



Issue 4

27 March 2020

## EDITORIAL

We have been on a wild ride for the last few weeks, deeply into uncharted waters and so we don't know what is going to happen next. That creates anxiety in us because we are clearly not in control.

A whole generation now faces a challenge, the likes of which they have never experienced before.

At Christmas my mother was telling us about her school days in Brisbane during World War 2. The students had to practice putting on face masks and evacuating into the trenches that had been dug by the fathers *who had not been sent away to fight*. The trenches were to protect them from the expected Japanese bombardment and invasion. That was an unknown and forbidding time.

In 1918 the world faced the Spanish Flu pandemic which was more deadly than COVID-19. In a world recovering from the Great War it must have been a very dark, tragic and unknown time but the world survived.

None of us have a memory of those times. This is all new to us and magnifies increased anxiety. Australia has been through very difficult times before and we have survived and thrived. We are blessed to live in a country with stable and cooperative levels of government. We have one of the best medical systems in the world and people who are committed to doing their jobs even in the face of danger.

I am reminded of the story of an exhausted Jesus sleeping in the bow of a small boat that was threatened by a sudden storm. Those manning the boat were experienced fishermen and they knew the boat was in real danger of being swamped. They woke Jesus in a panic, and he rebuked them. Not for being concerned about the real danger of the situation but for panicking. How could they panic when he was right there with them? To underline the rebuke, he told the storm to calm down. And it did.

Jesus was not asleep in the bow of the boat because he didn't care but because he was not surprised or threatened by the situation. He had it all under control.

Our God has this situation under control as well. We should be concerned and work hard to protect those around us but not to panic.

God's got this!

**John Metcalfe - Principal**





library branch to **upgrade** to a Full Membership and be able to borrow physical items.

Benefits for **ALL** Library Members:

Use of our eLibrary including:

- You can borrow eBooks and eAudiobooks
- You can download eMagazines
- You can stream or download digital music
- Unlimited streaming of documentaries and indie films
- Unlimited access to online video tutorials
- Learn languages and technological skills with online tools
- Play educational games
- Use of our website for quick and efficient item searches and find recommended reading list
- Use of internet-connected PCs at any library branch
- Use of printing or photocopying services within the branch (for a fee)
- Access free WiFi at all of our branches
- Attend events like an author talk, technology or craft workshop, and lots more
- Benefits for **FULL** Library Members **only**:
  - Borrowing up to 30 items for 3 weeks at a time. (Including: Books, Audiobooks, Magazines, DVDs, CDs, and items in 18 different languages.)
  - You can renew items online, at a library branch or over the phone. If you forget, our system will *automatically renew* them on the due date (a maximum of two times)
  - There are no late fines accrued on any borrowed items
  - You can request 10 items at a time for collection at your preferred YPRL branch (holds)

YPRL has many different types of memberships available: Full (Adult or Under 18), Digital, Temporary and Organisational.

Happy Reading, Listening and Watching,

### **Pearl Fearn-Wannan**

Here is Rufus laughing over a particularly funny line...



## CAMPS, SPORTS AND EXCURSIONS FUND

The Camps, Sports and Excursions Fund (CSEF) is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per eligible student is \$125 for primary school students, and \$225 for secondary school students.

### Who can apply:

Families holding a valid means-tested concession card or temporary foster parents are eligible to apply.

There are two criteria that must be met:

Criteria 1 – Eligibility

Criteria 2 – Be of school age and attend a Victorian school (CSEF is not payable to students attending pre-school, kindergarten, TAFE or who are home schooled).

### How to submit an application:

#### Closing Date for Applications – Friday, 21 June 2020

**Please Note: If you have applied for the CSEF in a previous year, you do not need to complete an application for 2020, unless there has been a change in your family circumstances.**

You only need to complete an application form if any of the following changes have occurred:

- **New student enrolments** – your child has started or changed schools in 2020 or you did not apply at Plenty Valley Christian College in 2019
- **Changed family circumstances** – such as a change of custody, name, concession card number, or new siblings commencing at Plenty Valley Christian College in 2020

Please complete the attached [Application Form](#), and submit together with a copy of your concession card attached, directly to the Business Office, or by email to [accounts@pvcc.vic.edu.au](mailto:accounts@pvcc.vic.edu.au) by **Friday, 19 June 2020**.

