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## 2019 Term Dates

Term 1: 29<sup>th</sup> Jan to 5<sup>th</sup> Apr

Term 2: 23<sup>rd</sup> Apr to 28<sup>th</sup> Jun

Term 3: 15<sup>th</sup> Jul to 20<sup>th</sup> Sep

Term 4: 7<sup>th</sup> Oct to 20<sup>th</sup> Dec

## Campus Contacts

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## Absentee Reporting

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## Links

[Advance College Web Site](#)

[VCAL FAQ's](#)

[Youth Central](#)

## Message from the Principal

The year is fast coming to its conclusion and with Christmas nearly upon us it is timely to reflect on the last 10 months.

Our students should be very proud of themselves as they have done really well throughout the year. The way they conducted themselves, their participation and achievements in all curriculum and extra-curriculum areas have been a credit to them.

I would also like to thank our wonderful staff especially the Co-ordinators, Teachers and Learning Support Assistants. They have taken on a range of challenges and have worked tirelessly to support our students both academically and with their wellbeing.

A few statistics . . .

Across the school year we have had 70 students enrol with 32 at Rosebud, 17 at Mornington and 21 at Hastings. The gender balance was 39 female and 31 male students.

Across the levels of VCAL, we had 18 students in Senior, 16 in Intermediate and 36 in Foundation with the overall, student attendance rate of, a very respectable, 74%. Student completion rates have been pleasing with 29 achieving their full VCAL certificate and 45 achieving a part Certificate or Statement of Attainment. Most of those students who did not finish their VCAL certificate this year will have the opportunity to do so in 2019.

Reflecting on this year, it is only our second, full year of operating as an independent school and we continue to develop. We have consolidated our teaching/learning delivery based on the Berry Street Education Model (BSEM) which has given our College a very strong foundation with proven results and a matching reputation. This will be complemented, at the commencement of next year, by all staff undergoing professional development in the Feuerstein program. This aims to improve students' thinking skills and problem solving and gain confidence in their abilities to achieve their potential.

To further support our students, Advance College is also part of a pilot program called Resilience, Rights and Respectful Relationships (RRRR). This program aims to develop students' social, emotional and positive relationship skills. Efforts to promote social and emotional skills and positive gender norms in children and young people has been shown to improve health and wellbeing. It also aims to reduce antisocial behaviours including engagement in gender-related violence. It covers eight topics of Social and Emotional Learning: Emotional Literacy; Personal strengths; Positive Coping; Problem Solving; Stress Management; Help Seeking; Gender and Identity; and Positive Gender Relationships. It will continue in 2019.

## Message from the Principal (continued)

Some of the highlights of the year include the annual camp in Campaspe Downs, a range of local excursions including the Bushrangers Bay hike, ArtVo, WheelTalk and the Guide Dogs of Australia presentation. An excursion to Clothes 4U saw both girls and boys being fitted out with clothing for job interviews, as well as receiving tips for personal presentation. Many students also achieved their Certificate III in First Aid.

Our community service activities including on-going volunteering at Second Bite food distribution, participation in Harmony Day activities and the \$20 Boss program. Students also participated in the Community Kitchen program, World Ocean Day and Cancer Council Fundraising.

We are currently taking enrolments for 2019. If parents, guardians or carers would like to find out further information please do not hesitate to call.

Steve Wright - Principal

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

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## Term 4 Activities

-  25<sup>th</sup> October – Clothes4U (Hastings Group)
  -  25<sup>th</sup> October – VCAL Awards Night
  -  31<sup>st</sup> October – Clothes4U (Mornington & Rosebud Groups)
  -  1<sup>st</sup> November – Health & Wellbeing Day
  -  5<sup>th</sup> November – Report Writing/Student Free Day
  -  6<sup>th</sup> November – Melbourne Cup Day/Student Free Day
  -  12<sup>th</sup> November – VASS Results Due
  -  15<sup>th</sup> November – Seniors Last Day
  -  6<sup>th</sup> December – VCAL End of Year Celebration
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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/>

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## VCAL Award Nomination

A big congratulation to **Emily Marino** from our Mornington campus for being nominated for a Peninsula VCAL Award. See below the statement for her nomination:

“Emily has undertaken a transformation in her engagement and attitude towards learning over the past year. This was shown particularly, during Emily’s planning and execution of her Personal Development Skills project, where she demonstrated initiative and leadership by organizing an excursion to The Nobbies Centre on Phillip Island to coincide with World Ocean Day. Emily was able to deliver a small speech to 60 Men’s Shed volunteers to raise awareness about World Ocean Day and she received a donation from this organization to pass on to the marine rescue program.”



