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## 2020 Term Dates

- Term 1: 28 Jan to 27 Mar
- Term 2: 14 Apr to 26 Jun
- Term 3: 13 Jul to 18 Sep
- Term 4: 05 Oct to 18 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

A warm welcome to 2020 is extended to students, their families and staff. Across Australia we have seen a number of events that have dominated the news over the recent months – eg bushfire devastation, floods, and of course, the Coronavirus. We are very fortunate in that the Mornington Peninsula has not been majorly impacted (yet). Our support and thoughts go to anyone who has been affected even indirectly. Our College psychologist is available for anyone who may need support.

The College is keeping up-to-date with the latest developments of the spread of the Corona virus. It is fully prepared to implement its pandemic strategy, if required. If there is any change to this position information to all members of our College community will be provided at the earliest possible opportunity.

You don't need to take actions like limiting your movement in the community or staying at home, however you should take some precautions and use common sense eg frequent handwashing, avoiding those with 'flu-like symptoms (these are standard precautions that are recommended to reduce the risk of the 'flu and other common illnesses.

Our fourth year of operating has started with student enrolments being very strong with all sites at capacity and a waiting list of prospective students. This is the first year that this has occurred and is an indication the Advance College is growing a reputation, in our community, as a 'school of choice'. The College has implemented a number of strategies to positively engage students and is in a great position to be able to support our students with their learning and personal development. As we are a relatively small school we are able to provide a more individual support program ensuring that students receive the education they deserve.

I am pleased to be able to announce that the College has purchased a new site for our Rosebud campus. We are currently in the planning/design phase to construct a new, state-of-the-art, educational facility. We are hopeful that construction will commence early in 2021 and ready for students by 2022.

The College has recently purchased a 12 seater bus to improve the transport options for students. It is a welcome addition to our 26 seater bus enabling smaller groups to access excursions more easily.

We are also currently up-dating all student laptops which will enable our expanding teaching and learning needs to be enhanced.

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.

Our VCAL is presented in a positive education framework which assists teaching staff to meet the specific needs of disengaged young people in their pursuit of positive achievements in education. It is specifically designed to improve our capacity to address engagement so that young people can achieve their personal and social potential through educational achievement. It is a whole-school approach that meets the developmental strengths and needs of students, teachers, and leaders. 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](mailto:steve.w@advance.vic.edu.au)

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## Term 1 Activities

- 9<sup>th</sup> March – Labour Day Public Holiday
  - 10<sup>th</sup> March – Raft Building
  - 17<sup>th</sup> March – Melbourne Museum
  - 27<sup>th</sup> March – Last Day of Term 1
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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](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 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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## National Day of Action



National Day  
of Action against  
Bullying and Violence

Friday 20 March 2020

Friday 20<sup>th</sup> 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 parents must take this responsibility 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](http://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](http://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](http://www.bullyingnoway.gov.au) for education and advice for kids, parents and schools on how to combat and respond to bullying.

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# Beat the Back to School Blues

It is that time again, you have made it through the hot, long summer holidays and it is 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:**

1. **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/>

2. **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.

3. **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 is 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.