



173 Queen St, Colac

Phone: 5231 9800

Principal's Report

Wow, what a term! It seems that we try and cram two terms worth of work and events into Term 4.

As well as running all of our normal term events, we have also been very busy planning for the 2020 year and ensuring we have everything in place for a smooth start next year.

I would like to thank and congratulate the staff at Colac Secondary College who have demonstrated their flexibility, professionalism and preparedness to "go the extra mile" for our students this term. There have been countless meetings and phone calls to ensure all students and their families have all the information required to start next year on the best basis possible.

I would also like to thank and congratulate our students for their hard work and dedication to their studies. The work they have produced this term has been very good and the work ethic most students have demonstrated will allow them to continue to grow in knowledge and skills over their educational journey.

This week we received notification that the Acting Principal for Colac Secondary College will be Scott Dellar. I am very pleased to make this announcement as I have known Scott for many years and he will bring a wealth of experience and wisdom to his new role as Principal of Colac Secondary College. Scott has been a Principal in six schools previously and most recently has been the Principal at Northern Bay College in the Corio area. I encourage you all to make yourself known to Scott in the New Year and commit to working together for the benefit of our students.



Lastly, I would like to thank every member of the Colac Secondary College community for their support and advice over the last eight months. I have thoroughly enjoyed the challenges and celebrations I have experienced in Colac and leave the school a wiser and more skilled person than when I arrived. I hope I have assisted Colac Secondary College to grow and move forward in our desire to be lifelong learners.

I wish you all well and hope to hear more fantastic things from Colac Secondary College in the future.

David Stuchbery

Key Dates

- * **Monday Dec 16**
Adventure Park Excursion
- * **Tuesday Dec 17**
School Activities
- * **Tuesday Dec 17**
AWARD NIGHT
COPACC - 7.00pm
- * **December 18 - 20**
STUDENT FREE DAYS
- * **Thursday Jan 30**
Students return for Term 1 2020

Colac Secondary College is a Child Safe School



ABSENCE LINE

5231 9888



Year 7 & 8 Social

Last week Year 7 and 8 students had the opportunity to socialise with their peers while enjoying some musical entertainment.



Surf Life Saving

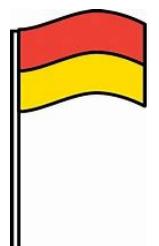
Twenty one students from Years 9, 10, 11 and 12 have spent seven days battling big swells and rough conditions on this year's 'Surf Bronze Camp' at Wye River. There were 16 'Bronzies' and 5 'mentors' who spent the week overcoming the elements, preparing for their Surf Bronze Medallion test which was conducted over five hours, starting at 10.00am on Sunday morning.

The Year 9 Surf Life Saving elective is supported by the State Government's 'Advance Program' which is aimed at creating and fostering community links, our community partner being the Wye River Surf Lifesaving Club. Each year twenty to twenty five students take the opportunity to spend the week at Wye River, either as Yr 9s gaining their Surf Bronze or as Yr 10, 11 and 12 students who have previously been involved in the program who return to further develop their skills and to act as mentors for the Bronzies.

Under the guidance of Wye River Surf Club's training crew of Mia Allanson, Ethan Lawrence, Grace Burke, Mikayla Hearne and Will Wheadon who were led by ex-student Ben Wilson, students became familiar with and practiced swimming in challenging conditions, learnt correct techniques for CPR and covered other topics such as First Aid, spinal management, radio and other communications, beach conditions and beach safety.

It was a great week, with lots of challenges, a few tears and eventually lots of successes. Congratulations to all.

Students and staff involved; Ebony Armistead, Austin Arnold, Kyan Brown, Will Cust, Connor Chapman, Josh Everett, Peggy McGee, Tara Scott, Phoenix Smith, Jasmine Tippins, Jacob Knight, Matthew Swain, Josh Carew, Sohail Ali, Linus Stoppacher, Tom Swain, Trey Wheadon, Grace Martin, Darcy Holt, Riley Carew, Martin Rieniets, Jude Murfitt, Stephen Gill, David Treweek, Frank Park and Michael Barrand



From The ICT Department

CYBER SAFETY DURING THE SCHOOL HOLIDAYS

Summer holidays are kicking off around Australia, which means students will have more free time to play and have fun in the sun.

But school holidays can be a difficult time for some kids. Changes to routine and being away from their usual school supports can cause them to feel stressed, down or lonely. Holidays can be a particularly vulnerable time for students whose families are struggling with grief, loss, poverty or family violence.

School holidays also mean more time spent online.

Social media helps kids stay connected with their peers during the break. And when used mindfully, it can help to combat isolation. It allows them to share holiday photos with their friends and maintain important bonds over the break.

But social media can have a negative impact on self-esteem, with almost 2 out of 3 teens feeling pressure to look good on social media, and nearly half feeling bad about themselves when their friends don't like or share their posts.

