



Issue number 3

25 February 2021

EDITORIAL

I write to you on the back of Victoria's snap lockdown and am very grateful to have students and staff back onsite. As a school, we will reflect on the effects of the lockdown, what we did well and what we can improve and prepare for the potential of future snap lockdowns happening.

Alongside that, we hold student wellbeing at the top of our minds and seek to empower them to cope as well as possible in this ever-changing social environment.

I've been reading an article called "The Social Muscle" by John T Cacioppo and Stephanie Cacioppo, who are a neuroscientist and brain researcher, respectively. They have studied the area of loneliness in particular, and in this article, reflect on their work with the US army on the effects of loneliness and social isolation.

There are a few key takeaways that really strike a chord for me, as I reflect on our students' wellbeing and how to support them. What these researchers have found is that there are behaviours that reinforce loneliness and become contagious. Similarly – these behaviours can be replaced with positive ones, and guess what? They spread too!

The goal of their work with the army was to "improve the capacity of soldiers to develop and sustain positive relationships, adapt to social challenges, deal with the inevitable feelings of stress and loneliness, recover and grow from personal and social adversity, and forge and capitalize on healthy relationships". I don't know about you – but that sounds like exactly what I want for our students!

You see, it seems that there are actually things we can do to increase our "social fitness", to cope with stress and change and to help build relationships. Some are so simple, such as actively saying hello to people you see, but might not be friends with. This simple act has an effect on the brain, helping us to adapt, grow socially stronger and more outward looking. Our wellbeing is not simply a matter of genetics, we can't really say "that's just the way I am". The brain doesn't work that way!

In this piece of research, soldiers were tasked with the following: "Instead of avoiding conversation, for example, they could choose to ask someone a question. Instead of looking down to check their phone, they could put it away and engage with someone." Sound familiar?

Another interesting finding was purposefully creating a sense of reciprocity. Now that might sound a bit manipulative – but read on and see. “A small favor implicitly creates a sense of obligation to return the favor. When the initial act is perceived as kindhearted, the social norm of reciprocity stimulates a sense of gratitude and mutual respect, promotes cooperation, and strengthens the trust and bonds between people.”

There are a few concrete tips from the authors that I think would have a growth effect for us all and help us to build community:

- Find moments each day to put away screens and connect with someone, even for a brief exchange...
- Make an effort each day to do something helpful or nice for others...
- Find moments each day when you typically divide labor, and choose instead to work together. A simple example of this in daily life is when one partner may do the dishes and the other may fold the laundry at the same time to be efficient. Instead, change things up...and do the task together...
- Choose to engage with people on different levels and on a range of topics...
- Say hello to a friend, a stranger or someone with whom you would like to reconnect

It all sounds achievable to me. Let’s try a few simple things with each other, with our kids and within our community, to build each other up and help build our social muscle!

Lily McDonald

Deputy Principal



EXPO DAY POSTPONED

Due to the ongoing unpredictability of the presence and spread of COVID-19, the decision has been made to postpone our 40 Years Celebration Expo Day event on Saturday 27 March. The decision was not made lightly, and staff were instructed to continue planning as though it was still going ahead right up until the final decision was made to postpone. We were hopeful, but the moment came when we had to be realistic.

The college will also be postponing the classroom and sub-school based 40 Years celebrations that were to take place throughout the week of March 22-26. These will be rescheduled to coincide with the new Expo Day event, and students will enjoy a full program of class celebrations, sub school activities and whole school assemblies later in the year.

Thank you to those staff, students and members of the parent community who had already put in many hours of planning and preparation for this event.

An announcement of a new date for this event will be made by early Term 2.

CALENDAR UPDATES

- There will be no Open Day on 13 March due to an administrative error on the printed 2021 college calendar.
- Saturday 27 March - 40th Anniversary celebrations postponed

PRIMARY PARENT VOLUNTEER WORKSHOPS

For Primary parents wishing to help out in the classroom or at special events when Covid restrictions allow.

