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## 2023 Term Dates

|        |                  |
|--------|------------------|
| Term 1 | 27 Jan to 6 Apr  |
| Term 2 | 24 Apr to 23 Jun |
| Term 3 | 10 Jul to 15 Sep |
| Term 4 | 02 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

### PRINCIPAL'S MESSAGE

Welcome to our final Newsletter for 2022.

It has been a big year for Advance College with new staff, our biggest enrolment ever, the opening of the new campus at Rosebud and lots more.

It has been very gratifying to see so many students have achieved their VCAL and have been completing as much work as possible before the end of the year. Students who are not returning in 2023 have all been supported to determine their future pathways. Their options include going on to further training at TAFE, gaining employment or enrolling in an apprenticeship. Most students will have a positive outcome to follow on from their schooling.

Our students should be very proud of themselves as they have done really well throughout the year. The way they conducted themselves, their participation and achievements in all curriculum and extra-curriculum areas have been a credit to them.

A few statistics . . .

This year has seen excellent results across all levels of our VCAL program. Across the school year we have had a total of 77 students enrol with 48 at Rosebud and 29 at Hastings. Across the levels of VCAL, we had 30 students in Foundation, 27 in Intermediate and 20 in Senior with an overall, student attendance rate of, a very respectable, 77%.

Student completion rates have also been pleasing with 38 students achieving a VCAL certificate or Statement of Attainment and 31 students returning to finish their studies in 2023.

This year sees the end of 20 years of VCAL, with next year seeing the introduction of new replacement qualifications, the Victorian Pathways Certificate (aka VPC) and the Victorian Certificate of Education Vocational Major streams one and two and three and four (aka VM). Preparation for their introduction is well underway. It has required an enormous amount of preparation by our staff. They are to be commended for how they have embraced this work. It has not been easy.

A reminder for Hastings parents, carers and students that the Campus is in a high-risk bush fire zone. Information regarding Catastrophic (Code Red) Fire days has been forwarded to you with a further reminder coming out in Term One next year. Please make yourselves aware of the policy and procedure the applies for those days.

We are currently taking enrolments for 2023. If parents, guardians or carers would like to find out further information please do not hesitate to call.

Finally, some big thankyou's!! I would like to thank our wonderful staff - they have taken on a range of challenges and have worked tirelessly to support our students both academically and with their wellbeing, as well as preparing for 2023. I would also like to thank our Committee of Management which provides a strong level of governance, strategic direction and support.

On behalf of all at Advance College, I wish everyone a safe and merry Christmas and a happy New Year. I look forward to 2023 being as successful as this year has been with even greater opportunities for our students.

Steve Wright  
0418 564 738  
Steve.w@advance.vic.edu.au

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## Summit Adventure Camp

On a sunny Monday afternoon, our students drove through The Summit gates, eager to get going and meet their leader Steph/Spinks/Sonic/Spag. Being a small group of 8 we all pulled up a chair into a circle, and introduced ourselves. Our camp leader, Spinks, shared The Summit's Five Keys: Have Fun, Play all In, Get Comfortable Being Uncomfortable, Make Lots of Mistakes and Don't go Home Wondering 'What If' as well as GMiCs (great moments in camp).

As we all made our way down to the Snowy Blue Room, we played three quick games of Around the World Ping Pong, Clap Call and YE-HA. With our bodies warmed up, we made our way over to Snake And Nails. Students who deserve a shout out for this session; Paco, Sam and Mia for stretching themselves on the nail board and also Bindi and Codie for having a 3:30mins standoff on the board!

For the snake session, Bindi and Paco loved it, Sam and Darryn managed to hold the snake, and Mia was brave enough to touch it. Abseiling was our last activity for the day and was heaps of fun. Highlights were: Sam, Andy, Mia, Paco and Roney facing their fears and getting down the tower, and Codie and Darryn for doing 180 degree spins and mega jumps! To end day one we all played a game of volleyball and then had an end-of-day debrief talking about how we all went for the day.

Day two and we had a BIG day ahead, we started the day dancing to Cotton Eye Joe, we then did a morning intention session where we watched a video called 'A Wall of Words' by Soul Pancake. The students were then asked to take a sticky note and pen to write down one 'I am' affirmation, 'I want to' for the day and a quote they like. After they did this they put it in their pocket to carry around as a reminder for the day. The first game we played was Around the World Ping Pong, followed by their first initiative Helium Stick where they had Paco helping from an outside perspective and Sam taking lead being one voice for the team. Bush Challenge was next, the team smashed their first lap in 15:43mins, they then were taught about the goal-setting strategy called Target, Stretch and Super Stretch. Using this we came up with a plan for their second lap; the target was 11mins, the stretch was 7mins and their super stretch was 5:30mins. They completed their second lap in an impressive time of 4:48, smashing their super stretch. We then made our way over to the basketball court to play two games of Two-ball Knockout; Codie won both games.

The next activity was the Giant Swing where the group huddled hard and managed to get eight swings done in thirty minutes! Well done; Roney, Paco and Sam for stretching themselves. Next up was the Rock Wall where Bindi, Sam, Codie and Darryn got to the top of the walls and Mia, Andy, Roney and Paco for giving it their best and helping belay everyone!

Lunchtime and everyone got ready for the Monster Course and mentally prepared for the Leap of Faith. Sam did a blindfolded trust fall, Codie, Andy, and Bindi did a 180 degree twist and grabbed the bar, Darryn did a 180 degree twist blindfolded and grabbed the bar and went upside down to come down. Mia stretched herself and made it to the bar and Paco stretched herself and jumped off the platform as soon as she got up, without hesitation.

Before the Monster Course began we played a bunch of games to warm us up. Once we were ready, the students smashed their first lap, carrying 3 tyres amongst 6 of them. A big shout out to the effort they put into the second lap, improving their time by 6 minutes. The last day rolled around and the group had two more activities to go; Trust Games and Sky Bridge. But before all of that we started with morning gratitude where we got our phones and send a gratitude message to someone in our lives that mean a lot to us, we then shared who we sent them to and made our way down to our first game which was Around the World Ping Pong. Trust games went really well, they went from level one; a two-person Trust Fall, to jumping into the team's arms and finally a trust fall. At the Sky Bridge, they smashed out the bridge despite the rain and it being slippery!

The final debrief was in a circle and we used rock, stick and leaf to unpack the last three days, they then voted for two people that consistently embodied the 5 Keys the most throughout camp, and the result; Codie and Paco got the most votes, well deserved!







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## Talk to the Animals

On Thursday October 27th some Advance students attended 'Talk to the Animals' excursion in Balnarring to experience enhanced wellbeing through interaction with the miniature donkeys.

We had a wander through the purpose-built donkey paddocks and met Sebastian, a clever boy, and his friends Angela, Bentley and Georgina. The donkeys are therapy donkeys so they interact because they want to not because they are forced to like it is with horses. After sharing some stories with the donkeys and visiting the chickens we walked through the flower farm full of native flowers that we later used to create beautiful posies to take home.

The wetlands and open paddocks were very peaceful and the experience was something none of us had experienced before.

This is donkey love therapy.



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## Links

Website - [www.advancecollege.vic.edu.au](http://www.advancecollege.vic.edu.au)

Facebook - [www.facebook.com/Advance.CollegeVIC](https://www.facebook.com/Advance.CollegeVIC)

Instagram – [www.instagram.com/advance.college](https://www.instagram.com/advance.college)

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.

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.



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## Food for thought:

The kitchens have had a real workout on Thursdays this year at Advance College.

Students have been cooking lunches for the entire campus on Thursdays at both Hastings and Rosebud. The reasoning behind the program was to equip students with the skills required to make nutritionally balanced, tasty and affordable meals.

The students led the way by coming up with a range of recipe suggestions from around the world that they then prepared. The meals they cooked included: burritos, baked jacket potatoes, sushi, fried rice, burgers, roast chicken and veg, rice paper rolls and souvlaki.

The students learnt to take into account dietary requirements and how to adapt recipes so that everyone could join in the feast.

This also tied in beautifully with the Food Handling Certificates the Foundation students earned in Term 3, letting them put into practice their new-found knowledge.