For more information, please visit [www.education.vic.gov.au/csef](http://www.education.vic.gov.au/csef)

## PRIMARY SPORT NEWS

Last week the students played capture the flag on the oval. The students were heavily engaged and had lots of fun. Schippers were the overall winners on the day with 3 wins and 0 losses.

Due to interschool sport being cancelled until further notice, it has been decided that the Year 5 & 6 students will still be playing sports representing their house on Fridays during term.

Over the following weeks, students will be given options to vote on which sport they wish to play on Fridays via Microsoft Teams. We ask that you remind your children to vote and present ideas to their teachers.

Year 3 & 4 sport will continue to run on Fridays by our house captains, however due to school safety measures the gymnastics program will be postponed until further notice.

We thank you for your patience through these uncertain times.

**Josiah Garisto - Primary Physical Education**

## FROM SECONDARY

## NEWS FROM SECONDARY SPORT

### SECONDARY HOUSE ATHLETICS CARNIVAL 2020

A terrific turn out amidst difficult COVID-19 circumstances saw our secondary students enjoy beautiful weather and the opportunity to participate in multiple events at the secondary house athletics carnival on Tuesday 17<sup>th</sup> March.

We were all so grateful for the opportunity to enjoy each other's company in a lovely setting especially as the carnival could possibly be the last whole secondary school event for some time.

Schippers won back to back Aths carnivals in 2019/2020 - congratulations!

- 1<sup>st</sup> Schippers 4924 pts
- 2<sup>nd</sup> Upton 4547 pts
- 3<sup>rd</sup> Meers 4257 pts
- 4<sup>th</sup> Crichton 3799 pts

Meers won the Best Dressed House with their theme of Surgeons.

- 1<sup>st</sup> Meers – Surgeons
- 2<sup>nd</sup> Upton – St Patrick's Day
- 3<sup>rd</sup> Schippers – Sports
- 4<sup>th</sup> Crichton – TV/Cartoons

The Best War Cry was won by Crichton.

- 1<sup>st</sup> Crichton
- 2<sup>nd</sup> Meers
- 3<sup>rd</sup> Upton
- 4<sup>th</sup> Schippers





In windy conditions many records tumbled both on the track and in field events.

Year 7 student Asher A broke 4 records! Congratulations Asher!

- U13 B 100mA Asher A 12.76
- U13 B Triple Jump Asher A 10.67m
- U13 B Discus Asher A 28.04m
- U13 B Shot Put Asher A 12.24m

And from Year 10 Charley M broke 2 records. Well done Charley!

- Open G 100m hurdles Charley M 16.72sec
- Open G high jump Charley M 1.60m

Congratulations to the following students for also breaking a record!

- U13 G 100mB Meenakshi D 14.61
- U13 G 100mC Faith N 15.37
- U13 G Discus Tahlia S 13.89m
- U13 G Triple Jump Olivia G 9.02m
- U13 B 100mB Aaron R 14.27
- U13 B 100mC Gus G 14.33
- U14 G 100mC Emily D 14.79
- U14 B 100mC Hayden A 13.27
- U14 G 800m Mabel M 2.50.03
- U15 G Discus Alanah McG 16.36m
- U16 G Triple Jump Brooke M 9.71m
- U16 G Discus Arielle E 16.47m



It is so unfortunate that all our keen athletes who would have qualified to represent the College at the next level are unable to compete due to the EISM Div 2 Aths Carnival being cancelled. There is always next year!

Many thanks to all student athletes & helpers, parent volunteers and to our fantastic staff for providing the enthusiasm and expertise that meant all events ran smoothly and with great spirit!



## EISM DIV 2 SWIMMING CARNIVAL REPORT

On Tuesday March 10<sup>th</sup>, 45 keen Plenty Valley swimmers headed to Aquanation in Ringwood for the EISM Division 2 Carnival. We had won Div 3 in 2019 and so we were expecting some tougher competition this year!...

The swim team had been training hard during our early morning training sessions at Diamond Creek pool and were expertly coached by Prue Wilson & Josh Christalow. Thank you to these wonderful ex-students!

