

Colac Secondary College Newsletter

ISSUE 10

FRIDAY JUNE 28, 2019



173 Queen St, Colac

Phone: 5231 9800

Principal's Report



As Term Two comes to a close staff and students have become reenergised in starting the new Semester Two subjects and courses. I have been impressed with the smooth changeover of semesters and the willingness of staff and students to continue their focus on education right up to the end of term.

It is important that our senior students plan their holiday time well to ensure they are up to date when they return in Term Three. Unit 3 & 4 VCE teachers will be aiming to complete their courses by the end of Term 3 so that all students can commence revision activities from the start of Term 4. This means there is limited time for completion of work in Term 3. Can I also encourage senior students to take some time in the holidays to relax and reenergise for the big push in Term 3.

Last Friday, we experienced a wonderful community event when our VCAL students and staff organised the "Shave for a Cure" event. This proved to be an ideal opportunity for staff and students to work together for a common goal. The enthusiasm was infectious and the atmosphere was electric. Congratulations on a great community event.

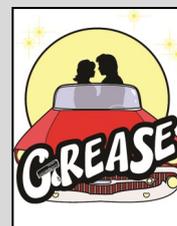
As the winter weather has now settled in, I remind all students and their families that it is very important to wear their College uniform with pride. Colac Secondary College has a very serviceable uniform that looks very professional when worn correctly. I encourage all students to wear their uniform with pride and represent our College well in the community.

On a sad note, a long-standing staff member, Gail Osborne passed away last weekend. Our entire College community extends our condolences to Gail's family in this sad time. Gail was a very positive lady who took great joy and pride in getting to really know all staff within our College. She will be sadly missed and long remembered throughout our College.

David Stuchbery

Key Dates

- * **Monday July 15**
Start of Term 3
- * **July 21 - 26**
Year 11 Ski Trip
- * **July 30 - August 2**
Grease Production



- * **Sept 9 - 11**
Year 8 Camp
Anglesea
- * **Sept 12 -14**
State School
Spectacular
- * **September 15 - 21**
North Queensland
Trip

Colac Secondary

College is a

Child Safe School



**ABSENCE
LINE**

5231 9888



Shave for a Cure

VCAL Students held a very successful 'Shave for a Cure' event, raising a total of \$1513.85. Well done everyone!



Yr 7 Deakin University Visit

On Thursday, June 20, Year 7 students visited Deakin University, Waurn Ponds Campus. The visit gave the students a valuable insight into University life and the higher education pathways that are available.

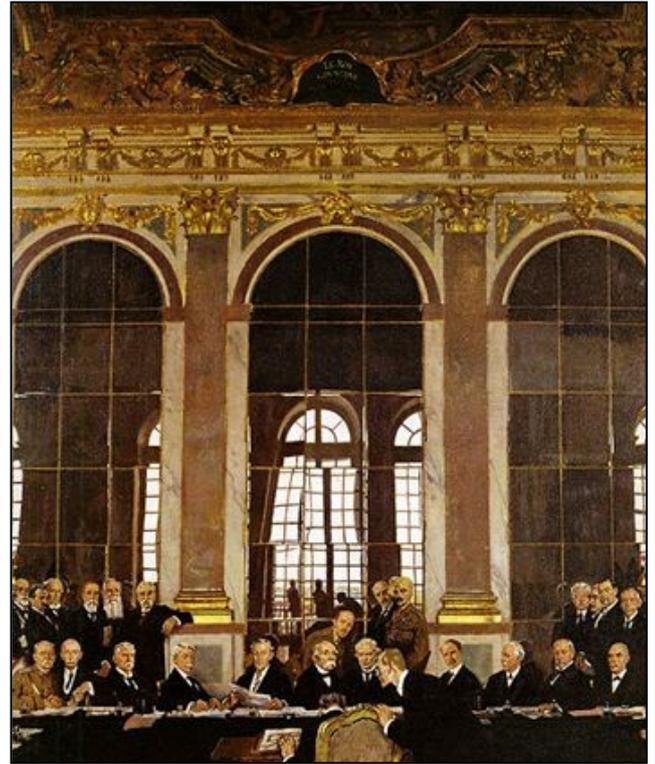


The Treaty of Versailles

One hundred years ago, on 28th June, 1919, the most important of the peace treaties, The Treaty of Versailles, was signed, officially bringing World War One to an end. The Treaty of Versailles ended the state of war between the Allied Powers and Germany. Although the Armistice, signed on 11th November, 1918, ended the actual fighting, it took six months of Allied negotiations at the Paris Peace Conference to conclude the peace treaty.

