

In This Issue

- ❖ Message from the Principal
- ❖ Rosebud Year 11 – Raft Building
- ❖ Hastings Year 12 – Numeracy Head Start Program Project
- ❖ E-Cigarettes, Vaping and Teens
- ❖ Respectful Relationships
- ❖ Kids Help Line (How to manage anxiety)
- ❖ Triple P (Positive Parenting Program)
- ❖ What's on?

2023 Term Dates

| | |
|--------|------------------|
| Term 1 | 30 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

Message from the Principal

Welcome to our first Newsletter for 2023.

Firstly, I would like to congratulate all of the students that graduated in 2022. They excelled themselves in the face of many challenges. I also take this opportunity to welcome back those returning students and, to all students and their families, wish them a happy and successful 2023.

The year has started with a number of challenges – the main one being the introduction of the new qualifications that replace the VCAL qualification. I have received numerous enquiries about the new certificates and the implications for our students.

Essentially, students continue to do an applied learning program of Literacy, Numeracy, Personal Development Skills, Work Related Skills and Industry Related Skills as they did in VCAL. The major difference is that each year level (Victorian Pathways Certificate - VPC, VCE Vocational Major VCE VM Units 1 & 2 and VCE Vocational Major Units 3 & 4) is distinctly separate whereas, across the three VCAL levels, it comprised extended studies with similar outcomes. It is important to note also that students are able to complete their VPC in one year but, for those who need extra time, it can be extended across two years.

Enrolments continue to increase with a new VPC class at Rosebud commencing in Term 2. We have employed two new teachers who start next term at Rosebud to cater for the increased enrolments. We still have some vacancies at both the Hastings and Rosebud campuses.

I would like to raise a number of important issues regarding student safety and behaviour:

1. Riding of bikes and scooters to and from school is encouraged, but it must be done safely and legally. Helmets must be worn at all times on the roads and traffic awareness is paramount.
2. For the Rosebud campus, when dropping off and picking up students please use the College's carpark if there is space. If not, please do not park on the opposite side of the road to drop off students or wait for pick up. Park on the College side of the road only. It can be a very busy road, especially at pick up time.
3. There have been some vaping/smoking issues. Just a reminder that both are not permitted anywhere on the College's campuses. If students would like to quit vaping/smoking the College can provide support to do so. There is further information about vaping in this Newsletter.
4. Student attendance needs to be more than 80% to achieve a successful outcome at school. Most students are attending well which is pleasing however those students with an increasing number of unexplained absences may be putting their enrolment at the College at risk.

It is important for all families to ensure they have access to our communication platform – Compass. It is our main communication link with families and is easy to use. Please contact the College if you have any difficulty in access it.

Unfortunately, COVID is still presenting challenges with staff and students continuing to test positive. Please practise good hand hygiene, physical distancing wherever possible and isolate if symptomatic. To support you in managing this challenging situation the College has RAT's and masks available at no cost. If you require RAT's or masks, please contact the office.

Finally, I welcome contact from parents if they would like to discuss their student's any issues arise. Please feel free to contact me by email or phone for a chat or to arrange a meeting.

Steve Wright

Hastings Year 12 - Numeracy Head Start Program

As part of the Numeracy Head Start program in late 2022, the current Hastings Year 12 class sowed a range of seeds. This term we have been enjoying the harvest of beans, carrots and basil that survived the summer break.



Rosebud Year 11 - Raft Building

What a cracker of a day the year 11's had at Camp Munyung testing their teamwork and building rafts. Mt Eliza, is beautiful on a regular day but still waters and 29 degrees...now that's a what we all hope for. We a great contingent of enthusiastic and willing students, we planned, built and to an extent, successfully boarded our Mahal, named by the very involved Taj for a whopping 3:30 minutes until so rough waters, also known as human interaction, caused the majority of the crew either test their PFDs or have the pleasure of feeling the refreshing water temperature. It was a privilege to see the students work in a team and communicate ideas back and forth to finally test the latest and best combination of logs, barrels and ropes that we could muster. And to be rewarded with the best...and only raft of that day, that sent us home with a sense of accomplishment.



E-Cigarettes, Vaping and Teens

RCH NATIONAL
Child Health POLL



E-cigarettes, vaping and teens: Do parents know the dangers?