When: 1 March 2021

Where: Early Years Building – please sign in and wait outside for staff at the Primary front entrance to the Early Years building (not reception)

Time: 9:00 - 10:00 am **or** 6.30 - 7.30 pm

RSVP not required

**If you have completed a workshop in the last 2 years you are exempt from having to participate this year.

**Please ensure you update your WWCC with the college office if necessary.

In line with current Covid restrictions **masks** must be worn when indoors and social distancing requirements applied.

EARLY YEARS CANTEEN

Prep to Year 2 students can access the EY Canteen on a Tuesday and a Thursday during recess and lunch. Please see the **snack menu**.

Early Years Canteen Snack Menu

Wednesdays
No Preps during term
1 on Wednesdays

Tuesday 2 March
Catch-up & Sibling
Photos

Monday 8 March
Labour Day
Public Holiday

Tuesday 9 March
Plenty Kids Session
Helpers Begin

Tuesday - Friday
9 - 12 March
Year 5 Camp

Tuesday 16 March
Secondary House
Athletics Carnival

Monday 29 March
Prep-Year 2
Walk-a-thon

Tuesday 30 March
Year 3-6 House Cross
Country

Wednesday 31 March
Wallabies End of
Term celebrations

Thursday 1 April
Possums & Joeys End
of Term celebrations

Thursday 1 April
Whole School Easter
Service

Thursday 1 April
Last day of Term 1

CAR PARK OBSERVATIONS AND SUGGESTIONS

It is great to see drivers letting others in. That helps the flow.

Please be mindful to keep the turning areas into Carpark 1 and 2 (first two) free while waiting to exit at the roundabout. That keeps traffic moving in and stops the backup onto Yan Yean Road.

If your child is in Early Years, consider using the **EY pick up zone** at the back of the EY block. It's quicker and there is no need to navigate parking.

Our huge carpark is generally full by 3:00 pm as so many parents leave home early to ensure they get a park. The college suggests that **parents who do not have Early Years students come a bit later**. There are car parks free by 3:20 pm as families with younger students have left.

Junior sub-school students do not really arrive in the carpark before 3:20 pm and secondaries around 3:25pm. We are now getting all cars out by 3:40 pm. So, waiting 15 minutes by coming later is much better than arriving early and waiting 40 mins to get a park.

Older primary and secondary students are quite capable of waiting and that will make your life easier.

Carparks are not allocated to particular sections of the school. You may park in any of the four front car park areas near Yan Yean road.

If you are **turning left** out of the school, Carpark 1 and 2 (first two) are the best options for you. If you are **turning right** use Carpark 3 or 4 (the U-shaped carpark).

WAITING FOR YOUR CHILD

We ask parents to not come into play areas unless they have an approved reason for doing so. Generally, this will be parents coming to the reception areas where they should wear masks. It is not necessary to wear masks outside unless you are unable to distance. We are looking forward to a relaxation of restrictions in the future.

PHONES

A reminder that students should not have their phones with them in class. Phones that disrupt learning may be confiscated and returned at the end of the day. Students who continuously disregard this requirement may need to organise for their parents to collect their phone.

NO AEROSOLS

This year we have a No Aerosols requirement. These can affect students and staff who have certain medical conditions and so, as a community we refrain from using them. We understand that teenagers feel the need to apply deodorant and we don't want to discourage that but that needs to be done with non-aerosols.

WHEN SHOULD I STAY HOME?

If a student or staff member is symptomatic, they should not attend school. Once tested, with a negative Covid result, or no longer symptomatic they may return. If someone in a household is instructed to isolate or is being Covid-tested, then no one from that family should attend school until the all clear is given.

CANTEEN



Prep – Year 2 students

Lunch orders will continue through the Flexischools online ordering app. Early Years students can also continue to purchase small snack items through their pop-up canteen in the Early Years building on Tuesdays and Thursdays. See menu on [page 3](#).

