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2021 Term Dates

Term 1: 28 Jan to 1 Apr

Term 2: 19 Apr to 25 Jun

Term 3: 12 Jul to 17 Sep

Term 4: 4 Oct to 17 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

Mornington Peninsula Youth Directory

Message from the Principal

Welcome to 2021

Welcome to our first Newsletter of 2021. I hope everyone had a relaxing festive season albeit very different to usual. To ensure our campuses are the safest they can be The College undertook a COVID Safe audit which ensured all sites have a COVIDSafe Plan endorsed by DHHS. We continue to maintain COVID safe campuses following government directives including high levels of hand hygiene, physical distancing and mask use.

This year is our fifth, full year as a school and has started at a very busy pace with virtually full enrolments at each campus, with a significant number of students on the waiting list. This is a strong indication of the need for our type of educational program and that the College is becoming a 'school of choice'.

Our VCAL is presented in a positive education framework specifically designed to address student engagement so that they 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.

New Student Management System

We have up-graded our Student Management System from Sentral to Compass. Although a major effort it will enhance and increase our communications with parents and students. The parent portal is being rolled out to all parents and will become a major link for communications from the College.

New Campus at Rosebud

Plans are well underway for our new campus development in Rosebud (6 Henry Wilson Drive – opposite TAFE). Construction will commence in March and is due to be completed in November. It will provide a bigger, 'fit for purpose', campus with off street parking and outdoor recreational areas.

Staffing

We are looking forward to 2021 being a 'COVID normal' year with minimal interruptions for students, parents and staff. To help address the interruptions in 2020 caused by COVID, the College has received funding to support our students with Literacy and Numeracy. It has enabled us to employ a tutor for students whose learning was negatively impacted by the challenges of 2020.

Health and Wellbeing

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. For further information on this devastating disease, click [here](#).

Contact

As part of our College community, you are welcome to contact me to arrange an appointment to learn more about Advance College. You are also encouraged to contact the College at any time if they would like to discuss any issues affecting their child's education.

Steve Wright (Principal)

Mental Health - Understanding Depression

In any one year, around one million Australian adults experience depression. On average, one in eight men and one in five women will experience depression in their lifetime (Australian Bureau of Statistics, 2008).

According to Beyond Blue, depression can make the person experiencing it feel overwhelmed, guilty, frustrated, lacking in confidence miserable and sad, amongst many others emotions.

It's important though, to understand that depression is more than feeling sad, moody or low from time to time. Some people experience these feelings intensely, for long periods of time (weeks, months or even years) and sometimes without any apparent reason (Beyond Blue, 2021).

Dr Grant Blashki is a practicing GP and Lead Clinical Advisor at Beyond Blue. He says that clinical depression can present as a diminished interest in day-to-day activities, significant weight loss when you're not dieting, or significant weight gain, loss of energy, feeling worthless, poor concentration, and recurrent thoughts of death or even suicidal thoughts.

If you or anyone you know needs help, call [Lifeline](tel:131114) on 13 11 14 or the [Kids Helpline](tel:1800551800) on 1800 551 800. For support and resources visit beyondblue.org.au

What is climate anxiety and how can it be managed?

What does climate change mean for our mental health?

There are several major ways that climate change can negatively affect our mental wellbeing.

While climate anxiety is not a distinct clinical condition, many people report feeling anxious as a result of climate change.

Some are directly impacted from being caught up in extreme weather events, such as droughts, fires and floods, of which there have been devastating examples over the last year. The psychological effect of these events, such as post-traumatic stress, anxiety, depression and substance abuse, can persist and may not emerge until months or years into the future.

There can also be a broader community feeling of anxiety about climate change. Many people are worried about what this is going to mean for their way of life. Climate change can impact our livelihoods, our families, the environment we live in and the viability of our communities.

How to manage worry about climate change?