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## 2018 Gallery



Devilbend Reservoir- Our Parks and Conservation elective group met with Parks Victoria to learn about the local eco-system and prepare for their park management tasks.



Phillip Island/Seal Rock- Students joined the rangers at Phillip Island to learn about the interactions between Australian fur seals and their environment. Fundraising, led by Emily, for the Seal Search and Rescue program were donated during the visit.



Sports- The Sports and Recreation elective group did some hard yards down at The Compound in Tuerong this term, putting their stamina and resilience to the ultimate test.



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# 5 Things you can do to look after mental health in your teens

You've probably already noticed that there's a lot going on in your teens. Your body is growing and changing. You might find that there are more expectations of you as you finish high school or start work. You have to learn how to navigate changing relationships with your parents, friends, work colleagues, teachers and romantic partners.

With all these changes and new things to learn, it might seem like looking after your mental health is just too much right now. But there's never been a better time to check-in with your mental wellbeing. We've listed five things you can do as a teenager to help look after your mental health.

## 1. Understand – what even is mental health anyway?

Mental health is the health of your mind, thoughts and emotions. Mental health is something that everyone has, just like everyone has physical health. This means that mental health is something that everyone can take care of. In the same way that you take care of your physical body, you can look after your mental wellbeing through the choices you make about your lifestyle and environment.

Looking after your mental health means learning strategies that can help keep you well, and knowing when to get help if you need it. The habits you set up now can support you throughout your adult life.

Below we've gathered information and ideas about how you can take care of your mental wellbeing as a teenager, with links to organisations and tools that are designed especially for you

## 2. Think about how food and drink affect your mood

The food and drinks you eat can affect how well you feel, both physically and mentally. Regularly eating healthy food gives you energy to get through the day and can help to stabilise your mood.

Try these tips for eating to feel good:

### **Don't skip breakfast**

Breakfast kick-starts your energy for the day, getting you off on the right foot before you even leave the house.

### **Drink plenty of water**

Being dehydrated can give you a headache and make you feel tired or irritable. Carry a water bottle with you so you can keep sipping water throughout the day, and drink extra on hot days or after exercise.

### **Skip the sugary treats**

Eating sugary lollies, pastries and drinks can make your blood sugar levels rise quickly – which makes you feel good – but then make them drop quickly, leaving you feeling sluggish, irritable and hungry. Looking for a snack that will fill you up and leave you feeling good?

## 3. Get active

You might have thought exercise was just about moving your muscles, but exercise can be beneficial for your mind, too.

When you exercise, your body releases hormones that make you feel good, like endorphins. Exercise can also help you relax your muscles, control your breathing and take your mind off your to-do list.

Try to fit some type of physical activity into every day, even if it's just ten minutes at first. Exercise doesn't have to be part of a dedicated training regime; any physical activity will do, so pick something

you enjoy. You could go for a run, take the dog for a walk, have a dance in your bedroom or get some friends together to play a game of basketball or cricket at a local park.

#### **4. Learn how to deal with stress**

Stress is a normal bodily response to situations where you feel under pressure. You might feel pressure from upcoming exams, work or sport commitments, managing friendships and relationships, or just from life in general.

In little bursts, stress can actually be useful, helping you to concentrate and work hard. But when it's ongoing and you feel like you can never relax, stress isn't good. Ongoing stress can make you tired, give you a headache or upset stomach, or even make you feel anxious or depressed.