One hundred years later, on Friday morning, 28th June, 2019, a peace bell was rung at Colac Secondary College, to symbolise the official end of World War One.

Two Year 11 students - Tia Georgiadis and Chloe Pearson - were involved in the bell ringing, delivering a speech and reciting a poem about peace.



The Battle's O'er

I returned to the fields of glory,
Where the green grass and flowers grow.
And the wind softly sings the story,
Of the brave lads of long ago.

March no more my soldier laddie,
There is peace where there once was war.
Sleep in peace my soldier laddie,
Sleep in peace, now the battle's o'er.

In the great glen they lay a sleeping,
Where the cool waters gently flow.
And the gray mist is sadly weeping,
For those brave lads of long ago.

March no more my soldier laddie,
There is peace where there once was war.
Sleep in peace my soldier laddie,
Sleep in peace, now the battle's o'er.



Uniform Shop

Now available:

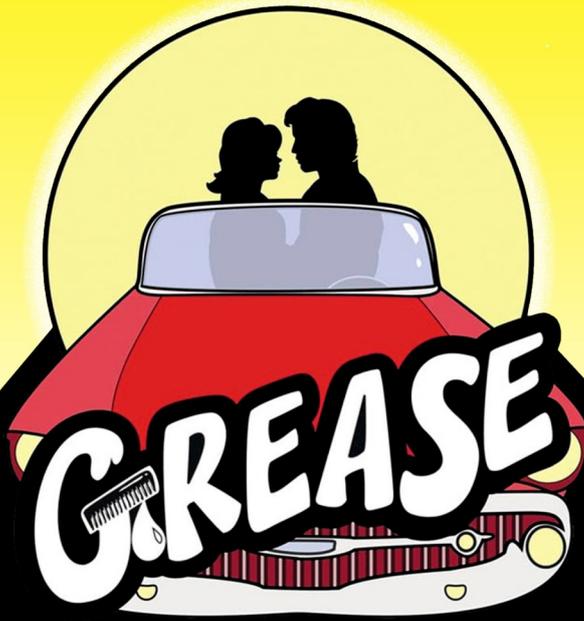
Black Soft Shell Hooded Jacket

Sizes: From 10-12 up to 2XL

Price: \$85.00



COLAC SECONDARY COLLEGE
PRESENTS



TUESDAY 30TH JULY - FRIDAY 2ND AUGUST

**TICKETS ON SALE
NOW**

TRYBOOKING.COM

\$70 FAMILY \$22 ADULT \$16 STUDENT



The GREASE cast, under the guidance of Zoe Hudgell and Georgie Leersen, have been very busy with rehearsals.

The students look forward to presenting the show to the school community in Term 3.

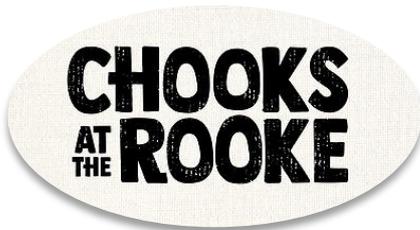


GREASE

Chooks at the Rooke

VCE Agriculture and Horticulture students visited Chooks at the Rooke, run by entrepreneur Xavier Prime. Xavier has 2000 pasture fed (totally free range) egg laying chickens looked after by himself and his four Maremma dogs.

Students visited to see how a small yet successful local small business operated, including his sustainability techniques, and new technologies used.



Wye River Surf Lifesaving Club Presentation Night



On Saturday, June 15, Takeisha Clark and Sohail Ali attended the Wye River Presentation Night at the Victorian Lifesaving Centre in Melbourne where the summer season was wrapped up with a series of awards. Our two Year 10 students were the joint recipients of the annual CSC/Wye Award for excellent service over the 2018/19 season at Wye.

Judging is based on the CSC student who is most involved in club activities for the year and it was impossible to separate the two members based on their contributions over the summer. After completing their initial training at the school Bronze Camp in early December, they both completed identical voluntary patrol hours and each attended extra training and attained another award of proficiency in first aid/emergency response. Also Takeisha and Sohail volunteered to help the Wye Peak Challenge Fun Run in March, which is a club/community fund raising activity.

They both acted as mentors for the Year 9 students who attended the Wye River Familiarisation Days on two weekends in February and March and they led the team who ran the Surf Club presentation at the School Open Night at the end of Term 1.