Poll report

Dr Anthea Rhodes, Director

Poll 17, February 2020

Report highlights

- A concerning number of parents are not aware of many of the health risks of e-cigarettes and vaping
- Three out of four parents (73%) are concerned that their teen might try e-cigarettes, but less than half (43%) have talked about e-cigarettes with their child
- Two thirds (65%) of parents recognise that flavoured e-cigarettes encourage teenagers to take up the habit and most (58%) support a ban on these products
- The overwhelming majority of parents support restrictions aimed at preventing teens from using e-cigarettes, including banning marketing and advertising that targets teens (87%) and improved enforcement of laws restricting sales to people under 18 years (87%)
- Two thirds of parents (66%) are not aware that e-cigarette products legally sold in Australia have not been tested or approved by the Government
- E-cigarette use among Australian parents is relatively common, with 22 per cent of parents reporting either they or their partner have used e-cigarettes

E-cigarettes (electronic cigarettes) are relatively new products that have rapidly gained awareness and use among adults and teens over the last few years. Using e-cigarettes is commonly known as 'vaping'. Australian parents were asked a series of questions about their knowledge, behaviours and attitudes in relation to e-cigarettes and vaping.

About e-cigarettes¹

E-cigarettes are devices that deliver an aerosol by heating a solution that users breath in. The aerosol is commonly referred to as 'vapour'. Using an e-cigarette is commonly referred to as 'vaping' or 'juuling'. E-cigarettes are battery operated and may look like cigarettes, cigars, pipes, pens or memory sticks. E-cigarettes may also be known as electronic cigarettes, e-cigs, electronic nicotine delivery systems (ENDS), electronic non-nicotine delivery systems (ENNDS), alternative nicotine delivery systems (ANDS), personal vaporisers, e-hookahs, vape pens and vapes, and juuls. The liquid used in e-cigarettes may contain a range of toxic chemicals, including those that add flavour. It may also contain nicotine, even if it has been labelled 'nicotine free'.



Use of E-cigarettes among parents and teens

E-cigarette use among Australian parents is relatively common, with 22 per cent of parents reporting either they or their partner have used e-cigarettes, with six per cent being current regular users. Seven per cent of parents report knowing that their teenager has used e-cigarettes, with 48 per cent of parents of users reporting that their teen obtained e-cigarettes from another child, 16 per cent from their own parent, 17 per cent from another adult, 16 per cent purchased them at a store and three per cent purchased e-cigarettes online. Seven per cent of parents did not know where their child obtained the products. The Australian Secondary Students' Alcohol and Drug Survey² (2017) indicated 13 per cent of secondary students had ever used e-cigarettes. The lower level of use found in our study is likely to be an underestimate and suggests parents may lack knowledge of their teenager's use of e-cigarettes compared to actual use.

57% of parents have never discussed e-cigarettes with their teen



Level of concern among parents of teens about e-cigarette use

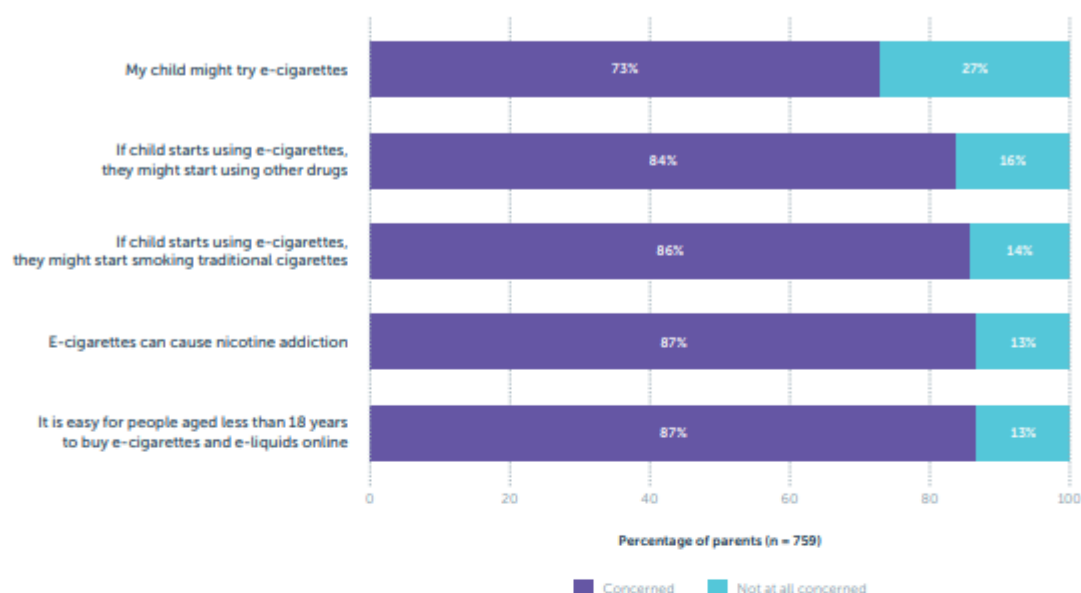


Figure 1.

