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## 2022 Term Dates

Term 1	28 Jan to 8 Apr
Term 2	26 Apr to 24 Jun
Term 3	11 Jul to 16 Sep
Term 4	03 Oct to 20 Dec

## Campus Contacts

Rosebud 5986 4623  
Hastings 5979 1398

## Absentee Reporting

Please login to the Compass Parent Portal or contact your campus to explain absences

## Links

- ❖ Advance College Website
- ❖ Advance Short Courses
- ❖ Mornington Peninsula Youth Directory

## Message from the Principal

Welcome to our first newsletter for 2022.

It has been an extremely busy start to the year with the opening of our new Rosebud campus, an influx of new students and a restructure of our classes.

The Mornington Campus has been closed temporarily for some much-needed renovations to toilets and classrooms. It will re-open in 2023.

The new campus in Rosebud gives us an increased capacity for enrolments and an awesome, purpose-built facility with bigger classrooms, break out spaces, outdoor recreation areas and lots more. We have filled out three classrooms for Foundation, Intermediate and Senior students and are looking at expanding to a fourth classroom for a second foundation class.

The College has restructured its classes across both the Rosebud and Hastings campuses. Instead of having Foundation, Intermediate and Senior students in the one class, we now have a separate class for each level.

This will align to the new, Senior Secondary Certificates commencing in 2023 which will see the introduction of the Victorian Pathways Certificate (VPC) replacing Foundation VCAL, and the VCE Vocational Major (VCE-VM) replacing Intermediate and Senior VCAL. Please contact me if you would like further information on these very significant changes.

There are changes being implemented to the Child Safe policies and procedures which ensue greater safety for children. For further information on Child Safe please check the College's website. Also on the College's website is detailed information on Anaphylaxis and how the College manages the risks associated with it. If your child is at risk please refer to the website and also contact the College if you have any concerns.

To support our students' mental health we have two psychologists available at both campuses - if students would like to have a chat with a psychologist they can ask their teacher to arrange an appointment.

Our College was established in August, 2016 to support and educate students who struggle in main stream schools. Advance College offers an alternative, education setting which nurtures and supports students in both their learning and, importantly, in their wellbeing. Being a small school, we are able to provide highly specialised and individual support to each and every one of our students. Our staff are experienced and dedicated to ensure all students receive the support they need to achieve the best educational outcomes possible.

If any parents would like to contact me directly to discuss anything related to their child's education, please contact me by email to arrange an appointment ([steve.w@advance.vic.edu.au](mailto:steve.w@advance.vic.edu.au))

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## Respectful Relationships

We are proudly a Respectful Relationships school, a program developed by the Victorian Department of Education which sees to embed a culture of respect and equality from our classrooms to staffrooms, events and into our wider community. This approach leads to positive impacts on student's academic outcomes, their mental health, classroom behaviour, and relationships between teachers, students and families. Our staff will be attending professional development throughout 2022, that will assist with implementing the program in all aspects of the school.

### Why are we teaching it?

The Resilience, Rights and Respectful Relationships learning materials have been designed for teachers in Primary and Secondary schools to develop students' social, emotional and positive relationship skills. Students will learn explicitly how to recognise stress, strategies to cope, how they can best solve problems and seek help when they can't. It also reduces anti-social behaviours including engagement in gender-related violence. For more information about the program:

[www.education.vic.gov.au/about/programs/pages/respectfulrelationships.aspx](http://www.education.vic.gov.au/about/programs/pages/respectfulrelationships.aspx)

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## Student Spotlight

Sophie - Mornington



### Why did you choose Advance College?

For the smaller learning environment, flexible learning and individualised support.

### Are you currently working and or studying?

#### If so, what are you doing?

I'm currently studying Certificate III in Early Childhood Education and Care in a Traineeship

### What advice would you have for any incoming students attending Advance College?

Follow your dreams and try new things

### Achievements:

I have my license and a car. After graduating from Year 12, I worked in the Real Estate Industry. As much as I enjoyed working in the industry, I decided it was not the right time for me to continue along this path. I would love to re-visit it in the long-term future.

### Future Plans:

Complete my Cert III Traineeship in Early Childhood Education and Care. Study for my Diploma in Early Childhood Education and Care. Buy me my dream car and invest in a house.