Years 3 – 12 students

To increase options for student lunches we have decided that the canteen will reopen for **lunch orders only**. Students need to collect their lunches from the doors of room 13. Please order through Flexischools. Due to building works, no over the counter sales can take place.

The Tasty Food van will also be on site during lunchtime to serve students.

This arrangement will be in place until further notice. Thank you for your continued cooperation and understanding.

Our senior students (and staff!) will be happy to know that the food van accepts EFTPOS and cash payments.



Tasty Food Van Menu

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SIBLING AND CATCH-UP PHOTO DAY

Prep - Year 12 sibling photos will be taken on Tuesday 2 March 2021. Please place an order online using your child's unique code previously provided or contact Schoolpix www.schoolpix.com.au. Sibling photo orders must be placed before 8:00 am Tuesday 2 March 2021.

Only siblings that have placed an order will be photographed.

LOST PROPERTY

Lost property boxes are located throughout the college. If your child loses an article of clothing, please encourage them to check the lost property box.

Clearly labelling your child's uniform assists in the return of lost items.

CAMP AUSTRALIA (BEFORE SCHOOL AND AFTER SCHOOL CARE)

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[CLICK HERE FOR MORE INFORMATION](#)



Download the Parent Portal app



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SECONDARY SENATE

Last week, the Secondary Senate met virtually during the impromptu 5 day lockdown and discussed ways that we could support and encourage the secondary school as a whole, especially the year 7's as they'd missed out on being able to go on their first secondary school camp! With the tremendous help and organisation from the year 7 teachers, members of the senate took time out of class to prepare and serve an awesome BBQ lunch for the cohort; to console them and warmly welcome them to secondary school! We wrote individual letters to the year 7's too and heard that they were really encouraged, which was nice.

The senate also walked around the college, handing out Zooper Doopers as a small "welcome back" treat, which was greatly appreciated by everyone suffering in the heat!

As Matthew 5:16 says, "In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven."



Irrespective to the challenges that have been presented in Term 1 so far, the senate have loved being a blessing and encouragement to others and we can't wait to see what this year has in store!"

Alanah McGinty, on behalf of the Secondary Senate



Devotions run every alternating Tuesday lunchtime in room 67 and Wednesday morning in the music room.

The next one is Wednesday 3 March.

We usually include some icebreaker games, sometimes worship, food, and a small talk/ devotion.

Please let your child know it is on.

Thanks, the CMT team: Eric Brook, Samuel Langford, Zach Andrews and Abigail Walker.

SECONDARY SPORT

SECONDARY HOUSE SWIMMING CARNIVAL

The whole secondary school travelled to Aquarena in Doncaster for the annual house swimming carnival the second week back at school. A warm sunny day was forecast and shade, sunscreen, T-shirts or rashies, hats and hydration (as well as Covid safe hygiene practices) were encouraged for the day.

Each house had chosen their house coloured theme for the creative dress competition which made for a colourful start to the carnival. Schippers won this event in a very colourful turnout with their KFC theme and having organised multiple KFC bucket hats for the house.



All the regular individual & relay swimming events were keenly contested with both student participation and the general standard of all strokes being at a high level.

Other activities available to students were the diving & tug o' war competitions, noodle relays, the year 12 Inflatable relay and water slides at lunchtime together with a staff/student relay where the teachers finished 4th out of 5 in a hotly contested race!

Schippers improved on their 2nd place overall in the 2020 swimming carnival by winning by a massive 268 points from Meers this year. And there was only 10 pts between 2nd and 4th!

Congratulations to Schippers' captains and all participants!