Plenty Valley finished 5<sup>th</sup> overall but were only 2 points off 4<sup>th</sup> and 36 points off 2<sup>nd</sup> place! (And 36 points is the points allocation for a 4<sup>th</sup> in one relay event so we were right up there with some much larger schools.)

We had some great individual & relay team results throughout the carnival.

Ryan C had a fantastic day in the pool again this year with 3 first places in the U15 boys' individual events (free/back/breast) and a 2<sup>nd</sup> in the U16 fly. Ryan swam together with fellow Year 9's Tristan W, Nathan P & Isaac C and they gained 1st place in the medley relay & 2<sup>nd</sup> in the freestyle relay. Well done boys!

With the unfortunate cancellation of the EISM Champions' Swim Carnival Ryan was the sole PVCC swimmer to be awarded medals in lieu of the Champions' Carnival (which were based on the three fastest times for each event across the three EISM Divisional carnivals).

He won gold in the U15 Breaststroke where he was more than 4 seconds clear of the silver medallist and only missed the EISM record of 33.19 (incidentally held by PVCC alumni Ryan Adams) by a very narrow margin.

Congratulations Ryan!

B U15 50 Breast 1 Ryan C Plenty Valley 33.22

B U15 50 Back 2 Ryan C Plenty Valley 32.83

B U15 50 Free 3 Ryan C Plenty Valley 27.98



At Div 2 Year 10 student Charley M had a great day also and finished with 1<sup>st</sup> place in the U16 girls' backstroke and 2<sup>nd</sup> places in the U16 free & b/fly. Charley also anchored the U16 G medley relay team who gained 2<sup>nd</sup> place. Nikola C from Year 9 gained 1<sup>st</sup> in the U15 G breast and two 2<sup>nd</sup> places in the free & back. Great work girls!

Many thanks to staff Lisa Watkins, Rebecca Rhyder & Mathew Zammit & parent helpers Jeni Gregory and Esther Cathie! And also to our swim team who supported each other and thoroughly enjoyed their day at Aquanation.

The Plenty Valley Individual Swim Champions for 2020 are:

Junior – Nina T & Delandt P

Intermediate – Charley M & Ryan C

Senior – Chloe S & Caleb McG

Congratulations to these swimmers!

### **EISM Div 2 Results 2020**

#### **1<sup>st</sup> places**

U15 B medley relay – Tristan W/Isaac C/Ryan C/Nathan P

Ryan C – U15 B Free/back/breast

Charley M – U16 G back

Nikola C – U15 G breast

Delandt P – U14 B breast

#### **2<sup>nd</sup> places**

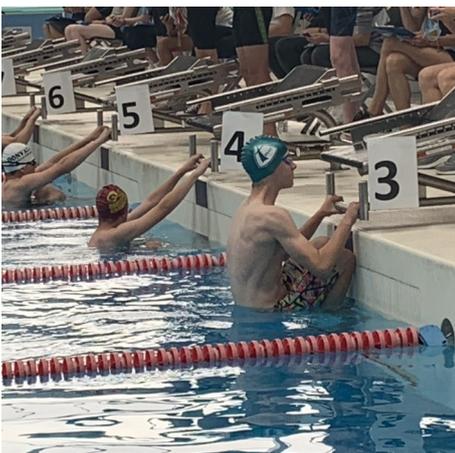
U13 B medley relay – Sam C/Asher A/Harry H/Cooper R

U16 G medley relay – Arielle E/Isobel S/Charley M/Brooke M

Charley M – U16 G free/fly

Nikola C – U15 G free/back

Delandt P – U14 B fly



Asher A – U13 B breast

Ryan C – U16 B fly

Meenakshi D – U13 G back

Caleb McG – Open B breast

U15 B free relay - Tristan W/Isaac C/Ryan C/Nathan P

Multi-age B free relay – Sam C/Delandt P/Ryan C/Elijah B/Caleb McG

**Helen Padget**

**Head of Secondary Sport**



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## NEWS FROM THE CAREERS OFFICE

Due to the significant challenges that the Coronavirus is having for students, families and staff in many organisations, it has been necessary to cancel/postpone many of the scheduled events planned for next term, based on government recommendations and guidelines. However, I do want to reassure you that I will be able to still provide online resources, up to date information, career consultations and exciting new ways of engaging with career information. Please do not hesitate to contact me via email at: [helen.madden@pvcc.vic.edu.au](mailto:helen.madden@pvcc.vic.edu.au).