## PARENTS BUILDING SOLUTIONS - GIRaFfE!

### Gender Identity Relationships and Fluidity for Everyone

**Free one off interactive session online for Mums, Dads, Grandparents, Aunts, Uncles, adult carers to talk about this.**

At this session let's share our ideas and experiences about:

- How to best support children through change
- Acknowledging how they and we are feeling
- Communicating their needs to others



**DATES:** Tuesday April 5th  
**TIME:** 6.15 - 7.45pm  
**WHERE:** Online with ZOOM (Free)  
Support to access Zoom is available

#### **Inquiries:**

Michelle Brown Parent Resource Coordinator  
michelle.brown@anglicarevic.org.au  
0429174150

Register via the QR code or the link  
ZOOM link to follow on receipt of registrations  
Please note this is an interactive session and I look forward to seeing everyone's faces on camera

[https://forms.office.com/Pages/ResponsePage.aspx?id=47VI-Wr\\_rEWsFhug7VRtt100Y1A0x0tAonHEA2a6L9xUOUZYnthDWVJCRkNNMUZMSVUwVTRGRkFBSy4u](https://forms.office.com/Pages/ResponsePage.aspx?id=47VI-Wr_rEWsFhug7VRtt100Y1A0x0tAonHEA2a6L9xUOUZYnthDWVJCRkNNMUZMSVUwVTRGRkFBSy4u)



**PARENTZONE**

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# How sleep routines can help kids do better at school

Studies have shown that Australian teens [are the third most sleep deprived in the world](#) and that more than 70% of Australian high school students suffer from regular sleep deprivation.

Teenagers [face a three-hour sleep deficit per night on average](#), but those who spend five hours a day online are 50% more likely to fail meeting their minimum sleep requirements than peers who only spend an hour online each day.

As kids prepare to head back to school for Term 1, a sleep expert from UniSA Online says modifying sleep routines now will allow enough time for children's body clocks to adjust to a new schedule before school starts.

“School leaders can encourage students and parents to consider the significant benefits of a healthy sleep routine by talking to children more about the benefits of sleep and risks of not getting enough sleep,” Dr Stephanie Centofanti from UniSA Online told The Educator.

“Increasing children's understanding of why a good sleep routine is important, in the same way exercise and nutrition are focused upon in the curriculum, can help them to maintain healthy sleep behaviours.”

Dr Centofanti says providing resources to students and parents (e.g. class activities, posters around the class, fact sheets) can help bring sleep to the forefront.

“Creating opportunities for students to work on shared activities with their peers can also be helpful - for example brainstorming a healthy night time sleep routine and coming up with goals for the class, such as no phone use for 30 minutes before bed,” she said.

“There are many free resources and activity ideas available for teachers on the Sleep Health Foundation website.”

Dr Centofanti said promoting certain daytime health behaviours while in the classroom, or while being home-schooled due to the pandemic, can also contribute to good sleep patterns at night.

“These include things like being physically active, getting light exposure in the mornings, avoiding caffeinated drinks in the afternoons, and minimising overuse of technology.”

## Top Tips for children's sleep:

- Exercise in the sunshine during the day
- Avoiding bright light in the evening
- Cut technology at night (blue light impedes sleep)
- Choose lighter meals in the evening
- Keep the bedroom dark, cool and quiet
- Get kids involved in designing their own bedtime routine.
- Set a good sleep routine and stick to it (for example, shower, quiet time, reading).

ADVANCE COLLEGE

# VCAL & V.E.T HELP

Thursday 2:30-3:30PM  
in the Senior classroom



All students welcome!  
Speak to a staff member if  
you are interested or have  
any questions





# families

CONNECTION • NURTURE • GROWTH

*Building families that thrive*

Free 8 week Parenting Course

Starting - Thursday 28th April 22  
9.30am

WESTERN PORT COMMUNITY SUPPORT CENTRE  
185 High Street  
Hastings

Booking: [jaclyn.jenkins@fusion.org.au](mailto:jaclyn.jenkins@fusion.org.au)  
or 0423 550 786





The Fusion Families Course forms a framework to build a healthy, strong, and loving family life. Covering key areas of family relationships, including:




- Parenting Styles
- Family Values
- Building Nurturing Skills
- Understanding Ages & Stages
- Being Positive
- Honest Relationships
- Independence
- Dealing With Conflict
- Discipline

*"Really impressive in range and depth, fun and engaging for participants a huge help in any family situation"*

**Steve Biddulph**

(Internationally acclaimed author and educator on raising kids)

## Links

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 The Newsletter is just one of our 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)  
**Facebook** - [www.facebook.com/Advance.CollegeVIC](http://www.facebook.com/Advance.CollegeVIC)  
**Instagram** - [www.instagram.com/advance.college](http://www.instagram.com/advance.college)
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 Advance offers nationally accredited training in short courses such as Hygienic Practices for Food Safety. Additionally, we provide pre-accredited courses to assist with pathways into employment and/or further training, such as our 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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 Mornington Peninsula Child & Youth Directory - [www.mpchildandyouthdirectory.com.au/news](http://www.mpchildandyouthdirectory.com.au/news)  
 This is a useful online resource for young people, families, parents and carers, and service providers in the Mornington Peninsula area. The Directory brings together free and low cost service information that's available in our community.