Peer group issues can escalate more quickly in the online space. When kids are on holidays there may be less opportunity to resolve situations face-to-face, and small problems can become a big deal. This may lead to rumination, which can have a negative impact on mental health.

Cyber safety is an issue during school holidays

Importantly, the risk of cyberbullying may increase during the holiday period. Kids may have more interactions with their peers online, potentially with less supervision. Students often engage in more cyberbullying during holidays, as they don't have to face the consequences of their behaviour at school the next day. Online disinhibition effects and perceived anonymity may be amplified - that is, students may be more likely to do things online that they would not do face-to-face. For example, we know that young people who perceive themselves to be more anonymous online are more likely to cyberbully others.

Targets of cyberbullying may also be more vulnerable at this time, with less support from teachers and peers. Cyberbullying can make it hard for kids to return to school after the holidays, and they may feel anxious or withdrawn in the lead-up to the new school term.

So how can we support them?

According to [headspace](#), parental support is crucial during the holiday period. Below are some tips for parents, to help keep their kids happy and well over the holidays, and deal with issues around technology use and cyberbullying.

1. Encourage them to stay connected

Social media will be one of the main ways that kids stay connected to friends during the holidays. However, it is important to also plan face-to-face interactions with friends, and connect with the broader community through activities such as sports, classes, clubs or volunteering. Creative activities such as holiday drama, music or art workshops can be a great way to meet new people.

Staying connected with family is key to ensuring students feel supported during the holidays. Not all families can go away for the holidays, and many parents still need to work, but it is important to plan regular family activities, even if this is as simple as kicking a ball around at the park or sharing a family dinner each night. If kids are struggling with loneliness and isolation, organisations such as [headspace](#) and [ReachOut.com](#) provide good online resources and support.

2. Maintain healthy activities

Encourage young people to stay active during the holidays to manage mood and physical health. If they are feeling withdrawn, sad or anxious, even small activities like walking the dog around the block can make a big difference. Encourage them to find activities that they enjoy, especially those that have a social element such as team sports or going to the beach with friends.

It can also be hard for kids to maintain good eating habits without the structure of school. A balanced diet of vegetables, fruit, whole grains and lots of water will help them with sleep, and improve energy levels, concentration and emotional wellbeing.

3. Create a routine

Encourage kids to maintain a routine during the holidays, including going to sleep and waking at the same time, eating three meals a day, and planning activities in advance. Giving them responsibilities at home can provide structure and boost motivation. Planning a project for the holidays, such as redecorating their bedroom or building a veggie garden, can help to keep them engaged.

4. Check in with yourself

It can be easy for parents to become overwhelmed with the stress of the holiday season. Self-care for parents is therefore really important. Not only does it help you enjoy your holidays, but also puts you in a better position to support your kids and be mindful of how they are feeling during a potentially vulnerable time. Self-care is different for everyone, and could mean going for a swim, reading a book, or scheduling an appointment with your GP.

From The ICT Department

5. Open up communication

Head of Direct Clinical Services at headspace, [Vikki Ryall](#), says the school holidays provide a good opportunity for parents to tune into their child's emotions and discuss issues that may have gone under the radar during the school term. These may include mental health, drugs and alcohol, relationships or cyberbullying. The most important thing is to listen to how your child is feeling, respond with empathy, and work with them to come to a solution or access professional support if needed. Remember that not all problems need to be fixed, and just knowing they've been heard can make a big difference.

6. Discuss Internet safety

According to [Childnet International](#), the holidays are a good time to sit down with your kids and have positive conversations about technology use. Look at their favourite sites and apps with them, and be curious about their experience. Ask them what they are concerned about, and how they manage privacy and security settings on each platform. Discuss cyberbullying - what it looks like and how to manage it if it occurs. The [Office of the eSafety Commissioner](#) has practical information about what to do if you experience online abuse. They also provide information about strategies to manage web-connected devices in the home, including parental controls and safe search settings.

Decide together what is safe and appropriate to share online (for both kids and parents!) Discuss screen time in a collaborative and realistic way. [Make a family agreement](#) that includes positive statements about how each family member will use technology, and make a plan for staying safe online.

7. Prepare them to go back

Listen to how your kids feel about going back to school. Students who struggle with social anxiety may find this transition particularly difficult. Discuss an action plan for their first week, particularly if cyberbullying or friendship problems have arisen during the holidays. This may involve calling a friend they trust to support them on the first day.

Happy holidays!



Sincere thanks to our wonderful Canteen helpers for 2019.
Your continued support is greatly appreciated.

WANTED - CANTEEN HELPERS FOR 2020

We are currently looking for volunteers to help out in the canteen.

If you are able to offer some help could you please fill in this form and return it to the school office.

Please tick preferred day:

Monday Tuesday Wednesday Thursday Friday

Please tick preferred shift:

10am - 2pm 10am - 12.30pm

Name:

Contact number:

WELLBEING

'SMASHED'

On Monday December 9, Year 8 and 9 students attended the performance 'Smashed'.