Takeisha and Sohail have enjoyed their volunteering at Wye River and at school this season and it was great to see them being rewarded at the Lifesaving Headquarters.

WELLBEING

4 Steps to Positive Wellbeing

The Resilience Project recommend 4 key steps to develop positive wellbeing using the acronym **G.E.M.D.**

Gratitude

Developing gratitude or appreciation for what we have, rather than what we don't have is the first key to wellbeing. Studies have shown that within 42 days of practicing gratitude you have increased energy, are more focused, more optimistic and have better quality sleep.

A simple method to try is to write 3 things that went well or were positive in your day (even if they are very small things) in a journal at night and then re-read these again the next morning. Repeat this daily.

Empathy/Kindness

Every time you do something kind for someone else your brain releases a hormone called Oxytocin that can lead to increased self-esteem, energy and positivity.

Mindfulness

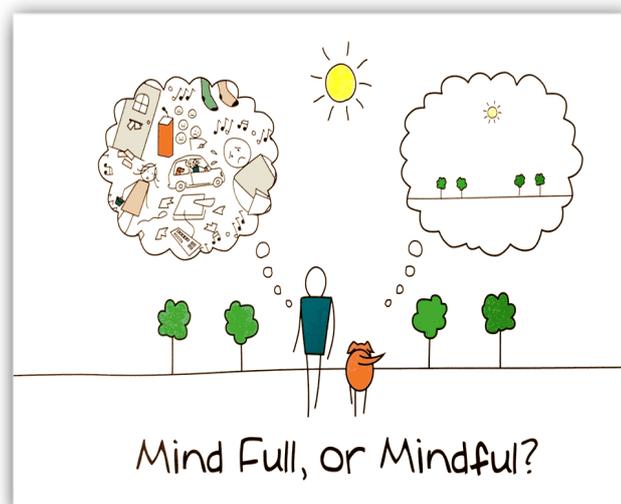
Developing mindfulness skills helps us to live in the present moment without worrying about the past or future. Benefits of mindfulness include improved sleep, concentration, reduced stress and anxiety.

Try a daily mindfulness practice using the Smiling Mind App or through the website www.smilingmind.com.au

Disconnect

The benefits of disconnecting from technology and social media and instead replacing this with face-to-face contact with family and friends can reduce the risk of depression, combats FOMO- Fear of Missing Out, improves creativity and reduces addictive behaviours.

Try this by allocating time each day to switch off from all technology and connect with others in a meaningful way.



School Holiday Supports

The School Holidays are here and we hope you all have a wonderful break!

If your child needs support over the School Holidays please contact the following services:

Colac Youth Health Hub: Ph: 5232 5520

Kidshelpline (free telephone support for young people) Ph: 1800 55 1800

eHeadspace (free mental health support) phone or online chat Ph: 1800 650 890

Parentline (free telephone support for parents) Ph: 13 22 89



WELLBEING

Children's Mental Health.....

It is easy for parents to identify their child's physical needs: nutritious food, warm clothes when it's cold, bedtime at a reasonable hour. However, a child's mental and emotional needs may not be as obvious. Good mental health allows children to think clearly, develop socially and learn new skills. Additionally, good friends and encouraging words from adults are all important for helping children develop self confidence, high self-esteem, and a healthy emotional outlook on life.

A child's physical and mental health are both important.

Basics for a child's good physical health:

- Nutritious food
- Adequate shelter and sleep
- Exercise
- Immunizations
- Healthy living environment

Basics for a child's good mental health:

- Unconditional love from family
- Self-confidence and high self-esteem
- The opportunity to play with other children
- Encouraging teachers and supportive caretakers
- Safe and secure surroundings
- Appropriate guidance and discipline

Provide a safe and secure home:

It's okay for children to feel afraid sometimes. Everyone is afraid of something at some point in their life. Fear and anxiety grow out of experiences that we do not understand.

If your children have fears that will not go away and affect his or her behaviour, the first step is to find out what is frightening them. Be loving, patient and reassuring, not critical.

Remember: the fear may be very real to the child.



