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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

Welcome to our second Newsletter for 2019. The Newsletter is one of the methods of communication with our school community. Other methods include our Website (www.advancecollege.vic.edu.au), our Facebook page, school bulletins and the Student Handbook.

We are well into Term Two and, as winter fast approaches, concerns for student and staff health become more significant. Students and staff are encouraged to maintain good hygiene practices including using tissues for sneezing, runny noses etc. and regular hand washing. Antiseptic hand washing gel is provided in the foyer for all to use. It is also very important that all students are properly vaccinated and also consider getting a flu shot.

Advance College is also supporting the Education Department's Meningococcal Vaccination Program. This is also an opportunity for those students and their parents/guardians to review the vaccination history and if required bring it up to date. See further details later in this Newsletter.

I would like to welcome our new VCAL teachers: Nat (returning from 2018), Jess and Eric and Julia (College Psychologist). They bring a wealth of experience and expertise to our teaching team. Julia is a qualified, clinical psychologist and can provide a range of support services to our students. See further details later in this Newsletter.

Student enrolments continue to grow which is testament to the College's 'raison d'être' (reason for being). Advance offers a flexible, learning environment which caters for the learning and development needs of each individual student. All of our students are to be commended for their behaviour and attitude to learning. We have, unfortunately, seen some occurrences of cyber bullying outside of school hours. This can sometimes negatively impact student learning and well-being. It is important that students distance themselves from this and be mindful that Advance College does not tolerate bullying or harassment in any form.

The implementation of our two learning and engagement support programs (Berry Street Education Model and the Feuerstein Program) has been well received by both students and teachers. Both are working well together with Feuerstein being rolled out across all campuses in Term Three. If any parents/guardians would like to know more about these programs, please contact the College.

To further inform our College community, I extend an invitation to parents/guardians and any other community members to contact me to arrange an appointment to learn more about Advance College.

Steve Wright - Principal

(steve.w@advance.vic.edu.au)

Message from our Psychologist

Psychological health and well-being is a key component to students' success at school and in their personal lives. I am really pleased to be working at Advance to offer support to any student who wishes to engage with the psychology service. I will be doing my best to introduce myself to all students over the coming weeks, and there may be those who will benefit from more intensive one on one support.

Psychology can offer students a non-judgemental space to express their thoughts, outside of the formal classroom environment. I may work with students to offer a new perspective, learn new strategies, or strengthen communication skills to help manage their challenges more effectively.

Coming up to mid-year it may be a good time for students to review their study and personal goals. I am happy to help with setting 'SMART' goals - so that students are setting meaningful goals, in an achievable time-frame and identify the supports they may need along the way.

If you have questions about the psychology service, please contact Julia or Clare.

Julia McLeish

Clinical Psychologist

Wednesdays and Thursdays

Rosebud, Mornington and Hastings

Term 2 Activities

 21st May – Careers Expo

 10th June – Queen's Birthday – Public Holiday

 11th June – Student Free Day

Secondary School Immunisation Program

The Shire's Immunisation team visit all Secondary schools within Mornington Peninsula Shire to provide immunisations according to the National Immunisation Program. For further details, please contact the Shire on 5950 1099 or www.mornpen.vic.gov.au

Free Meningococcal Vaccine

In 2019 the Victorian Secondary School Vaccine Program will, again, offer free meningococcal ACWY vaccine to all VCAL students. The vaccine provides protection against four strains of meningococcal disease (ACWY) and is administered as a single dose. Parents/guardians of VCAL students should look out for the Meningococcal ACWY Secondary School Vaccine Program consent card coming home from school with your child. You need to read the information, complete and return the card regardless of whether your child is being vaccinated at school. Adolescents are at increased risk of meningococcal disease. Although uncommon, it can become life-threatening, very quickly. There are different strains of meningococcal

bacteria known by letters of the alphabet, including meningococcal A, B, C, W and Y. In recent years, the meningococcal W strain has increased across Australia, with Victoria experiencing 11 cases to date in 2017 and 48 cases in 2016, compared to 17 cases in 2015, four in 2014 and one in 2013. It is now the predominant strain in Victoria. The Mornington Peninsula Shire immunisation service may contact you about the

Schools are authorised to provide basic parent/guardian contact details to local councils for this purpose. Contact the school by June 28 if you do not want your contact details given to the Mornington Peninsula Shire immunisation service. To learn more about meningococcal disease, the meningococcal ACWY vaccine and how you can prepare your child for vaccination, visit betterhealth.vic.gov.au or immunehero.health.vic.gov.au

Useful Tips for Students

How can I be more resilient? Taking steps to look after your wellbeing can help you deal with pressure, and reduce the impact that stress has on your life. This is sometimes called developing emotional resilience. Resilience is not just your ability to bounce back, but also your capacity to adapt in the face of challenging circumstances, whilst maintaining a stable mental wellbeing. Resilience isn't a personality trait –it's something that we can all take steps to achieve. For example, you can:

- Get enough sleep
- Be active
- Develop your interest and hobbies
- Make time for friends and family
- Give yourself a break

Health & Wellbeing - Healthy Recipe Ideas

AVOCADO SMASH BRUSCHETTA

* VEGETARIAN * NUT FREE * DAIRY FREE

Ingredients:

Avocado, peeled, stone removed	600g
Olive oil	50ml
Lemon juice	80ml
Black Pepper	to taste
Paprika, ground	½ teaspoon
Basil, finely chopped	1 cup
Sourdough breadstick	1 bread stick
Tomatoes, slices	4



Method:

- Preheat grill to high.
- In a bowl, gently mash the avocado with a fork to a chunky consistency.
- Add the olive oil, lemon juice, pepper, and paprika to the mashed avocado and mix well.
- Add some of the basil (reserving some for garnish) and gently combine.
- Toast bread slices under the grill for 15 to 20 seconds each side, until lightly golden.
- Spread each slice with 2 slices of tomato, and top with avocado.
- Serve each slice with a sprinkle of chopped basil and black pepper.

PASTA WITH CREAMY BASIL AND BROCCOLI SAUCE

* VEGETARIAN * NUT FREE

Ingredients:

Broccoli, cut into small florets	500g
Zucchini, chopped	2 medium
Garlic cloves, peeled	8 cloves
Basil leaves, fresh	2 cups
Cream cheese (reduced fat)	375g
Parmesan cheese, grated	½ cup
Black pepper	to taste
Pasta (spirals, shells or macaroni)	625g
Frozen peas	650g
Parmesan, shaved (to serve)	½ cup



Method:

- Cook broccoli, zucchini and garlic in a large saucepan of boiling water for 3 to 5 minutes or until the broccoli is just tender and bright green. **Take care not to over-cook.**
- Using a slotted spoon, scoop vegetables and garlic into a food processor with ½ cup of the cooking water, basil, cream cheese, parmesan and pepper. Blend until a smooth sauce is formed.
- Using the same pot of water, cook pasta according to packet directions. Drain.
- Pour broccoli sauce into a separate saucepan, stir through the peas and cook, over low heat, for 3 minutes or until peas are just cooked. Add the cooked pasta and toss to combine.
- Serve pasta topped with a sprinkling of shaved parmesan and black pepper.

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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.