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2019 Term Dates

Term 1: 29th Jan to 5th Apr

Term 2: 23rd Apr to 28th Jun

Term 3: 15th Jul to 20th Sep

Term 4: 7th Oct to 20th Dec

Campus Contacts

Rosebud 5986 4623

Mornington 5977 2976

Hastings 5979 1398

Absentee Reporting

Rosebud 0439 554 119

Mornington 0439 014 666

Hastings 0437 125 858

Links

[Advance College Web Site](#)

[VCAL FAQ's](#)

[Youth Central](#)

Message from the Principal

I would like to welcome all students and staff for the new year. It has begun well with some significant changes from last year. We have modified our delivery model and introduced three new teachers and two new Education Support roles. The objective of the changes was to provide a more effective, learning environment and capacity to focus more on our students' needs. The new staff have settled in well and will be tremendous assets to the College as they bring a wealth of experience and variety of backgrounds.

All staff members have just completed five days of professional development in the Feuerstein Instrumental Enrichment Program, an educational method that supports students to improve critical thinking and problem solving skills. We would like to extend our sincere thanks to the Mornington Peninsula Foundation for supporting us financially to introduce the program to our students. It complements the Berry Street Education Model that we adopted in 2017. We are very proud to have implemented the two programs as it has never been done in any school previously.

We have started the year with 40 students enrolled across the 3 campuses: Rosebud 18, Hastings 13 and Mornington 9. This number is expected to increase as mainstream schools identify students more suited to an alternative education setting. Students have benefited greatly from the implementation of the Berry Street Education Model. It is anticipated that the Feuerstein program will add to that.

There have been a number of improvements at the Mornington and Hastings campuses. At Mornington we have totally renovated the 'Cottage' with new windows, doors, carpet and air conditioning. It is now able to be used as a much needed second classroom. At Hastings we now have two dedicated classrooms.









Staff celebrate the completion of training for the Feuerstein Program

Any parents/carers that would like to discuss our school, please contact me for an appointment.

Steve Wright – Principal
(steve.w@advance.vic.edu.au)


Term 1 Activities

-  28th February – Clean Up Australia Day (Rosebud)
 -  11th March – Labour Day Public Holiday
 -  14th March – Grand Prix Excursion
 -  28th March – Old Melbourne Gaol Excursion (Hastings)
 -  4th April – Bushrangers Bay Hike
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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

and Facebook page –

<https://www.facebook.com/AdvanceVCAL/>

 Advance College can facilitate accredited training in short courses such as First Aid, CPR and Food Handling. It also runs beginner computer classes and career guidance programs. Please check www.advance.vic.edu.au or call your local campus for further details.

National Day of Action

Friday 15th March is the National Day of Action against Bullying and Violence. The National Day of Action is an important opportunity for the whole community to reject bullying and cyberbullying to help keep young Australians safe.

Advance will take part in Australia's largest anti-bullying event for 2019. The theme for this year is *Bullying. No Way! Take Action Everyday*

Keeping our children safe is a shared responsibility. Schools, governments at all levels, the Australian community and, first and foremost, parents take this obligation seriously.

Our Government has developed resources to empower parents (and schools) to protect children and prepare them to be resilient, responsible and respectful adults:

- www.esafety.gov.au – Resources that promote online safety including tackling image-based abuse and a complaints service for young Australians who experience serious cyberbullying.
- www.studentwellbeinghub.edu.au – Support for students, parents and teachers to create a learning environment that promotes student wellbeing and the development of respectful relationships.

You can also visit www.bullyingnoway.gov.au for education and advice for kids, parents and schools on how to combat and respond to bullying.

Beat the Back to School Blues

It's that time again, you've made it through the hot, long summer holidays and it's time for a routine to start again. The start of every school year could potentially mean a spike in your child's (*and your*) anxiety. There are some ways to alleviate some of the stress around starting school again. Take some time to point out some positive aspects of starting school each new day to create positive anticipation about those nervous first days of school.

Below are 3 simple strategies and tips to make the transition back to school easier:

Create a routine

It is easy to fall out of routine over the holiday period and develop some bad habits. Over the holidays, you may have found it difficult to maintain good eating habits without the structure of school. Reintroducing a balanced diet of vegetables, fruit, whole grains and lots of water will help improve energy levels, concentration and emotional well-being. Maintaining adequate sleep patterns is vital for people of all ages. To promote good sleep habits, re-establish routines around bedtimes, have a regular time for bed and make sure computers, mobile phones and other electronic devices are switched off (and preferably out of the bedroom) at least an hour before bedtime.

Some useful sites listing the effects of lack of sleep are:

<http://sleepeducation.net.au/>

<http://www.news-medical.net/news/2008/07/07/39779.aspx>

You can also find out how many hours is ideal for each age here:

<http://www.sleephealthfoundation.org.au/>

Take time to talk about the feelings that could come up

If you have a child that is prone to anxiety the more talks you have on how they are feeling and strategies to control those feelings the easier the transition back to school will be.

Tip: Talk with children about positive experiences they may have had in the past at school. Remind them they will see old friends and meet new ones.

Plan, plan, plan

Start the school year out as you plan to proceed! It is good to start the year with some realistic, achievable goals for children to achieve on the first day, the first week and going forward.

Tip: It's easy to become nervous and unsettled about the new year, even if you are not starting at a new school. Changing schools, new classrooms and a new teacher are all anxiety provoking situations. Even reconnecting with friends after the holidays can trigger anxiety. Take a few simple steps to ensure the transition into the new year is smooth.

2018 Gallery



Graduation Day



Clean Up Australia Day



Campaspe Downs - School Camp