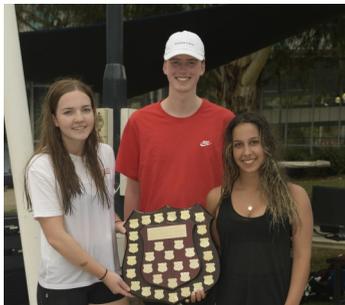
Final points were:

1st Schippers 1736 pts

2nd Meers 1468 pts

3rd Upton 1462 pts

4th Crichton 1458 pts



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2021 RECORDS

Year 10 superfish Ryan C was again the outstanding swimmer of the meet and smashed all records in each of his 5 individual events. He claimed new records in three of the U16 boys' individual events (all of which were 2011 records) and also broke his own 2020 records in the Open Boys' 100m and the U16 b/fly. Ryan smashed the 2011 breaststroke record by a clear 4 seconds, his own 100m free record by almost 2 seconds, his B/fly record by over 2 seconds and both the free-style and backstroke records by well under a second. Fantastic effort again this year Ryan!



Three 4 X 50m relay events had records tumble this year. Congratulations to all these swimmers!

Upton in the U13 B medley relay – Noah G/Cooper D/Nathan H/Isaac D

Upton in the U15 B freestyle relay – Delandt P/Fady D/Asher A/Kurt B

Meers in the U16 B freestyle relay – Tristan W/Oli H/Matt S/Charles K

Congratulations to all Schippers captains and special thanks to all staff, student and parent helpers and to ex-student Prudence Wilson.

Swimming training has now hopefully commenced on Wednesday & Friday mornings at 7:00 am at Diamond Creek Pool in preparation for the EISM Div 3 Swimming Carnival at Ringwood Aquanation on Thursday 11 March.

All are welcome at training which is being overseen by alumni swimming expert Prue Wilson.



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EISM Division 3 Swim Carnival – Thursday 11 March

Swimming training in preparation for our Division 3 carnival is going very well at Diamond Creek Pool on Wednesday and Friday mornings.

The swim team is closer to being finalised each session as challengers complete time trials and head swim coach Prue Wilson and I decide the best combinations for relay teams.

All successful swim team members will be notified in the form of an email with details including carnival information, parent spectators (TBC) and parent permission for the event.

House Athletics Carnival – Tuesday 16 March

We have house meetings next week for students to sign up to represent their house in all the regular track and field events as well as some novelty events. Houses again decide on a house dress up theme and also for athletics there is a house chant competition.

A number of parents have already signed up to be volunteer helpers on the day and, as for the swim carnival, I am still required to utilise a working minimum. At the moment there will still be no parent spectators – I hope that this will change between now and then!

Helen Padget

Head of Secondary Sport

FROM THE CAREERS OFFICE

You will find lots of important information in this edition including UCAT information for students considering medicine pathways and also an opportunity for Year 12 students to apply for the University of Melbourne-Hanson Scholarship. Also check out the different courses available from various tertiary institutions.

Don't forget to check out the "[Calendar of Events](#)" on our School Careers Website.

Dates to Diarise

- Year 10 Work Experience 21 June - 25 June 2021

I am more than happy to assist students and parents. I can be contacted at :

helen.madden@pvcc.vic.edu.au

Helen Madden - Careers Practitioner/VET Coordinator

Careers Newsletter Issue 2

COMMUNITY ADVERTISEMENTS



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Tuning into Teens

Kids First are running a free parenting programs for teens. Tuning into Teens (TinT) is an online evidence-based program that supports parents/carers to feel more confident to connect with their teens.



Session dates and times; Wednesday 17 February, Wednesday 25 February, Wednesday 3 March, Wednesday 10 March, Wednesday 17 March, Wednesday 24 March. Sessions are from 6 – 8pm.

For more info call 0409 006 126 or email delcheikh@kidsfirstaustralia.org.au



Tuning into Kids - An emotion focussed parenting program

Tuning into Kids (TiK) is an online Free program that provides parents and carers with skills in emotion coaching. Emotion coaching is about recognising, understanding and managing your own emotions as a caregiver as well as your children's

emotions. When children develop these emotional skills they are better equipped to negotiate the ups and downs of life.

For more info call 0409 006 126 or email delcheikh@kidsfirstaustralia.org.au