WELLBEING

HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

@BELIEVEPHQ

www.BelievePerform.com



LOVE
Be there for your child and show care and love



EXERCISE
Encourage play, exercise and sport



BEHAVIOUR
Keep an eye out for any changes in behaviour



SUPPORT
Regularly support, encourage and praise your child



REST TIME
Help your child to manage stress by building in some rest time



BE PROUD
Tell your child that you are proud of them



PATIENCE
Be patient. Don't pressure your child



HELP
Don't be afraid to seek help from professionals



FEELING
Get to know how your child is feeling



EDUCATE
Educate yourself about mental health problems



PROBLEM SOLVING
Help your child to effectively problem solve



LISTEN
Make sure you take time to listen to what your child has to say



COPING
Help your child to learn some simple coping skills such as relaxation



SYMPTOMS
Be aware of signs and symptoms



CONVERSATION
Encourage your child to engage in conversation



ENVIRONMENT
Provide a positive environment for your child where they can thrive



'Wishing everyone a safe and happy school break'

**ARE YOU AGED 12- 25 & HAVE A PASSION 4 VISUAL ART?
WE WANT YOU FOR OUR YOUNG EMERGING ARTISTS PROGRAM!**

YOUNG EMERGING ARTISTS PROGRAM

This program aims to expose young artists with a passion to pursue visual art to opportunities in Colac's local art scene. The program will start in the July school holidays where participants will attend a sculpture making workshop to create a collaborative piece for the 2019 Colac Otway Arts Trail. There will be 4 workshops over the month of August that will be run by local artists on a broad range of topics including concept design and creativity, framing and pricing your works, sales procedure, cataloguing, social media, markets, curation and hanging. Participants will have the opportunity to display their works at RRRTAG Art Gallery over September and October as part of a special youth art exhibition. On Friday 25 October the launch of the Colac Otway Arts Trail will take place at the Art Gallery. Participants will also attend the gallery over the Weekend of 26 and 27 October to talk to patrons about their works and encourage the sale of their pieces whilst practicing the skills they have gained during the program.

**CONTACT SCARLET @ YHH FOR MORE
INFO (before the July School Holidays)**

TEL: 5232 5520

FREE
for all participants



Careers Corner

ACU Update

Complete ACU's Bachelor of Arts in 2.5 years

ACU students can complete their Bachelor of Arts in only 2.5 years, by studying some units in summer and winter full time. ACU Arts degree offers 20 majors and minors in the humanities, social sciences and visual arts. To learn more visit:

https://courses.acu.edu.au/undergraduate/bachelor_of_arts

Deakin University Update

Attention Sport Enthusiasts!

You can win a behind-the-scenes elite sport experience. Deakin are offering two incredible opportunities to win an all-access immersive experience with either the Geelong Cats or Suncorp Super Netball. The winners will go behind the curtain for the day and see experts prepare players, join the media pack, and watch a game from top seats. To win the Geelong Cats experience in August follow this link: <https://www.deakin.edu.au/allaccesscats>

To win the Suncorp Super Netball Grand Final experience in September visit: www.deakin.edu.au/allaccessnetball

Faculty of Health – information Sessions in July

Nutrition and Dietetics Course Information Session

When: 23rd July, 6:00 pm – 7:30 pm

Where: Burwood campus

Register here: <https://www.eventbrite.com.au/e/deakin-nutrition-and-dietetics-course-information-session-registration-56078535409>

Occupational Therapy Course Information Session

When: 23rd July, 6:00 pm – 7:30 pm, Where: Geelong Waterfront campus

Register here:

<https://www.eventbrite.com.au/e/deakin-occupational-therapy-course-information-session-registration-56078640724>

Psychology Course Information Sessions

When: 23rd July, 6:00 pm – 7:30 pm, Where: Burwood and Geelong Waterfront campuses.

Register here for Burwood: <https://www.eventbrite.com.au/e/deakin-psychology-course-information-session-registration-56079015846>

Register here for Geelong Waterfront:

<https://www.eventbrite.com.au/e/deakin-psychology-course-information-session-registration-56079111131>

Exercise and Sport Science Course Information Session

When: 24th July, 6:00 pm – 7:30 pm, Where: Burwood,

Register here:

<https://www.eventbrite.com.au/e/deakin-exercise-and-sport-science-course-information-session-registration-56076214467>

Exercise and Sport Science Course Information Session

When: Sat 27th July, 2.30 pm – 4.00 pm, Where: Warn Ponds campus, Register here:

<https://www.eventbrite.com.au/e/deakin-exercise-and-sport-science-course-information-session-registration-55949122331>

Nursing and Midwifery Course Information Sessions

When: 25th & 27th July, Where: Burwood and Geelong Waterfront,

Register here for Burwood:

<https://www.eventbrite.com.au/e/deakin-nursing-and-midwifery-course-information-session-registration-56077649760>

Register here for Geelong Waterfront:

<https://www.eventbrite.com.au/e/deakin-nursing-and-midwifery-course-information-session-registration-56078226485>

Health Sciences Course Information Sessions

When: 30th July, 6:00 pm – 7.30 pm

Where: Burwood

Register here:

<https://www.eventbrite.com.au/e/deakin-health-sciences-course-information-session-registration-56076650772>

When: 31st July, 6:00 pm – 7.30 pm

Where: Waterfront campus

Register here:

<https://www.eventbrite.com.au/e/deakin-health-sciences-course-information-session-registration-56077015864>

Optometry and Medical Imaging Course Information Session

When: 30th July, 6:00 pm – 8:00 pm

Where: Warn Ponds campus

Register here:

<https://www.eventbrite.com.au/e/deakin-optometry-and-medical-imaging-course-information-session-registration-56077065011>



Careers Corner

INSTITUTION	DATE	TIME	CONTACT DETAILS
Australian Catholic University Melbourne Campus Ballarat Campus	Sun 11 Aug Sun 25 Aug	10am – 3pm 10am – 2pm	1300 ASK ACU Email: https://www.acu.edu.au/student-life/experience-uni-before-you-start/open-day
Box Hill Institute of TAFE Box Hill Campus Lilydale Campus	Sun 25 Aug Sun 15 Sep	10am – 3pm 10am – 3pm	1300 269 445 www.boxhill.edu.au/openday
Chisholm Institute Dandenong	Mon 16 Dec	5pm - 7pm	1300 244 746 https://www.chisholm.edu.au/open
Deakin College Geelong Campus (Waurm Ponds & Waterfront) Melbourne (Burwood) Campus Deakin University Geelong Campus (Waurm Ponds & Waterfront) Melbourne Burwood Warnambool	Sun 18 Aug Sun 25 Aug Sun 18 Aug Sun 25 Aug Sun 4 Aug	9am – 3pm 9am – 3pm 9am – 3pm 9am – 3pm 10am – 2pm	1800 334 733 http://openday.deakin.edu.au/
Federation University of Australia			1800 333 864 https://federation.edu.au/openday
Holmesglen Institute All campuses	Thur 20 June	Various	1300 639 888 https://holmesglen.edu.au/Students/Open-Days/
JMC Academy	Sat 24 Aug		1300 410 311 https://www.jmccademy.edu.au/events/open-days
La Trobe College Melbourne (Bundoora) La Trobe University Shepparton Campus Melbourne (Bundoora) Campus Albury-Wodonga Mildura Campus Bendigo Campus	Sun 4 Aug Fri 2 Aug Sun 4 Aug Sun 18 Aug Sun 14 Aug Sun 25 Aug	 3pm - 7pm 10am - 4pm 10am - 2pm 4pm - 7pm 10am - 3pm	1300 135 045 https://www.latrobecollegeaustralia.edu.au/ https://www.latrobe.edu.au/openday
Melbourne Polytechnic Preston Campus	Sun 18 Aug	10am – 3pm	9269 1200 https://www.melbournepolytechnic.edu.au/open-day
Monash University Peninsula Campus Clayton & Caulfield Campuses Parkville Campus	Sat 3 Aug Sun 4 Aug Sun 18 Aug	10am – 3pm 10am – 4pm 10am – 3pm	1800 666 274 https://www.monash.edu/open-day
RMIT Bundoora City & Brunswick Campuses	Sun 4 Aug Sun 11 Aug	10am – 4pm 10am – 4pm	9925 2260 https://openday.rmit.edu.au/
Swinburne University Hawthorn	Sun 28 July	10am – 4pm	1300 SWINBURNE https://www.swinburne.edu.au/
University of Melbourne Parkville Dookie Werribee	Sun 18 Aug Sun 22 Sep Sun 20 Oct	10am – 4pm 10am – 4pm 10am – 4pm	1800 801 662 https://openday.unimelb.edu.au/
Victoria University			1300 171 755 https://openday.vu.edu.au/
William Angliss Institute of TAFE City	Sat 3 Aug	10am – 3pm	1300 ANGLISS http://www.angliss.edu.au
SAE Creative Media Institute	Sun 11 Aug	10am – 2pm	https://sae.edu.au/news-and-events/events
Collarts (Australian College of the Arts) Fitzroy, Collingwood (Wellington St & Cromwell St)	Sat 31 Aug	10am – 3pm	https://www.collarts.edu.au/open-day