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## 2018 Term Dates

Term 1: 30<sup>th</sup> Jan to 31<sup>st</sup> Mar

Term 2: 16<sup>th</sup> Apr to 29<sup>th</sup> Jun

Term 3: 16<sup>th</sup> Jul – 20<sup>th</sup> Sep

Term 4: 8<sup>th</sup> Oct – 21<sup>st</sup> Dec

## Campus Contacts

Rosebud 5986 4623

Mornington 5977 2976

Hastings 5979 1398

## Absentee Reporting

Rosebud 0439 554 119

Mornington 0439 014 666

Hastings 0447 040 999

## Links

[Advance College Web Site](#)

[VCAL FAQ's](#)

[Youth Central](#)

## Welcoming 2018

I hope everyone had a great Christmas and New Year. As the school year commences it is worthwhile noting that this is only our second year as an independent school. Advance College is proud of its short history already seeing 87 students receive an education last year. About half of those students have left us to pursue traineeships, apprenticeships, employment or full time study. It is very pleasing to note that most have achieved a positive outcome for this year.

For those students continuing with Advance College in 2018 they can look forward to a fulfilling and rewarding year of learning, both in academic terms and also with their personal development. Advance College aims to transform our students into responsible and capable adults who are resilient and will prosper in often challenging circumstances. Our learning outcomes are geared to enhance their future opportunities in training, further education and employment.

This year we have increased our teaching and student support team. Advance College recognises the needs of our students are not met by mainstream schooling. It has established a great team of teaching and well-being staff who will work closely to ensure all students receive the best education possible.

Advance College has also purchased a 25 seater bus which will add another dimension to our VCAL program and provide a great benefit to our students. It will be used for excursions across the wider Mornington Peninsula and beyond, ensuring a more engaging and enjoyable learning experience and improved social and personal development.

Another significant change is the planned new kitchen/café at our Mornington campus. Construction is expected to be completed before Term Two. It will replace the old site shed that was way past its 'use by' date with a new kitchen, student eating area and outdoor café-like facility. The Mornington campus will also see a renovation of the Cottage making it a study room and library. This renovation will see carpet and air conditioning installed. The Hastings Campus is also undergoing a major upgrade of its façade and external garden areas.

The health and well-being of our students is one of the College's key priorities and we will, again this year, be offering free vaccination for the Meningococcal Virus later in the year. An information letter will be sent out in due course.

Steve Wright - Principal

([steve.w@advance.vic.edu.au](mailto:steve.w@advance.vic.edu.au))

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## Term 1 Activities

-  SITXFSA001 Use hygienic practices for food safety – Thursday 1<sup>st</sup> February
-  Mobile Dentist – Monday 5<sup>th</sup> March
-  Clean-up Australia Day – Tuesday 6<sup>th</sup> March
-  Harmony Day – Wednesday 21<sup>st</sup> March
-  Islamic Museum Thornbury 22nd March
-  End of term Bushrangers Bay Hike – Thursday 29<sup>th</sup> March

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 Don't forget to check out our school website - [www.advancecollege.vic.edu.au](http://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](http://www.advance.vic.edu.au) or call your local campus for further details.

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## Useful Facts & Tips for Learning

### **Sleep, Memory & Learning**

During REM sleep, your brain consolidates and processes the information you've learned during the day. Forms neural connections that strengthen memory, and replenishes its supply of neurotransmitters. The more REM stages per night, the greater the amount of information that is stored in the long-term memory. Therefore, aim for at least 7.5 hours of sleep per night.

### **Phones & Sleep**

Radiation from mobile phones delays and reduces sleep, and causes headaches and confusion. The research, sponsored by mobile phone companies themselves, shows that using the handsets in the hour before sleep causes people to take longer to reach deeper stages of slumber and to spend less time in them. This interferes with the body's ability to repair damage, causes mood and personality changes, ADD-like symptoms, depression, lack of concentration and reduces academic performance.

### **Power Hours**

Find your 'Power Hours' – the times of the day where your energy, focus and motivation are at their highest levels. Use these times to complete difficult or challenging tasks. Do not work on concentration intensive tasks when your alertness and energy levels are low. Not only will you make avoidable mistakes, tasks will require more time and effort to complete, increasing the likelihood of you becoming overwhelmed or demotivated.

### **Effects of Breakfast**

People who eat a good quality breakfast (High in protein, low in simple carbohydrates) perform to a higher standard. They are also much less likely to suffer from anxiety and depression.

### **Ask Questions**

When faced with a difficult topic or problem, don't shy away from asking questions. There is no point sitting through class without knowing what your peers or teachers are actually talking about, so speak up! More often than not, someone else has the same question in mind and will be, silently thanking you.

### **Dehydration & It's Effects on Learning**

Even mild dehydration (<2%) which is characterised by a mildly dry mouth and dry lips can decrease concentration and performance by 10-20%. Therefore, drink one glass of water within 5 minutes. Your alertness and energy levels will greatly improve if you're significantly hydrated.