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## 2020 Term Dates

Term 1: 28<sup>th</sup> Jan to 27<sup>th</sup> Mar

Term 2: 14<sup>th</sup> Apr to 26<sup>th</sup> Jun

Term 3: 13<sup>th</sup> Jul to 18<sup>th</sup> Sep

Term 4: 5<sup>th</sup> Oct to 10<sup>th</sup> Dec

## Campus Contacts

Rosebud 5986 4623

Mornington 5977 2976

Hastings 5979 1398

## Absentee Reporting

Rosebud 0439 554 119

Mornington 0439 014 666

Hastings 0437 125 858

## Links

Advance College Web Site

VCAL FAQ's

Youth Central

## Message from the Principal

### Peninsula VCAL Awards

I was privileged to attend the Frankston Mornington Peninsula VCAL Awards night where two of our students received an award. The night was attended by more than 200 students, parents, friends and school staff. It was very pleasing to see so many parents, relatives and friend attend. Congratulations to our two Award winners for a great year's effort.

### ACE VCAL Graduation Event

We have our VCAL Graduation event on the last day of school - Thursday, December 5, 6.30pm – 8.00pm at the Hastings Campus. This will be our first evening event and will be a farewell to our senior students and a celebration of all students' achievements throughout 2019.

### Teaching Team

We have nearly finalised our teaching team for 2020. At this stage we will have two teachers at each campus with an Education Support Officer also at each site. Our College psychologist will also be supporting students and staff across each campus at least two days per week.

### Fire Season

The bushfire season is upon us and it is timely to ensure all of our bushfire policies and procedures are up to date, particularly for our Hastings Campus which is on the Education Department's Bushfire Register. Bushfire evacuation drills will be conducted this Term and also in First Term of 2020. Letters have also been sent to all students' homes with information regarding declared Code Red days. Just a reminder the Hastings Campus (only) will be closed on any declared Code Red day with notice prided at least 24 hours prior.

### Screen Time and Mental Health

The amount of time that students are spending in front of screens has undoubtedly increased in the past decade. Long gone are the days where students would write essays by hand or gather research materials from hardcover books. More and more, students now have access to devices like personal computers, mobile phones and tablets in the classroom. While these technologies have tremendous benefits for students' learning and social development, they have also presented new challenges for our educators.

Many students in secondary school now have access to, or own, a smartphone, allowing them to share content across apps and social networking platforms like Facebook, Instagram and Snapchat. Those platforms have allowed young people to be more interconnected than ever before.

Yet, increased interconnectedness in the online world has meant that schoolyard comments and bullying behaviours no longer stop when the home bell rings. The bullying now takes place online, after hours.

Educators are not expected to formally diagnose or treat a students' mental health. They can, however, be a valuable support to and resource for students who are struggling.

**If you are a young person and need someone to talk with, you can contact Kids Helpline: 1800 55 1800 (24/7) [kidshelpline.com.au](http://kidshelpline.com.au)**

Steve Wright

Principal

Email: [steve.w@advance.vic.edu.au](mailto:steve.w@advance.vic.edu.au)

## Term 4 Activities

- 🌀 Islamic Museum – Thursday 14<sup>th</sup> November
- 🌀 Dandenong Market – Tuesday 19<sup>th</sup>
- 🌀 Mornington Peninsula Regional Gallery – Tuesday 26<sup>th</sup> November
- 🌀 VCAL Graduation and Celebration – Thursday 6<sup>th</sup> December

## Health & Wellbeing

### Mental Health over the Holidays

Holidays are an important time for students and staff to wind down, do things we enjoy and recharge our batteries for the coming year. For many, it means spending time with family and friends, and getting out of our usual routine. However, we know as we get caught up in the fun of the holidays we can start to neglect our self-care routines that have sustained us throughout the year. Here are a few tips for holiday self-care you might like to consider as we head into silly season...



TIPS for holiday self-care:

- Connect:** spend time with people who support your goals and bring out your best. Try a device detox for 1 or 2 days and find other ways to connect with people
- Sleep:** bring your bed-time and wake-time back into line with normal school routine at least a week before school starts again
- Eat mindfully:** everything in moderation. enjoy some Christmas pudding, egg nogg or your preferred holiday feast, then go back to a regular diet
- Move:** exercise is a great way to keep your mood in balance, try and find something that's fun!
- Health:** use this time to visit the GP, dentist or address any health issue you've been putting off

**Reflect:** celebrate what went well this year, and set an intention to quit an unhealthy habit

**Be kind:** *we know Christmas and New Year are not a happy time for everyone. If you are struggling with this time, acknowledge it, and talk to someone you trust about how you feel*

**Parents – if your child needs professional mental health support, here are a few ways to access support:**

| FOR:                                       | WHO to CONTACT:          | HOW:   |
|--|--------------------------|--|
| resources/online chat<br>Phone counselling | Kids Helpline            | 1800 55 1800<br>Kidshelpline.com.au  |
| immediate or crisis support                | Peninsula Health Service | 1300 792 977   |
| Mental health ongoing service              | Headspace                | (Frankston) 9769 6419  |
| Ongoing psychology support                 | Mental Health Care Plan  | Speak to your GP about obtaining a mental health care plan to see a psychologist |

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# Rosebud Garden Project

The Rosebud students took on the massive task of garden 'scaping' our former vegie patch located at our Rosebud Campus as a part of their Personal Development Skills (PDS).

They have put in an incredible amount of hard work and dedication over the past 3 months to achieve amazing results and a wonderful looking vegetable garden.

The students have upcycled materials to make beautiful pieces of garden art. This has given the garden a fresh and vibrant feel that makes us all want to be out there to enjoy.

Well done to all those involved in this amazing transformation, you should all be so proud of what you have achieved.



**BEFORE**



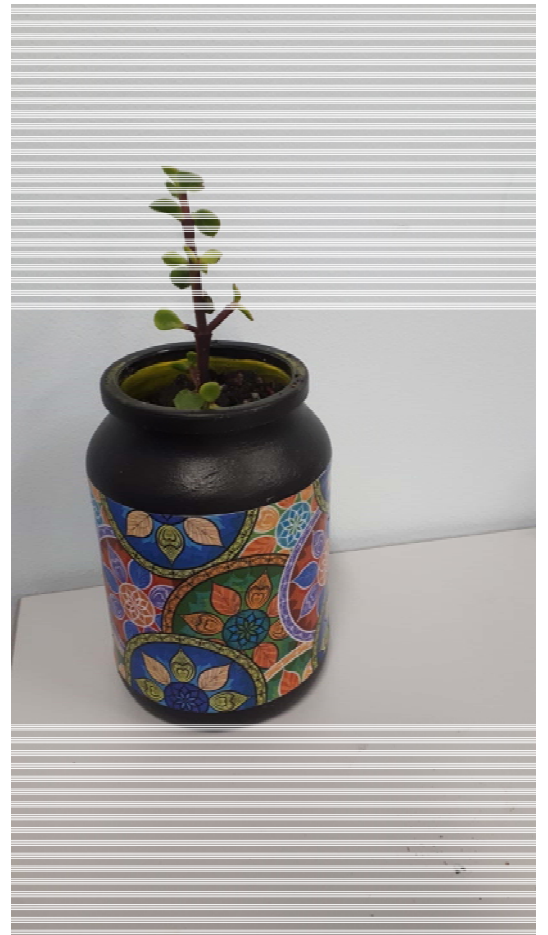
**AFTER**







## UPCYCLED CREATIONS MADE BY OUR STUDENTS



## Summer Recipes

### Pineapple and Cucumber Salad

#### Ingredients

- 1 pineapple chopped
- 1 English cucumber chopped
- 2 limes zested and juiced
- 1/3 cup cilantro roughly chopped
- salt and pepper optional

#### Instructions

1. Combine all ingredients and toss lightly to distribute the lime juice and zest evenly.
2. Season with salt and pepper if desired.
3. Serve immediately or keep chilled until ready to serve



### Broccoli Salad

#### Ingredients

- 1 cup light mayonnaise
- 1/3 cup sugar
- 2 tbsp red wine vinegar
- 1 tsp celery seed
- 2 heads broccoli broken down into small florets
- 3/4 lb bacon cooked and chopped into small pieces
- 1/2 cup almonds toasted, slivered
- 2 green onions thinly sliced
- 1 cup celery chopped
- 1 1/2 cups red seedless grapes halved

