



PRINCIPALS MESSAGE

Winter Is Coming!

It might not seem like it with the balmy weather we have been having – snow one minute and 21 degrees the next but as winter approaches, the colder weather and shorter days can have a major impact on student's health and wellbeing. Many students begin to spend more time indoors, exercise less, and experience lower energy levels. During this season, maintaining the healthy habits established in the warmer months becomes even more important. Three of the most essential factors that we recognise in the way students survive staying healthy throughout winter are getting enough sleep, getting outside as often as the weather allows and eating the right foods. Together, these habits strengthen the body and help them to remain physically and mentally well during the colder months.

We know that sleep plays a vital role in keeping the immune system strong and the mind focused. During winter, illnesses such as colds and the flu become more common, and lack of sleep can make the body more vulnerable to sickness. A good night's sleep allows the body to repair itself, restore energy, and improve concentration and mood. Students who regularly get enough rest are often more productive, less stressed, and better able to cope with daily challenges. Establishing healthy sleep routines, such as limiting screen time before bed and maintaining consistent sleeping hours, can greatly improve overall their wellbeing.

Be kind, work hard.

Nutrition is equally important in supporting a healthy lifestyle during winter. Eating balanced meals that include fruits, vegetables, proteins, and whole grains provides the body with the vitamins and minerals it needs to function properly. Warm, nourishing foods can also help maintain energy levels and support the immune system. In contrast, relying on junk food or sugary snacks may lead to fatigue and poor health. As always, we will be offering students hot food across lunchtimes throughout the week including baked potatoes from our newly acquired hot potato oven! By combining healthy eating habits with adequate sleep and good levels of physical activity, students can improve both their physical health and mental resilience.

We have been very lucky to have a commissioned piece of artwork done by one of our local indigenous artists Vegas Fitzmaurice, to celebrate the connection of the College to the land and sea of Rosebud. Vegas has been collaborating with the College over the past term to bring to life his vision “Learning through Coastal Connection” and we were amazed to receive the piece this week.



LEARNING THROUGH COASTAL CONNECTION – DESCRIPTION OF THE WORK AND THE JOURNEY TO PAINT IT.

STUDENT IN FOCUS

It always blows me away the depth of talent that you uncover in schools when you work with students. Over the years I've been fortunate enough to see students be drafted to AFL, represent Australia at the Olympics and compete on the ATP tour across the world.

Here at Advance we have our own super star – Zali who has been racing for a number of years competing in downhill mountain biking and recently competed in Queensland! Here's what she had to say about her experience.

'I had an amazing time up in Toowoomba for the 2026 Downhill Mountain Biking Oceania Championships and combined Australian National Series Round 2. After a busy few days of racing I am proud to have finished in 4th in Oceania champs and 3rd in the National round.

Big thanks to my dad for making this race possible for me and for making the trek up to Queensland.'





VM 1&2 REFLECTIONS

This is my first year at Advance and even though I haven't been here for that long, I'm happy to get up and come to school every day. The difference from a mainstream school is that here, you aren't pressured to meet "academic standards". You're free to be who you are without any judgment, and you have your own individual learning plan that suits you to make school easier. Even though our school is small, you'll soon feel like you're part of a family that can have fun during a school day and support you when you don't feel like being at school.

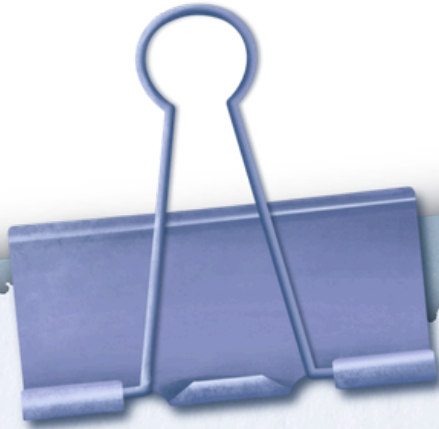
-Elisha Cupidon

I am genuinely thrilled to be a part of this incredible school community! Every day spent here is a rewarding experience, surrounded by such inspiring and supportive individuals. The atmosphere is charged with positivity, fostering a culture of excellence and collaboration. Our teachers and staff truly care about our growth, providing us with the tools and encouragement we need to discover and reach our full potential.

I believe this nurturing environment not only enhances our learning experience but also helps us develop lifelong skills and friendships. I feel lucky to be here and excited for all the future possibilities this school offers!

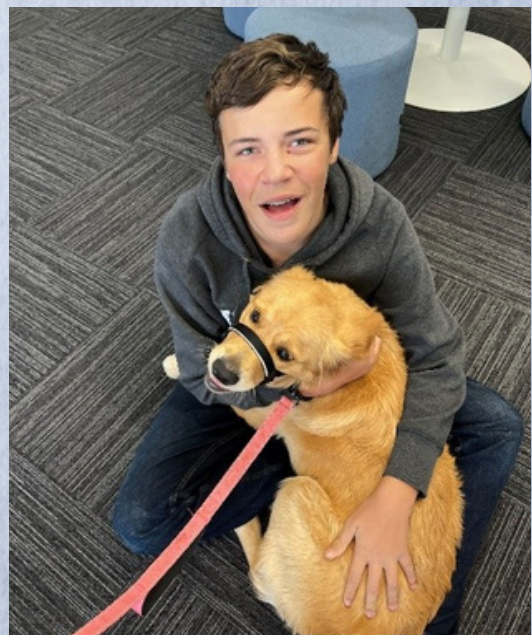
I have enjoyed Literacy this term, which has been incredibly immersive with creating the website, making it a fun project to learn about. I have also been enjoying numeracy, working on the skill builders to improve my mathematical expertise.