- For those concerned about climate change, especially young people who are very aware of the related issues, there are a number of things they can do:
- Try to keep things in perspective, as there are many global issues that the world has had to contend with, and this is a challenge for this generation.
- Never feel like you have to manage the problem on your own and get involved with other people who are also concerned about climate change issues.
- Take time to switch off from bad news if you are feeling overwhelmed.
- Put your energy into being part of the solution.
- Working to cultivate hope is an important protective factor against being overwhelmed by climate anxiety.
- Actively look for positive things that people and organisations are doing to combat climate change rather than focusing on inaction.

- Action is a great stress reliever. Even taking small actions in your day-to-day life to help reduce emissions contributes to solving the problem, which can help you feel better.
- To learn more, check out Climate Change Anxiety and our Mental health by psychologist Susie Burke.
- If you feel that worry about climate change is extending into an overwhelming sense of anxiety or depression, seek professional support.

Healthy Recipes

Sunflower coconut balls

Ingredients:

- 1/4 cup cocoa
- 1/2 cup peanut butter
- 1 tsp vanilla essence
- 1/4 cup bran
- 1/2 cup honey
- 3/4 cup skim milk powder
- 1/2 cup sunflower seeds



Method:

Mix cocoa, honey, peanut butter, skim milk powder and vanilla in a bowl. Add sunflower seeds and bran. Mix with clean hands until well combined. Roll into balls, then roll into coconut. Refrigerate until set.

Egg Muffins

Ingredients:

- 6 eggs
- 1/2 red capsicum
- 3 spring onions
- 20g chicken breast
- 1/2 tsp salt for greasing
- 1 tbs oil
- 1/2 green capsicum



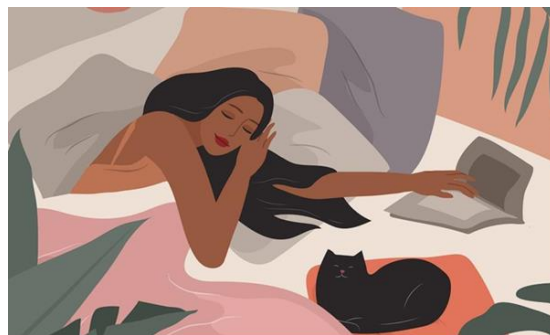
Method:

Preheat oven to 140C. Beat the eggs and add all ingredients. Mix them all together until smooth. Spray muffin tray and pour the mixture into the tray. When oven is ready bake it for 15 minutes or check by inserting skewer if it's ready. Take it out of the oven. Can be served hot or cold as a side.

Getting a good night's sleep

Sleep is essential for your health – it refreshes the mind and repairs the body. But how much sleep do you need to thrive? And, what can you do to ensure you get a good night's rest?

Research from the Sleep Health Foundation found that four in 10 Australian adults experience some form of inadequate sleep, which, in turn, affects learning and decision-making, as well as increasing the risk of mental and physical illness (Deloitte Access Economics, 2017).




Dr Kathleen Maddison is a Research Fellow and Lecturer at the Centre for Sleep Science at the University of Western Australia. She is also a Research Fellow in the Department of Pulmonary Physiology and Sleep Research at Sir Charles Gairdner Hospital in Perth.

She says that sleep is incredibly important for our overall health, and when done badly it can have really detrimental effects.

'In terms of your overall physical health, we know that sleep is important for rest and repair. A lot of your growth hormone is secreted at night during different stages of sleep, so all your growth and repair and restoration happens during this stage of the day,' she tells Wellbeing by Teacher. 'We also know that it's super important for reaction time and accuracy and that it also helps with strength and balance.'


Learning to Drive?

There are spaces available for learner drivers between 16 and 21 years of age who wish to gain their 120 hours but do not have access to a driver or vehicle to enable them to do so. There is no waiting list in Mornington, Hastings is 4-6 months, and Rosebud is 2-3 months. Referral is through the Shire website at [TAC L2P Program - Mornington Peninsula Shire \(mornpen.vic.gov.au\)](#)

 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 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.

 Youth Directory - <https://www.mpchildandyouthdirectory.com.au/news>