Parents concerned about e-cigarette use among teens

The majority of parents are concerned that their child might try e-cigarettes (73%), and that use of e-cigarettes may increase the chances of their child trying other drugs (84%) or smoking regular cigarettes (86%). Almost nine in 10 parents (87%) are concerned that use of e-cigarettes can lead to nicotine addiction, and that it is too easy for people aged less than 18 to buy e-cigarettes online (87%) (see Figure 1).

40%

of parents are unaware that e-cigarette use can cause death



A concerning number of parents are not aware of many of the health risks of e-cigarettes

Recent media coverage and public health campaigning has attempted to raise public awareness of the health risks associated with e-cigarette use. While most parents are aware of some of the health risks of e-cigarettes, many are not aware as evident from this study:

- 40% are not aware that people can die from complications directly related to e-cigarette use
- 31% are not aware that e-cigarettes contain toxins and chemicals
- 42% are not aware that e-cigarette liquid can be toxic if ingested (swallowed)
- 37% are under the misconception that e-cigarettes must be safe because they are used to help people quit smoking
- 48% incorrectly believe that if e-cigarettes caused health problems, the government would have banned them by now

Parents are unclear about the risks of passive exposure to vapour from e-cigarettes, with half (51%) not knowing whether it is safe to be around someone who is using e-cigarettes.

Discussion of risky behaviours between parents and teens

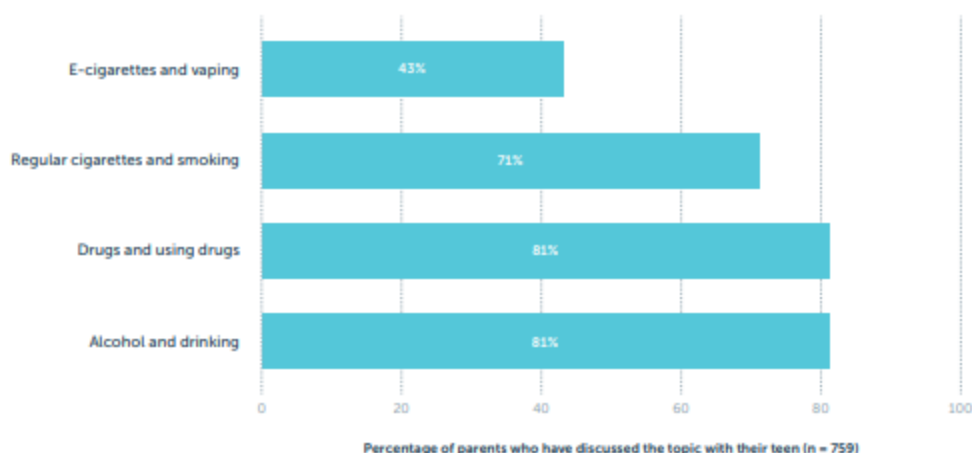


Figure 2.

Most parents don't talk with their teens about e-cigarette use

Talking with teens about risky behaviours is an important way for parents to help keep them safe, yet less than half (43%) of parents have talked about e-cigarette use or vaping with their teen. By comparison, most parents (71%) have discussed smoking regular cigarettes with their teen, as well as alcohol and drinking (81%) and other drug use (80%) (see Figure 2).

The main reasons parents have not discussed e-cigarettes with their teen are that they have not really thought about e-cigarettes (48%), they don't think e-cigarettes are something their child would try (43%) and they don't know much about e-cigarettes (25%).

For those parents who have discussed e-cigarettes with their child, the most common reason was to teach their child about the risks (52%). Other reasons for the conversation include the child asking about e-cigarettes or vaping (33%), the parent and child seeing someone using e-cigarettes (27%), and the parent (25%) or child (24%) hearing about e-cigarettes in the media.