-Tyson McCabe



My time at Advance since moving from a different school has been exceptional. The teachers make the environment so much better and they offer a lot of help towards students to make them feel understood. Compared to my last school, the workload has been more manageable, and everyone gets along very well. They also have a lot of accommodations for students, such as lunch served most days, two therapy dogs, and plenty of brain breaks to help get students back on task. There are two certificates at Advance, VPC and VCE VM. Advance also offers a VET course in Hospitality for students who are interested in gaining skills and experience in that industry.

-Maggie Hall



CELEBRATING STUDENT SUCCESS – TOOLS FOR THE TRADE PROGRAM

We would like to congratulate Max and Heath from our VPC classes on successfully completing their Tools for the Trade certificate in Term 1.

This nine-week, trade-oriented program provided students with valuable hands-on experience through a range of engaging learning activities, trade tasters, accredited courses, and work experience opportunities. Throughout the program, Max and Heath demonstrated commitment, enthusiasm, and a willingness to step outside their comfort zones to build practical skills for their future pathways.

Both students should be incredibly proud of their achievements. Completing this program is a fantastic step toward further training and employment in the trades industry, and we look forward to seeing where their skills and experiences take them next.

Well done, Max and Heath!



WILD - CAMP MANYUNG - HIGH AND LOW ROPE CHALLENGE & BAYSIDE ROCK CLIMBING

Our VPC students stepped well outside their comfort zones during the WILD program, taking on exciting challenges at Camp Manyung and Bayside Rock Climbing.

From balancing high above the ground on ropes courses to scaling climbing walls, students showed courage, resilience, and plenty of determination. Even when things felt tough, they kept going, supported their peers, and proved they're capable of more than they think.

A huge effort from everyone involved, such a great example of giving things a go!



GET TO KNOW ASH

What is your main role at the school?

Rotating Teacher on Mondays and Tuesdays, VPC classroom teacher on Thursdays and Fridays, with a sprinkling of bus driving for good measure.

What do you enjoy most about your job?

Watching the students transform as they progress through the year levels.

What is your favourite comfort food?

Fried rice.

What is one hobby or activity you love outside of school?

Gardening and home improvement.

Share one fun fact about yourself that people might not know.

I love birds and trees.



A DAY IN THE LIFE OF VET - CERTIFICATE II IN HOSPITALITY

“It’s absolutely amazing, learning how to make something people use every single day might sound small and insignificant, but in reality, we are creating and mastering a skill that people never really think to be useful, until it really is!”

- By Alic Lewis VM 1&2



Cappuccino ready for serving to a customer



REMINDERS

We would like to remind families and students of some important school expectations to help maintain a safe, respectful and positive learning environment at ACE.

- Energy drinks are not permitted on school grounds.
- Ugg boots are not to be worn to school. Please note this rule has now changed from no soft-heeled ugg boots to all ugg boots.
- High heels and thongs are not appropriate footwear for school.

While ACE does not have a formal school uniform, we do expect all students to dress in a neat, appropriate and tidy manner. This includes wearing flat, comfortable shoes with a covered toe.

Thank you for your ongoing support and cooperation.

COMING UP

WILD - The Briars

All VPC students
21st May

Locked In Escape Room

VM 3&4 students
5th June

Open Night - 6-7pm

Open to the public
20th May

Careers and Pathways Expo

All students
9th June

Portsea Camp

VM 3&4 students
25th May

Rosebud Open Classrooms 3-5pm

All classes, family and friends
18th June

Reconciliation Week

All students
27th May - 3rd June

Hastings Open Classrooms 2-4pm

All classes, family and friends
25th June

At Advance College of Education, our focus is simple: helping students build practical skills, confidence, and clear pathways for their future.

We offer the following senior pathway courses for students aged 15–19:

- VPC – Victorian Pathways Certificate
- VCE VM – Victorian Certificate of Education Vocational Major

We're hosting an informal drop-in Open Night.
May 20th, 6:00–7:00pm.

Come along, have a look around, and chat with our team about how we can support your young person.

We'd love to meet you!



At Advance College, we are committed to equipping our students with the skills, knowledge and confidence they need to transition successfully from school to further education, training or employment.



We Offer:

VET Delivered to Secondary Students (VETDSS)

Work Experience & Structured Workplace Learning (SWL)

Careers Education and Individual Pathway Planning

Volunteer Opportunities

VPC (Victorian Pathways Certificate)
VCE VM (Victorian Certificate of Education Vocational Major)

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Visit our website
to learn more:

