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2018 Term Dates

Term 1: 30th Jan to 31st Mar

Term 2: 16th Apr to 29th Jun

Term 3: 16th Jul – 20th Sep

Term 4: 8th Oct – 21st 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

Message from the Principal

Welcome to the second Advance College Newsletter of 2018. This edition presents a range of items including Term Two activities and some good news stories. All of our students are engaging strongly in their education and deserve commendations for their efforts. Our enrolments continue to grow with our reputation as being a quality alternative education provider.

At the beginning of Term Two we held an 'all-of-school' day at the Rosebud campus which brought together students from our three campuses. It was gratifying to see how the students mixed and collaborated on a range of activities. I was privileged to address the students in a session where I asked the question 'What are the good things about coming to Advance College?'. Their responses were very positive and instilled some pride into what we are doing as an independent school. Responses included 'respectful . . . good teachers . . . everyone is nice . . . teachers are helpful . . . no pressure . . . hands on . . . better than other schools . . . no bell . . . no uniform'. It was interesting to see how our students both view and value our school and, more particularly, their education. We continue to embrace the Berry Street Education Model (BSEM) with all staff having completed the associated professional development sessions. The implementation of the BSEM over the last 15 months has seen a major shift in student focus and a significant and very positive change in our student engagement levels.

As winter 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.

I have just confirmed with the Mornington Peninsula Shire that we will be conducting the student immunisation program in Term Three which immunises students against the Meningococcal ACWY disease. If students have received the vaccine previously (eg last year) there is no need for another vaccination. Further information can be found at: <https://www.betterhealth.vic.gov.au/health/healthyliving/Meningococcal-vaccine-for-young-people>

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 more details on the next page.

As part of our College community, there is an open invitation for parents and 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)

Term 2 Activities

-  Road Smart Workshops: Includes a classroom component and an “off-road” driver instruction, where students will learn practical driving skills. This is offered to all students regardless of their learner permit status.
-  LLEN Careers Expo – Tuesday 22nd May
-  NGV & ArtVo Immersive Gallery experience – Tuesday 29th May
-  “ Show Some Respect” class act wellbeing program performance – Tuesday 5th June
-  Fit2Drive Workshop
-  Camp-Campaspe Downs – Monday 25th June – Wednesday 27th June

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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.

Free meningococcal ACWY vaccine

In 2018 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

meningococcal ACWY vaccine program. Schools are authorised to provide basic parent/guardian contact details to local councils for this purpose. Contact the school by 7 June, 2017 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

Good news stories

As part of Harmony Day on Wednesday the 21st March, students visited the Islamic Museum and learnt about the Islamic culture, heritage and the strong links with Australian history.



On the 29th March, the last day of term one students completed a 5.2km trek through the Cape Schanck National Park and into Bushrangers Bay.



Term 1 Attendance Awards

Mornington Campus – AJ Watson

Hastings Campus – Sarsha Maddaleni

Rosebud Campus – Liam Jose

Health & Wellbeing Update

Seeing Rainbows on IDAHOBIT Day

On May 17 schools all over Australia will stand against discrimination in support of lesbian, gay, bisexual, transgender, intersex, and queer (LGBTIQ) students and families. IDAHOBIT Day is the perfect opportunity for your school to celebrate diversity.

Top tips to celebrate IDAHOBIT:

1. Go Rainbow

You could host a rainbow themed clothes day for a gold coin donation.

2. Hold an event

You could host a rainbow themed lunchtime concert.

3. Start a Project

Use IDAHOBIT to start an ongoing project that supports sexual and gender diversity.

4. Take the Pledge

Invite students to sign their name on a banner that can be displayed for the rest of the year.

5. Shout It Proud

Create a photo booth with rainbow themed dress ups and signs.

6. Run a Class

Teaching LGBTIQ diversity doesn't have to be hard!

This Girl Can!

VicHealth has launched a new campaign encouraging girls to be physically active. It's time to celebrate girls doing their thing - no matter how well they do it, because we want girls to know it's perfectly normal to get sweaty and messy when they're having fun and getting active. Check out this video to get girls inspired.

<https://youtu.be/iISKDZvjaSs>

For more information about This Girl Can, visit

<https://www.vichealth.vic.gov.au/programs-and-projects/this-girl-can-vic>

Vic Schools Creative Writing Competition

When your students hear the words mental health, what comes to mind? This writing competition would like kids to think about both sides of the story - not just the difficulties but also the feelings that contribute to a sense of wellbeing. To find out more information email Maddy at mtatham@phcn.vic.gov.au



Peninsula
Health

Building a **Healthy**
Community, in Partnership

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

Clothes4U

Throughout term 2 students will be completing resumes, cover letters and interview skills follow by a visit to Clothes4U in Rosebud where students will receive an outfit, shoes and accessories to prepare them for job interviews.



Clothes4U is a not for profit, who provide great quality clothing to women in need on the Mornington Peninsula. They provide clothing for court appearances, work experience, meetings, funeral dress, rental interviews, job interviews, special occasions and much more. This service is completely **FREE** and clients get to keep all items they receive.

Contact: 0490 058 596 or clothes4uinc@outlook.com