Build a break into your schedule every day when you can relax and just be yourself. Listen to music, watch a favourite show, cook something or go for a walk – whatever you enjoy doing is the perfect thing to do during your 'you' time. Even if you've got a big exam or deadline coming up, taking a little break can actually help you perform better when you return to your work.

##### **Try mindfulness or relaxation techniques.**

The idea of learning how to relax might sound silly, but when you're stressed out, relaxing isn't always something that comes naturally. The good news is that there are techniques you can learn to help you chill out in stressful situations, and practising them can make your average day even better, too.

**Mindfulness** is about paying attention to the present moment, not worrying about the future or reliving the past.

**Relaxation** is about calming down the body and mind. You can practise relaxation every day to wind down and use relaxation techniques during stressful situations. Many people find that mindfulness and relaxation work together: they feel more relaxed when they try to be mindful, and being relaxed helps them practise mindfulness.

There are lots of programs that can help you learn how to be more mindful and relaxed, and many of them are made specifically for teenagers.

#### **5. Know what mental health conditions are and that they're really common and treatable**

Mental health conditions, including things like eating disorders, depression and anxiety, are really common. In fact, [one in seven young Australians aged 4-17](#) experience a mental health condition in any one year.

If you're ever feeling really stressed, worried, down, angry, numb, or like things 'just aren't right', for a couple of weeks or more, it's important to know these feelings aren't something you have to put up with and there are people who can help you feel better.

One of the best things you can do is tell someone about how you're feeling: your doctor, school counsellor, a trusted teacher or sports coach, your parents or just a good friend – anyone you trust to listen to you is a good place to start. You could also call one of the helplines listed below if you feel more comfortable talking to someone you don't know first.

You might want to start by taking *beyondblue's* [Brain Quiz](#), which helps you measure your mental health. The quiz gives you a score and some advice about what steps to take next in looking after your mental health.

The important thing to remember is that mental health conditions can be managed, and there are lots of different ways to help you feel better, from lifestyle changes to therapy and medications.

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## Stay hydrated this summer!

Keeping our kids hydrated, especially over the hot summer months, is an important part of supporting their health and wellbeing. Drinking plenty of tap water is the best way to keep hydrated and it has the added benefit of being low cost, contains no sugar and is easy to access.

Replacing one regular 600ml soft drink with water every day will avoid consuming 25kg sugar over a year.

Drinking sugary drinks regularly can lead to weight gain and obesity. Being overweight or obese increases the risk of problems like type 2 to diabetes, heart disease and some types of cancer.

So instead of grabbing a sugary drink, why not try water instead?

Here are two quick facts about drinking water:

1. Water helps to keep your body temperature normal while also lubricating your joints and protecting your spinal cord.
2. Victorian tap water is one of the cleanest and safest water sources in the world. Make the most of this amazing resource by refilling a reusable water bottle.

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## Slip, slop, slap, seek and slide

Two out of three Australians will be diagnosed with skin cancer by the time they reach 70. We have one of the highest rates of skin cancer in the world with over 750,000 Australians being treated for skin cancer each year – that's over 2,000 people every day.

You are most at risk of skin cancer during times when the UV index is at 3 or above. You can check the daily UV index at [www.bom.gov.au/vic/uv/](http://www.bom.gov.au/vic/uv/).

The Cancer Council recommends these five simple ways to protect yourself from the harms of skin cancer:

- **Slip on a shirt** or other form of clothing that covers your arms
- **Slop on sunscreen** that's SPF 30+ and reapply every 2 hours
- **Slap on a hat** with a broad brim or one that covers your face, neck and ears
- **Seek shade** away from direct sunlight
- **Slide on sunglasses** that are close fitting and have UV protection

But what about vitamin D? During summer, most people can achieve adequate vitamin D levels by exposing their face, arms and hands to direct sunlight for just a few minutes most days of the week.

Remember, treating vitamin D deficiency is a lot easier than treating skin cancer!

If you're in doubt, speak to your doctor about getting your vitamin D levels tested. For more information about the dangers of skin cancer as well as information about vitamin D, go to

[www.cancer.org.au/preventing-cancer/sun-protection](http://www.cancer.org.au/preventing-cancer/sun-protection).