-ordinator.



Silver Award Level Duke of Ed Exploration to Howqua Hills Historical Area (continued)...



COLLEGE ATHLETICS CARNIVAL

Another successful Athletics Carnival was held on Tuesday May 3. The weather held up and students were geared up for competition and/or dressed up in their House colours and costumes. The 100 metres was a popular event as were the relays, especially when there was competition between the students and the staff. Apparently, Mr McGown took out the student versus staff event. There were costumes aplenty as well, with The Shark (Ms Dowse) being a big hit (even if it did get a bit like a sauna in there!).

Track and field events were hotly competed in, with the following students winning their Age Group Championship:

- U13 Sita Darlison and Charlie Angus
- U14 Imogen Mason and Charlie Aulich
- U15 Zahra Goodman and Jake Angus
- U16 Hayley Ray and Harry Whittle
- U17 Madison Fittolani and Deacon White
- U20 Olivia Ray and Kane Hennessy

Congratulations, again, to Yarra House for winning the Athletics House Award and for taking a clean sweep, again, of all the Carnivals in 2022.

Sonya Tamos – Interschool Sports Co-ordinator.



College Athletics Carnival (continued)...



YARRA GROUP CROSS COUNTRY

On Friday 6th May we took 35 students to Lilydale Lake for Yarra Group Cross Country. Despite the extremely cold conditions, our students performed and behaved exceptionally. We came away with some excellent individual results:

1st Place U16 boys – Harry Whittle

2nd Place U15 boys – Jake Angus

Out of seven schools present on the day we had some fantastic overall results:

U14 Girls 2nd

U14 Boys 3rd

U15 Boys 2nd

U15 Girls 2nd

Congratulations to everyone that participated. To all of our students that will go through to Eastern Metropolitan Region, we wish you the best of luck.

E. Rackham and T. Moschetti.



BADMINTON CHAMPS!

Congratulations to our Year 8 Boys and Girls and the Senior Girls Badminton teams who each won their Yarra Group Badminton competitions and who will now be representing the College and the Yarra Group in the Eastern Metropolitan Region competition next term.

Year 8 Boys: Radman Davodi, Chaise Hall, Jordan McCormick, Isaac Lacala and Aiden White.

Year 8 Girls: Jessica Barton, Michaela Blake, Liancke Booyans, Hannah Graf Zu Bentheim and Nadia Lammertsma.

Senior Girls: Hayley Burgess, Jess Burgess, Bridey Withers and Noie Phetchana

Lunch time training sessions coached by Mrs Rayner, Ms Martin and Mr Ng (who ultimately won Coach of the Day Award), paid off for these teams.

Keep an eye on this page – Intermediate and Year 7 Badminton events are coming up soon – it might be a near clean sweep!

Sonya Tamos – Interschool Sports Co-ordinator.



VCE THEATRE STUDIES

'The Violent Outburst That Drew Me to You' by Finegan Kruckemeyer Presented by the VCE Theatre Studies Class

The VCE Theatre Studies class of 2022 has been working hard over the last two months directing and acting, designing set, lighting, sound, properties and costumes to bring you this excellent comedy-drama. This performance is the culmination of in-class, after school, weekend and holiday rehearsal and this production serves as a major assessment for the students' Unit 3 curriculum.