Parents unclear about current laws and regulations on e-cigarette use

Various laws apply to the marketing and use of e-cigarettes in Australia. It's illegal to use, sell or buy nicotine for use in e-cigarettes unless a doctor

has prescribed it for the purposes of quitting regular smoking. Fewer than one in five parents are aware of this.

Most parents (81%) know that it is illegal for young people aged less than 18 years to buy e-cigarettes and e-liquids. While the importation and sale of e-cigarette products to adults is legal in most states and territories in Australia, most parents (66%) are not aware that e-cigarette products available for purchase are not subject to approval by the Government (Therapeutic Goods Association). The importation and manufacturing of these products is largely unregulated in Australia. This means that there is no quality control over how products are made, or what chemicals or toxins they contain.

A third (38%) of parents do not know that in most states and territories it is illegal to use e-cigarettes in places where smoking is illegal. Almost half (46%) of parents are not aware it is illegal to use e-cigarettes in a car when a child is inside.

Parents support tougher e-cigarette restrictions on production, marketing and sale

Nicotine is toxic if swallowed. In Australia, there has been at least one death of an infant as a result of accidental ingestion of e-cigarette liquid containing nicotine³. The vast majority of parents (87%) support mandating childproof packaging for e-cigarettes to reduce the risk of accidental poisoning of children.

Respectful Relationships

www.education.vic.gov.au/about/programs/pages/respectfulrelationships.aspx

Kids Help Line (How to manage anxiety)



How to manage anxiety

Anxiety can feel overwhelming, but there are some simple steps you can follow to help you feel calm again.

Step 1. Calm down your body

Calming down your body helps calm down your brain

By controlling your heart rate and your movement, you can encourage your brain to relax. For example:

Taking slow, calming breaths

Exercising, e.g. going for a run, or doing strength exercises



Step 2. Calm down your mind

Focusing your thoughts on something in particular can help break the worrying cycle and stop the thoughts from escalating. Some great ways to break this worry cycle include:

Mindfulness – focusing on the present moment

Distraction – playing a video game, scrolling through Instagram, etc.

Visualisation – choosing to ‘deliberately think’ by picturing or imagining something pleasant in your brain

Daydreaming/imagining – you could use this as a ‘mental break’, or even use it to creatively reimagine your worries

Step 3. Turn your smart brain back on

Re-engage your smart brain

Once you have calmed down your body and mind, it’s important to re-engage your smart brain (especially if you need help solving a problem!)

This can work the other way, too. If you are feeling anxious/stressed, doing things that helps your smart brain come back online can help you calm down your body and mind.

Some ways to turn your smart brain back on include:

- Talking to someone you trust
- Journaling (writing)
- Researching/reading
- Learning something new

Talking Helps!

We’re here 24/7

📞 1800 55 1800

Triple P (Positive Parenting Program)

The Triple P – Positive Parenting Program has been developed here in Australia and is now the world’s most widely researched parenting program with hundreds of clinical trials and real-world studies to back it up. Triple P is a toolbox of strategies, skills, and knowledge. It can help you create a closer bond with your child as you support their learning, development, life skills and emotional wellbeing

Teen Triple P Online – for parents of pre-teens and teens, approx. 10-16 years

- Boost your child’s or teenager’s development
- Tailor strategies to suit your child – you know them best!
- Positive parenting has proven benefits for children, now and in the future
- Tips to help your whole family’s emotional wellbeing – including yours
- Raise happier, more confident and capable kids
- Improve your relationship with your child or teenager
- Enjoy being a parent more!
- Do programs online, at your own pace



[Online program for parents of 10-16 yr-olds](#) | [Proven strategies](#) | [Teen Triple P](#) | [Triple P \(triplep-parenting.net.au\)](#)

What’s on?



SCHOOL HOLIDAYS

April 12-21, 2023

Join fun, free activities at our three youth hubs.

Rock painting

Skate park outreach

Surfing excursion

Virtual reality games

Cooking...and more!

For all 10-17 year olds






Details here
mpys.com.au



YOUTH SERVICES
HAPPY. HEALTHY. CONNECTED.
MORNINGTON PENINSULA SHIRE

Links

-  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
Facebook - www.facebook.com/Advance.CollegeVIC
Instagram – 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 or call your local campus for further details.
-  Mornington Peninsula Child & Youth Directory - 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.