I trust that you and your families will stay safe and well and enjoy a break over these term holidays.

Read more in the latest newsletter - [Careers News 1](#)

**Our Careers website has a wide range of information for all ages and stages in the career journey.**

**Find it at: [www.careers.pvcc.vic.edu.au](http://www.careers.pvcc.vic.edu.au)**

**Helen Madden - Careers Advisor**

**PLEASE NOTE:**

**The uniform shop will only be open for web orders until further notice. The web orders will be posted to you.**

**PLEASE NOTE!**

The **uniform price list** and uniform policy are available on the [College Website](#).

Our direct number is: **9036 7354**

**Lydia Ross**

UNIFORM AVAILABLE  
**24 / 7**

DID YOU KNOW THE PLENTY VALLEY UNIFORM IS AVAILABLE TO ORDER **on-line?**



HAVE YOUR UNIFORM POSTED TO EITHER YOUR HOME, OFFICE OR CLICK & COLLECT FROM THE ON-CAMPUS UNIFORM SHOP



VISIT THE BOB STEWART WEBSITE  
[www.bobstewart.com.au](http://www.bobstewart.com.au)  
FOR MORE INFORMATION

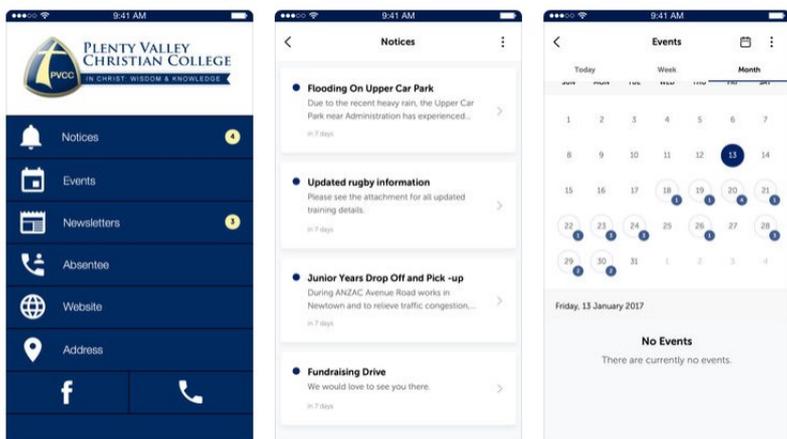


**PVCC** 4+  
Plenty Valley Christian College  
Free

**Getting the most out of the PVCC App!**

- See what's happening on the up-to-date College Calendar; never miss an event
- Manage your child's attendance using the **Absentee function** – no need to call the school, simply fill in your absence details inside the App
- When you need more information, the College Connections newsletter and PVCC website are only 1 click away!
- And don't forget to **turn on Notifications** to receive the latest notices from the Office of any day-to-day changes

Screenshots [iPhone](#) [iPad](#)



# COMMUNITY ADVERTISEMENTS

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.



TikTok is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos much in a similar manner to Facebook, Instagram and Snapchat. It's main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-syncing and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity to become the iOS store's most downloaded app with over 33 million downloads. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.



## What parents need to know about **TIKTOK**



### MATURE CONTENT



On the iOS store, TikTok is listed as 12+. On the Google Play Store it is rated as 'Parental guidance recommended'. When signing up for the app, it's possible to lie about your age without any form of verification. As children scroll through their feed, most of the videos they're likely to come across are lighthearted or funny takes on dance routines which are designed to make people laugh. However there has been a slew of videos which have been reported for featuring drug and alcohol abuse, self-harm and sexual content, including young teens dressing overtly sexually and behaving suggestively. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate everything and it can be quite common to come across explicit content on the 'for you' feed when logging into the platform.



### INAPPROPRIATE MUSIC

TikTok revolves around creating music videos through lip-syncing and dancing. Inevitably, some of the music featured by users will contain explicit or suggestive lyrics. Given the undeniably young user base, there is a risk that children may look to imitate the explicit language they hear or the suggestive actions they see when viewing others user's videos on the app.