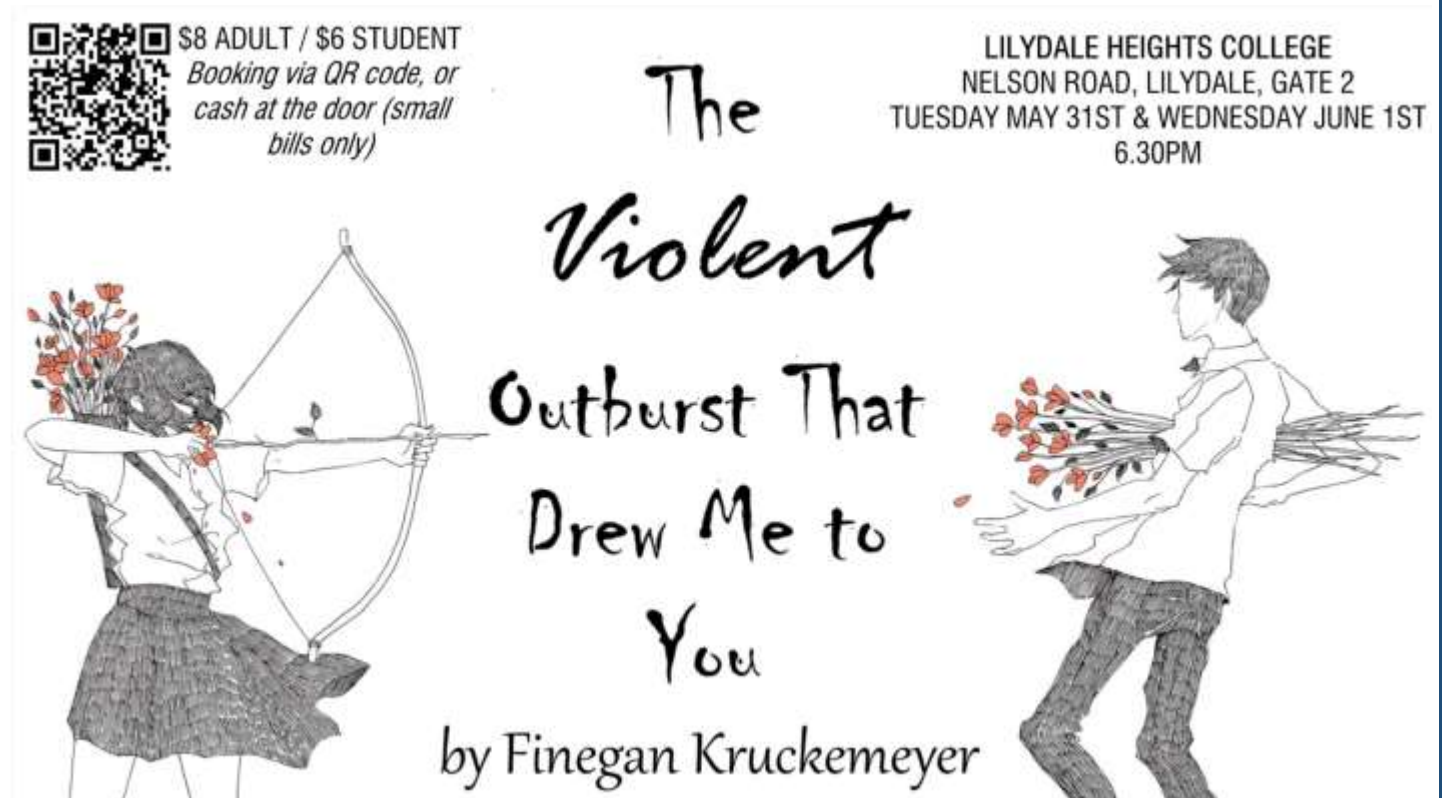
Written by multi-award-winning playwright Finegan Kruckemeyer, *The Violent Outburst That Drew Me To You* introduces us to Connor, an angry 16 year old who takes his rage one step too far and is left in the forest by his parents, alone, for one week to sort himself out. All seems lost until Connor meets Lotte, a 16 year old girl who, it appears, is even angrier than he is.

When - Tuesday May 31st and Wednesday June 1st at 6.30 pm (100 minutes run time including interval)

Where - LHC Performing Arts Centre (enter via Gate 2 on Nelson Road)

Tickets - \$8 adults / \$6 students

Book tickets online at <https://www.trybooking.com/BZIJT> or buy at the door (cash only, small bills please).



Halley Metcalfe – Theatre Studies Teacher.

JAPANESE CALLIGRAPHY

This term students in Year 8 have been learning about the history of the Toyota company in Japan. As part of our Inquiry Unit, students had the opportunity to try *Shodou* (Japanese Calligraphy) and write Toyota in *kanji* (Japanese script).

Penne Evans & Mayumi Takahashi-Chan – Language Dept.



Japanese Calligraphy (continued)...



MAY eSMART TIP

Are your children having too much screen time?

There are many positives to using devices, including enhancing learning experiences, facilitating social interaction and improving literacy and numeracy. However, too much screen time can have negative consequences such as: eye strain, headaches and pain in the postural muscles, difficulty falling asleep, poor concentration, lower impulse control and even low self-esteem. Screen time includes the use of phones, TV, computer screens and tablets. It is good to find a balance, so that you can continue to use devices in a positive way, without the negative effects.



