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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

Past the Halfway Mark

As we are now more than half way through the year I thought it timely to congratulate all of our students for their efforts to date, both academically and in the extra-curricular activities they have been involved in. Over the last month or so, I have received a number of excursion approvals that have come from students as part of their Personal Development Skills studies. These have been quite detailed and covered Curriculum Mapping, Risk Management, Budgeting, Itineraries etc. and have eventuated into very successful excursions for all of the students. It is also pleasing to note that our Senior students are well on their way to achieving their Senior VCAL this year and are working very diligently to get there.

Many readers would have seen in the news that all Government schools have put a blanket ban on the use of mobile phone in the classroom. Advance College has also adopted the policy however students are able to access their phones at break times. It has been somewhat of a challenge to implement this as student reliance on their phone has become habitual. It is pleasing to note however that the policy is working and student distractions in the classroom have decreased. If parents/carers need to contact their student, please call the Campus Contact telephone number.

Joining with most primary and secondary schools on the Peninsula, the College is participating in the State Education Department's Resilience, Rights and Respectful Relationships initiative. The initiative takes a 'whole of school' approach to address issues around gender equality and gender-based violence. It is integrated with and complements our Berry Street Education Model.

The roll out of the Feuerstein project continues to be very successful, supporting our students to enhance their cognitive functions to improve decision making, planning and flexible thinking. It is aimed to build students' confidence in their abilities to achieve their potential.

Student welfare and risk management continues to be underpinned by the implementation and monitoring of all Child Safe policies. It is important that we are all mindful of the policies and procedures in protecting our students. Please refer to our Website for further information.

The annual VCAL Awards for all Peninsula Schools will be held on the Thursday, October 24. Each school has the option to nominate two students for an award

A reminder to students, parents and carers that our psychologist, Julia, is available for student support. She attends each campus and is also available by appointment. If your student requires support to manage school-based issues, or short-term support or referral for external support then please feel free to contact Clare or Roney to arrange follow-up support for them.

If you would like to learn more about our College, please contact me to arrange an appointment.

Steve Wright

Principal

Email: steve.w@advance.vic.edu.au

Term 3 Activities

-  3rd September – Immunisations
 -  5th September – Health and Wellbeing Day
 -  19th September – AFL WheelTalk and Footy Colours Day
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Immunisation Program

The Shire's Immunisation team visit all Secondary schools within Mornington Peninsula Shire to provide immunisations according to the National Immunisation Program. All students have been contacted and vaccinations have been arranged. If students have not received a Vaccination card to fill in, please contact your Home Teacher asap. For further details, please contact the Shire on 5950 1099 or www.mornpen.vic.gov.au

Saver Plus

Saver Plus assists individuals and families on lower incomes to build assets and improve financial capability, and has supported thousands of lower income earners to develop a lasting savings habit.

Saver Plus offers:

- up to \$500 in matched savings for education costs
- fun, free and informal financial education workshops
- assistance and support from a Saver Plus coordinator to establish a savings goal and develop a savings habit.

Participants make regular deposits towards a savings goal over a 10-month period and attend workshops to build their financial management skills. When participants reach their savings goal, ANZ matches the amount – up to \$500 – towards education costs including uniforms, text books, laptops, sports equipment, music tuition, TAFE or apprenticeship costs, and much more.

Who is eligible?

You may be eligible to join Saver Plus if you:

- have a Centrelink Health Care Card or Pensioner Concession Card
- are at least 18 years old
- have some regular income from work (you or your partner) including casual, part-time, full-time or seasonal employment
- have a child at school or attend vocational education yourself.

Contact us:

Phone 1300 610 355

SMS your name and postcode to 1300 610 355

Email saverplus@bsl.org.au

ENQUIRE NOW

Useful Tips for Students



Sleep deprivation is common in modern society.

Sleep deprivation doesn't go well with daily activities, especially when you are at school and you have numerous activities and a social life.

Bear in mind that **sleeping less than 7 hours per day on a daily basis can lead to health issues** that can, later on, affect your entire body.

Furthermore, it can lead to an underlying sleep disorder.

If you don't get the minimum 7 hours required you might simply end up feeling more tired, have a weaker immune system and decrease your brain's ability to think, memorise and learn.

Health & Wellbeing - Healthy Recipe Ideas

#1 Buffalo Chicken Chili

INGREDIENTS TO FREEZE:

- 5 garlic cloves, minced
- 1 large onion, chopped
- 3 large carrots, chopped
- 3 large celery stalks, chopped
- 2 x 15 oz cans any low sodium beans, drained & rinsed
- 1/4 cup Frank's red hot sauce
- 2 tbsp maple syrup or honey
- 1 tbsp cumin
- 1 tbsp chili powder
- 1 tbsp smoked paprika
- 1/2 tsp salt
- 2 lbs chicken breasts, skinless & boneless
- 28 oz can diced tomatoes, low sodium



TO SERVE:

- 1/2 cup blue cheese, crumbled
- Cilantro and/or green onion
- Lime
- Tortilla chips

For cooking in Instant Pot, it is important to finish with tomatoes on top to avoid "Burn".

INSTANT POT:

Pressure cook on High from frozen for 30 minutes with Quick Release.

SLOW COOKER:

Sauté onion, garlic, carrots and celery before freezing with other ingredients.

Thaw in the fridge for 24 hours (food safety thing),

then add to a large slow cooker and cook for 4 hours on High or 8 hours on Low.

AFTER COOKING:

Remove chicken and shred with 2 forks. Return to the pot.

Please note this is large meal, so if you are cooking in anything other than 8 quart Instant Pot (I have one) then freeze in 2 bags or 2 containers.

For 8 quart Instant Pot freeze the bag standing upright, then it fits and lid will close.

#2 Green Lentil Curry



INGREDIENTS TO FREEZE:

- 1 large onion, finely chopped
- 6 garlic cloves, crushed
- 1 tsp coconut oil
- 1 tsp turmeric
- 1/2 tsp coriander, ground
- 1 tsp curry powder
- 1 tsp cumin
- 1 1/4 tsp salt
- 14 oz can coconut milk, full fat
- 6 oz can tomato paste
- 2 cups green lentils, uncooked & rinsed

TO SERVE:

- Cilantro and/or green onion
- Greek yogurt
- Avocado

BEFORE COOKING:

Add 3 cups of water.

INSTANT POT:

Cook from frozen for 25 minutes with Quick Release.

SLOW COOKER:

Cook from frozen on Low for 9 hours or on High for 5 hours.

👉 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 Community 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.