### TIKTOK FAME

TikTok is very image focused and there is a notable preoccupation with appearing cool and attractive. Many teenagers now attempt to go viral and become what's known in-app as 'TikTok famous'. TikTok (and its predecessor musical.ly) has spawned its own celebrities - social media stars Loren Gray and Jacob Sartorius have been catapulted to fame through their initial exposure on the app. Obviously, most budding influencers looking to become the next big thing will be disappointed, but this may have the knock-on effect of making them go to more and more drastic lengths to get noticed.



### ONLINE PREDATORS

As a social network, TikTok makes it easy to connect with other users. This includes the ability to comment on and react to other user's videos, follow their profile and download their content. Be aware that by default, any user can comment on your child's video if their account is set to public. Most interactions are harmless enough but as an app, TikTok is prone to predators because of the abundance of younger users.



### ADDICTIVE NATURE

Social media is designed to be addictive and TikTok is no different. It can be fun and hugely entertaining. However, it is also because of this that it can be hard to put down. In addition to the short, punchy nature of the looping video format, the app's ability to keep you guessing what will come on screen next makes it easy to turn a five-minute visit into 45-minute visit.



### IN-APP PURCHASES

Aside from the content, there's also the option to purchase in-app extras called 'TikTok coins'. Prices range from £0.99 for 100 coins to an eye-watering £93.99 for 10,000 coins. TikTok coins are used to purchase different emojis to reward content creators that a user finds funny or entertaining. In the iOS version of the app you can disable the option to buy TikTok coins but this sadly doesn't seem to be a feature in the Android version.



## Safety Tips for Parents

### TALK ABOUT ONLINE DANGERS

Assuming your child is above the age limit to use the app, make sure you also take the time to talk to them about what they are seeing on the app. Have a dialogue, get them to give you their opinion on what is appropriate and model the correct behaviour for them. Go over why they shouldn't give out private information or identifiable photos and be positive and understanding of them. In the long run, getting them to think critically about what they're seeing goes a long way to keeping them social media savvy.



### USE PRIVACY SETTINGS

Undoubtedly, the easiest way to safeguard your child on TikTok is to make sure their account is set to private. This means only those users your child approves can view, like, and follow their content. Setting the account to private may clash with your child's goal of social media superstardom, but it will keep their account secure from strangers. This setting can be enabled under the privacy and safety menu by pressing the ellipsis in the 'me' tab of the app. To be extra safe, there are additional controls available to toggle such as who can send comments and messages, among other options.



### ENABLE RESTRICTED MODE

In the digital wellbeing section there's the ability to turn on restricted mode using a PIN. Restricted mode filters out content that is not age appropriate although it should be noted that this isn't always 100% fool proof. When enabling restricted mode, parents should still be vigilant to what their child is watching and take note that the algorithm moderating content is not infallible.



### EXPLORE AND LEARN YOURSELF

Understanding and learning the app yourself is a great way to get to grips with TikTok. You could then even use the app with your child and watch some videos with them. If you are the parent of a teen, even if it does not make you popular, keep a close eye on what they're viewing and sharing. That said, it's a brilliant chance to turn it into a bonding opportunity with your child also. You could even unleash your inner performer and make videos with them while (more importantly) keeping them safe online.



### LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT

With the proper privacy settings in place, TikTok can be a safe space for your child to express themselves. However, just in case something does manage to slip through, make sure your child knows how to recognise and report content that isn't appropriate and get them to come to you about what they have seen. TikTok allows users to report offenders and comments within the app. You can also block individual users by going on their profile.



### MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child moderate their time on the app by making use of the digital wellbeing section. Under the screen time management option, you can limit the daily allotted time allowed on the app in increments ranging from 40 to 120 minutes. You can also lock this preference behind a PIN number which has to be inputted in order to then exceed the daily time limit. This way your child can get their daily dose of memes without wasting away the day.



### Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



### \*NEW FOR 2020\* FAMILY SAFETY MODE

TikTok Family Safety Mode allows parents to link their own TikTok account to their child's. It's a great way to oversee your child's digital wellbeing by giving you direct control over their safety settings and being able to remotely turn features on and off. This includes managing screen time, the ability to send and receive direct messages (and with whom) and the ability to restrict the appearance of content that might not be age appropriate.



SOURCES: [www.tiktok.com](http://www.tiktok.com)

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 20.02.2020