DUKE OF ED REPORT – MT BUFFALO

REFLECTIONS FROM BELLA THEOPHANOUS-MADDISON, COMPLETED AS PART OF HER ASSESSMENT FOR THE GOLD AWARD



Thursday 31st March

We loaded the minibus with our packs and set off for Mt Buffalo. The drive to our first campsite was long but the views were amazing and even more beautiful as they were bathed in the light of the setting sun. We saw heaps of tumble weeds cross the road as we made our way over the bridge to Bonnie Doon. We took a quick break to stretch our legs at the Phoenix tree, a sculpture carved out of the trunk and roots of a river red gum tree. We made it to our first campsite and set up tents as it was getting dark. Dinner for that night was minestrone with salami and a little bit of Franc and James' rice. I was warm going to bed that night as I had a thermal top on (which I bought after freezing on a camp a few years ago). The toilets were nice and we had a bench to cook on which sat next to a tap with running water.

Friday 1st April

Today everyone woke up around 7am and had breakfast. I had porridge and premade some noodles which I put in a thermos for lunch. We packed up our tents and left for our hike to the next campsite. As we drove, we passed a bunch of metal shacks which they used to use to smoke tobacco. We began our hike and we were thankful we only had our day packs on. As we walked, I noticed rocks placed along the path that kept tripping us up. I learnt that they're used for water drainage too. For lunch we stopped at the top of Marriott's lookout where I had noodles. The shadows cast over the ground were amazing, we were above them. We finished our walk at the first recreational lodge in Mt Buffalo built by Guide Alice. We went to Bents Lookout next to the chalet - we climbed that and looked down at the surrounding mountains and valleys. We then took the bus to the Horn and climbed that. Then we went back to camp and set up tents and made dinner; I had to borrow Jake's cup because I forgot mine. We went for a quick walk to the lake to watch the setting sun and then went to bed pretty early. I put a thermos with boiling water at the bottom of my sleeping bag and my toes were warm that night. The wind got really bad.



Duke of Ed Report – Mt Buffalo (continued)...

Saturday 2nd April

My pancakes for breakfast turned into scrambled pancakes but the cinnamon apples I boiled were really good. We started on Macs Point and had to navigate around a fallen tree. We had lunch at Macs Point and I had rice that I cooked in the morning. We hiked down to the campsite and had to go through some really covered tracks and down steep and bending paths. We got to the remote site early, but it was raining so we had to set up camp quickly and take shelter in our tents. I had a quick nap and had an early dinner. I learnt how to start a fire even when everything is wet. We gathered kindling from the inside of trees where the water hadn't seeped into and used dry twigs to keep it going. We dried our socks and kept warm. We all agreed to have an early night to wake up at 5am for an early start.

Sunday 3rd April

Today we woke up at 5am. We made breakfast and packed our tents up in the dark. I think the morale was a little higher this morning because we were going to reach our end point sooner. I think this was the fastest we walked. We didn't stop for many breaks and made it back to the bus by 12pm. After we rode back into town, we all got meat pies and something sweet before heading back home.



Challenges:

The main challenge we faced was the weather. The winds were high on the mountains and the rain led us to make a few plans depending on how bad the conditions got. We decided that if it got too bad before our hike to the remote site, we would jump in the bus and go somewhere else. But our group decided to keep going and we ended up having to set up our tents in the rain (but it was a great experience). This proved to be a challenge and we put our waterproof layer over the tents as we set up to protect it from the rain. We spent about two hours in our tents waiting for the rain to pass so we could make food. In addition, the cold was tough to overcome at night. I had the idea to put boiling water in a thermos but I only got warmth from the lid so that kept my toes partially warm. On the last night we put hot water in my metal drink bottle and that kept me warm through the night (I think I might bring a hot water bottle to my next hike). We also encountered a fallen tree across the path which we had to navigate through. It was hard with the packs.



Duke of Ed Report – Mt Buffalo (continued)...

Things I Learnt:

I learnt heaps about the history behind Mt Buffalo. I learnt that it was the first recreational centre to be built in Mt Buffalo after the war. I also think I get better as the days progress. I learnt how to make a fire even when it has been raining (we used the fluffy interior of a tree as kindling). I've learnt from previous hikes that food is crucial to morale throughout the trip. That's why I brought noodles for lunch and had a good, warm breakfast every morning.

Things I enjoyed:

I enjoyed our group dynamic. It was a small, reliable group. We completed our walks quickly, safely, and efficiently, helping each other get through it. Our idea to wake up early on the last day was what got us to the bus sooner and gave us all a little boost for the final walk.

Overall, I really enjoyed my last Duke of Ed hike and thought it was a great way to finish off the Award. I've loved the experience and gained so many useful tips and tricks which I'll be taking with me into future hikes.



Bella Theophanous-Maddison, Year 12.