Thursday lunchtimes became a highlight of the week as students from the different classes gathered over communal meals.

### **Regular and Vegetarian Fried Rice - Hasting Campus**



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## Power Saving Bonus and Energy Rebate

As we know the community is struggling with the rising costs of living.

- There's a new one-off \$250 Power Saving Bonus available from July 1 2022
- The \$250 payment will be open to all Victorian households who use the Victorian Energy Compare website to search for a better deal on their electricity
- Households that have previously claimed a \$50 or \$250 Power Saving Bonus will still be eligible for this new one-off payment
- Rebates of up to \$1400 for solar panel system installation are available

# MUSIC IN THE PARK 2022

**TONES AND I**  
**ILLY • SAM FISCHER**  
**PIERCE BROTHERS • ADRIAN EAGLE**  
**JEROME FARAH • KYE**  
**SUNDAY LEMONADE • MAXON**  
**PLUS MORE LOCAL ACTS**

**CHRISTMAS  
CAROLS**

**22<sup>ND</sup> DEC.**  
**MORNINGTON PARK**

**LIVE MUSIC  
FOOD TRUCKS**

**TICKETS & INFO THROUGH:**

**@oztix**



In Victoria, UV levels start to rise from mid-August. To be sure you are using sun protection when you need to, check the sun protection times on the [SunSmart app](#).

Regardless of the weather, whenever UV levels reach 3 or more, remember to **SLIP, SLOP, SLAP, SEEK and SLIDE**.

1. **SLIP** on clothing that covers as much skin as possible to help create a barrier between your skin and the sun's UV. Wear rashies or t-shirts for outdoor swimming.
2. **SLOP** on SPF30 (or higher) broad-spectrum, water-resistant sunscreen to any skin you can't cover with clothing. Apply 20 minutes before going outside and reapply every 2 hours or after swimming.
3. **SLAP** on a sun protective hat that protects the delicate areas of the head and face. Make sure it has a wide brim that provides good shade to all areas. Caps do not provide enough UV protection so are not a suitable UV protective alternative.
4. **SEEK** shade whenever possible. Consider built, natural and temporary shade and encourage everyone to use it. Research has shown that green and shady environments not only stimulate more physical activity and allow more time outdoors, they also provide protection from heat and UV.
5. **SLIDE** on wrap-around sunglasses labelled AS1067 to help protect the eyes from UV (if practical for your situation).

UV protection is not only important for occupational health and safety, but also allows you to role-model sun protective behaviours. Make sure UV is considered as part of your school's risk management and assessment for all outdoor events and activities on and off-site, including outdoor PE and health lessons, school camp activities, excursions, sports days and interschool sports events.

## Be SunSmart this Summer

In light of [National Skin Cancer Action Week](#), ensure you stay SunSmart this summer. Don't forget that you can see the sun's light and feel the sun's heat, but you can't see or feel the sun's UV radiation.

For maximum protection, use all five forms of sun protection – clothing, sunscreen, a broad-brim hat, shade and sunglasses – when the UV is 3 and above. The free [SunSmart app](#) tells you when sun protection is recommended for your location and shows current UV levels for major cities.



[Learn more](#)



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## Respectful Relationships (Useful Links and Information)



<https://bodytalk.org.au/parents-and-carers/>

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### Looking after your mental health this holiday season

Holidays and end-of-year celebrations bring joy but can be a stressful time for some. Better Health Channel provides expert tips on how to manage stresses this time of year may bring.



[Learn more](#)

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## Saver Plus



Want \$500 to help you with school costs?



Make an enquiry to see if you are eligible.

#### **STEP 1 - Goal**

If eligible for the program, set a savings goal with your Coordinator for your education related item(s). Eligible savings goals listed [here](#).

#### **STEP 2 - Saving**

Open an ANZ Progress Saver account and start to regularly save over 10 months

#### **STEP 3 - Education**

Complete our fun Money Minded financial education workshops

#### **STEP 4 - Matching**

Reach savings goals and have your savings matched up to \$500 by ANZ for education items for you or your children's education expenses