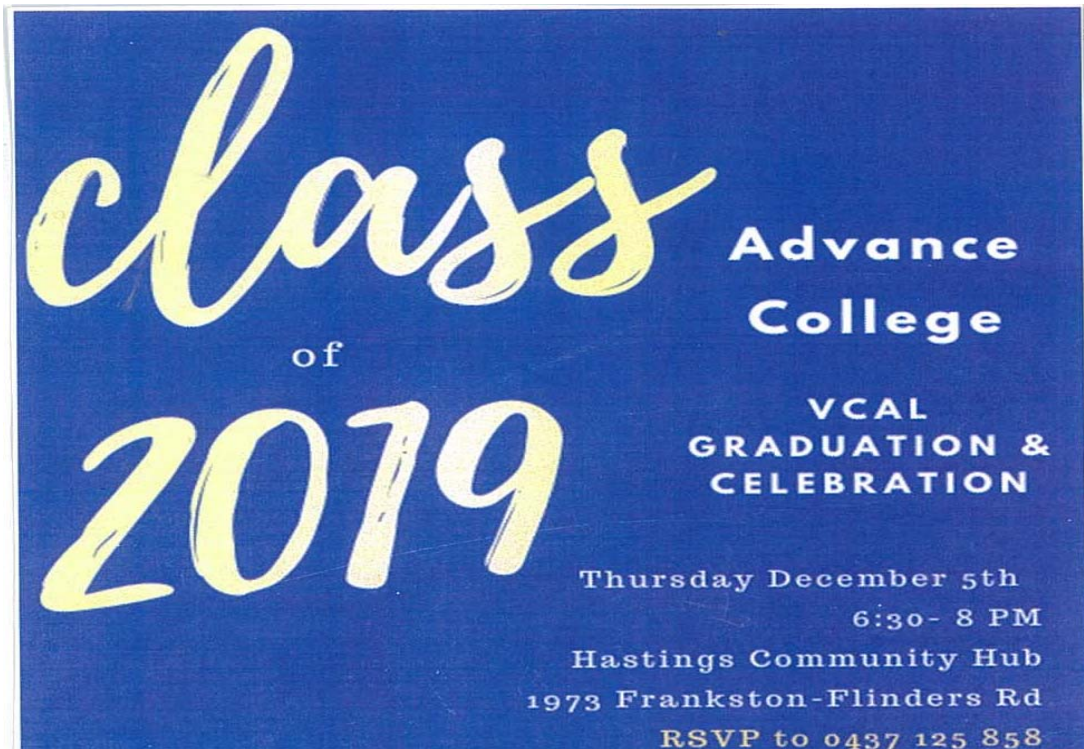


#### Instructions

1. Whisk together mayonnaise, sugar, red wine vinegar, and celery seed in a small bowl. Place in refrigerator for at least 30 minutes.
2. Combine broccoli, bacon, toasted almonds, green onions, celery and grapes in a large serving dish.
3. (To toast almonds, place on a large baking sheet and bake at 350F for 3-5 minutes stirring in between. Do not walk away! They will burn easily. The almonds are toasted when they turn light brown.)
4. Toss the dressing with the rest of the salad ingredients and stir.
5. Dressing can be added at the last minute if desired.

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## VCAL Graduation



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## Bush Fire Safety

In the event of any threat of approaching bushfire, the entire college campus will evacuate immediately upon notice from the Principal or delegate to the roadside edge of the car park and remain there until approved to leave.

### Code Red Days

**Advance College will be closed on days declared Code Red.**

Where possible, up to 3 days' notice of a planned closure will be provided, should the College be required to close due to a Code Red day. Parents and carers should, however, expect that in some instances fewer than 3 days' notice may be provided.

The final decision to close should be confirmed by 12 noon the day prior. This decision will not change and cannot change – regardless of any changes in the weather forecast.

When the College is closed for bushfire, NO staff or members of the college community will remain on-site OR are permitted on site during a closure.

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👉 The Newsletter is one of the methods of communication with our school community – but don't forget to check out our school website - [www.advancecollege.vic.edu.au](http://www.advancecollege.vic.edu.au)

and Facebook page – <https://www.facebook.com/AdvanceVCAL/>

👉 Advance Community College can facilitate accredited training in short courses such as First Aid, CPR and Food Handling. It also runs beginner computer classes and career guidance programs. Please check [www.advance.vic.edu.au](http://www.advance.vic.edu.au) or call your local campus for further details.