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

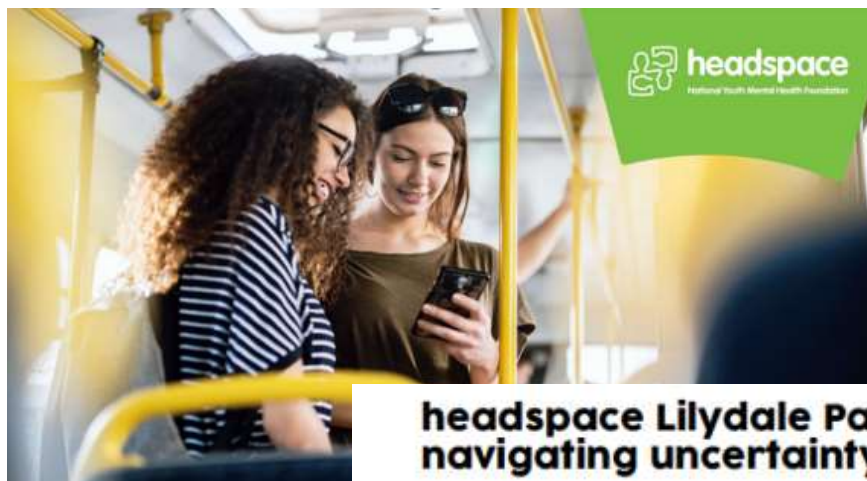
2022 YARRA VALLEY SCHOOL ANNUAL CLAY TARGET CHAMPIONSHIP

On the 5th of May, I competed in the Yarra Valley School Annual Clay Target Championship. In this event we were asked to shoot ten targets from three different disciplines, Skeet, DTL and 5-stand, single barrel, one shot per target. My total score came to 17/30, 3/10 in Skeet, 7/10 in 5-stand and 7/10 in DTL. This score was enough to get me second place in Senior Girls, Years 10-12.



Aimee Norris, Year 12.

HEADSPACE LILYDALE - PARENT/CARER SESSION



headspace Lilydale Parent/Carer session: navigating uncertainty and change

headspace National in conjunction with headspace Lilydale are hosting a webinar for parents and carers of young people to support their mental health.

The session aims to:

- Strengthen understanding of how young people can be affected by change and uncertainty.
- Build skills and strategies to support young people who are navigating change.
- Identify signs that young people may need additional support.
- Build awareness of local, state, and national supports available to young people.

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

When: Monday 13th June

Where: online via Zoom

How to register

Click here to register via Eventbrite, or copy the URL below into your web browser: <https://bit.ly/3w618XO>

After you have registered, you will receive an email confirmation from Eventbrite which will include the Zoom meeting link to access the webinar. Please note this webinar will not be recorded.

All those who register will receive a digital information pack after the session that includes key messages as well as links to resources and support services.

Contact:

For more information email: programsupport@headspace.org.au

YARRA RANGES PARENTING/CARER WEBINARS

Free parenting/carers webinars on a host of different topics in June.

- Helping your teen launch! Strategies for supporting the transition into young adulthood (1 June)
- Post-Covid Positive: Resilience, anxiety and wellbeing in the 'new normal' (8 June)
- Demystifying Brain, Behaviour and Trauma (9 June)
- Social Media - Parent Support Webinar (14 June)
- We are Family – How families, parents and communities can be awesome allies for gender and sexually diverse teenagers (15 June)
- Taming the Tiger (20 June)
- Connection Based Parenting (23 June)
- Taming the Technology (27 June)

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Krissy Veerhuis – Mental Health Practitioner

Vaping – What do parents need to know?

**Thursday
9 June
7.30pm to 9pm**

Online event

**For parents
and carers**

Vaping (the use of electronic cigarettes, e-cigarettes or 'vapes') has become a growing issue for many parents across the country.

This session will provide up-to-date and accurate information on the use of e-cigarettes and vaping, including the potential harms associated with the use of these devices, particularly young people.

Practical advice will also be provided on how to talk to young people about vaping, as well as some possible responses that parents can use should their child attempt to challenge them in this complex area.

Paul Dillon is the Director and founder of Drug and Alcohol Research and Training Australia (DARTA) and has been working in the area of drug education for more than 25 years.

How to book

Book online at: www.maroondah.vic.gov.au/ParentInformationSessions

You will be sent an email with a link to join the session once you make a booking.

For more information, please contact Sarah Cullen, School Focused Youth Service Coordinator on 9294 5701 or email childrens.services.events@maroondah.vic.gov.au

**Free
Bookings
essential**



Paul Dillon

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.