This performance uses the experience of three credible teenage characters to explore the dangers and consequences that alcohol can have on a young person's life. The characters' relationships, health, safety and career aspirations are all put in jeopardy by the decisions they make as a result of peer pressure to engage in underage drinking.

The performance was immediately followed by a 30 minute interactive workshop where students were challenged by the facilitators to offer advice and were encouraged to discover realistic ways to deal with peer pressure, hopefully empowering them to behave responsibly and make healthy life choices.



On behalf of the CSC Wellbeing Team we would like to wish everyone a Merry Christmas and safe and happy New Year.

Rest, relax and look after yourselves!

See you in 2020!!

If any support is needed over the holidays, please contact

Kids Helpline – 1800 55 1800

Lifeline – 13 11 14

Youth Health Hub Colac Area Health – 5232 5520

OR if it is an emergency present to Urgent Care at Colac Area Health



Careers Corner

With Frank Park, Careers Education

News & Updates

Do you hear about the various types of qualifications at institutions and are not quite sure what they are? Well to help you with your understanding of certificates, diplomas and degrees and to assist with your career planning, here is a basic overview of the types of qualifications you can achieve:



Certificates I-IV

Certificates I-IV provide introductory training and deliver industry-specific knowledge along with skills in communication, literacy, numeracy, and teamwork.

Certificates I-II provide basic vocational skills and knowledge, while Certificates III-IV replace the previous system of trade certificates and provide training in more advanced skills and knowledge.

Certificates I-IV are offered by: schools, TAFE institutes, RTOs, private higher education providers and universities and they generally take six months to two years (full-time) to complete.

Diploma, Advanced Diploma and Associate Degrees

Diplomas prepare students for paraprofessional, industry and enterprise careers. Diploma and Advanced Diploma are titles given more practical courses, while an Associate Degree is given to more academic courses. Entry into Diploma and Advance Diploma courses requires the completion of Year 12 education.

Courses at Diploma, Advanced Diploma and Associate degree level take between one and three years to complete and are offered at: TAFE institutes, RTOs, private higher education providers and universities.

Bachelor degree

A Bachelor Degree is the standard university qualification offered at the higher education level and is recognised worldwide. They prepare students for entry into a range of professions and offer preparation for postgraduate study.

Bachelor degrees are generally three to five years (full-time) and are offered by: universities, some private higher education providers, TAFE institutes and RTOs.

Graduate Certificate and Graduate Diplomas

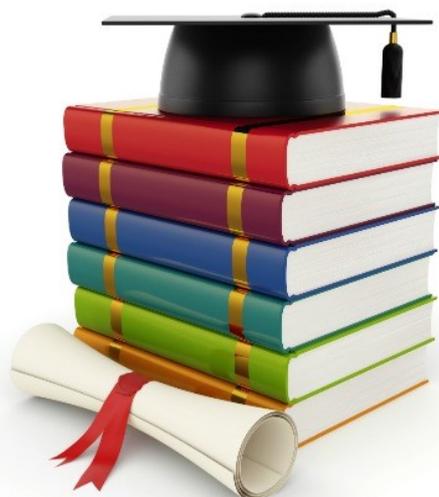
Graduate Certificate and Graduate diplomas are Level 8 qualifications alongside the Bachelor (Honours) degree. Entry to a Graduate Certificate or Graduate Diploma typically requires completion of a Bachelor's degree or higher. In some cases, admission may be on the basis of significant work experience. Graduate Certificates typically take six months of full-time study to complete, while Graduate Diplomas take twelve months. These courses are usually delivered by universities and private providers.

Masters and Doctoral degrees

Masters degrees are designed to provide an in-depth understanding in a specific area of knowledge through coursework, research or a combination of both.

Doctoral degrees recognise the highest level of academic achievement and require an original contribution of knowledge to a particular field of study, usually through a substantial thesis.

Masters and doctoral degrees are normally one to four years (full-time) and are offered by universities and some private higher education providers.



Careers Corner

With Frank Park, Careers Education

The below table outlines all offer rounds and 'Change of Preference' dates for current Year 12 Students:

Important VTAC Change of Preference Dates – Current Domestic Year 12 Students		
December offer (New)	Released: 18 th December at 2pm	
Change of Preference	Open: 18 th December at 4pm	Closes: 20 th December at 4pm
	Open: 2 nd January at 10am	Closes: 2 nd January at 4pm
January offer	Released: 15 th January at 2pm	
Change of Preference	Open: 16 th January at 10am	Closes: 24 th January at 4pm
February offer 1	Released: 3 rd February at 2pm	
Change of Preference	Open: 4 th February at 10am	Closes: 4 th February at 4pm
February offer 2	Released: 10 th February at 2pm	
Change of Preference	Open: 11 th February at 10am	Closes: 12 th February at 4pm
February offer 3	Released: 17 th February at 2pm	
Change of Preference	Open: 18 th February at 10am	Closes: 19 th February at 4pm
February offer 4 - Final	Released: 24 th February at 2pm	

