



PRINCIPALS MESSAGE

Welcome back! We hope you had a wonderful holiday break and enjoyed making special memories with your child.

Our first week back was filled with celebrations for NAIDOC Week, as students explored the rich history, culture, and achievements of Aboriginal and Torres Strait Islander peoples through a variety of classroom activities and learning experiences. These lessons helped deepen students' understanding and appreciation of the leadership, resilience, and contributions of First Nations Australians.

This year marked a significant milestone, with the NAIDOC Week theme, "The Next Generation: Strength, Vision & Legacy", celebrating 50 years of NAIDOC Week. The theme recognises the achievements of the past while looking ahead to the strength and leadership of future generations. The word "deadly", in Aboriginal English, means excellent, outstanding, or something to be proud of—perfectly reflecting the spirit of this milestone.

To commemorate the occasion, three of our senior students—Lilli Goray, Sophie Fairweather, and Alexis Russell—created a beautiful collaborative artwork celebrating 50 years of NAIDOC. Using the colours of the Aboriginal Flag and incorporating the handprints of students as leaves on a tree, the artwork symbolises growth, connection, and community. It will be proudly displayed in the Art Room as a lasting reminder of our connection to Country and our commitment to recognising and celebrating First Nations culture.





GRAVITY ZONE EXCURSION

Students from VPC Wilson and VM 1-2 recently enjoyed an exciting WRS excursion to Gravity Zone, where they strengthened their teamwork and communication skills through a range of fun and challenging activities.

Throughout the day, students worked together in laser tag, developing strategies, encouraging one another, and learning the importance of cooperation to achieve shared goals. They also took part in trampoline dodgeball, where teamwork, quick thinking, and positive sportsmanship were on full display. The excursion was a fantastic opportunity for students to build relationships, develop confidence, and practise working collaboratively in a fun and engaging environment. We are very proud of the positive attitude, encouragement, and teamwork shown by all students throughout the day.





WELLBEING

Supporting Every Student's Journey: Advance College's Outreach Program

At Advance College of Education, we recognise that every student's journey back to education is different. Our Outreach Support Program is designed to reconnect young people with learning through strong relationships, personalised support, and a whole-school approach that responds to each student's individual strengths and needs.

Grounded in the Berry Street Education Model, trauma-informed practice, restorative approaches, and unconditional positive regard, the program brings together our Outreach Team, teachers, wellbeing staff, students, and families to work towards shared goals that promote engagement, wellbeing, and educational success.

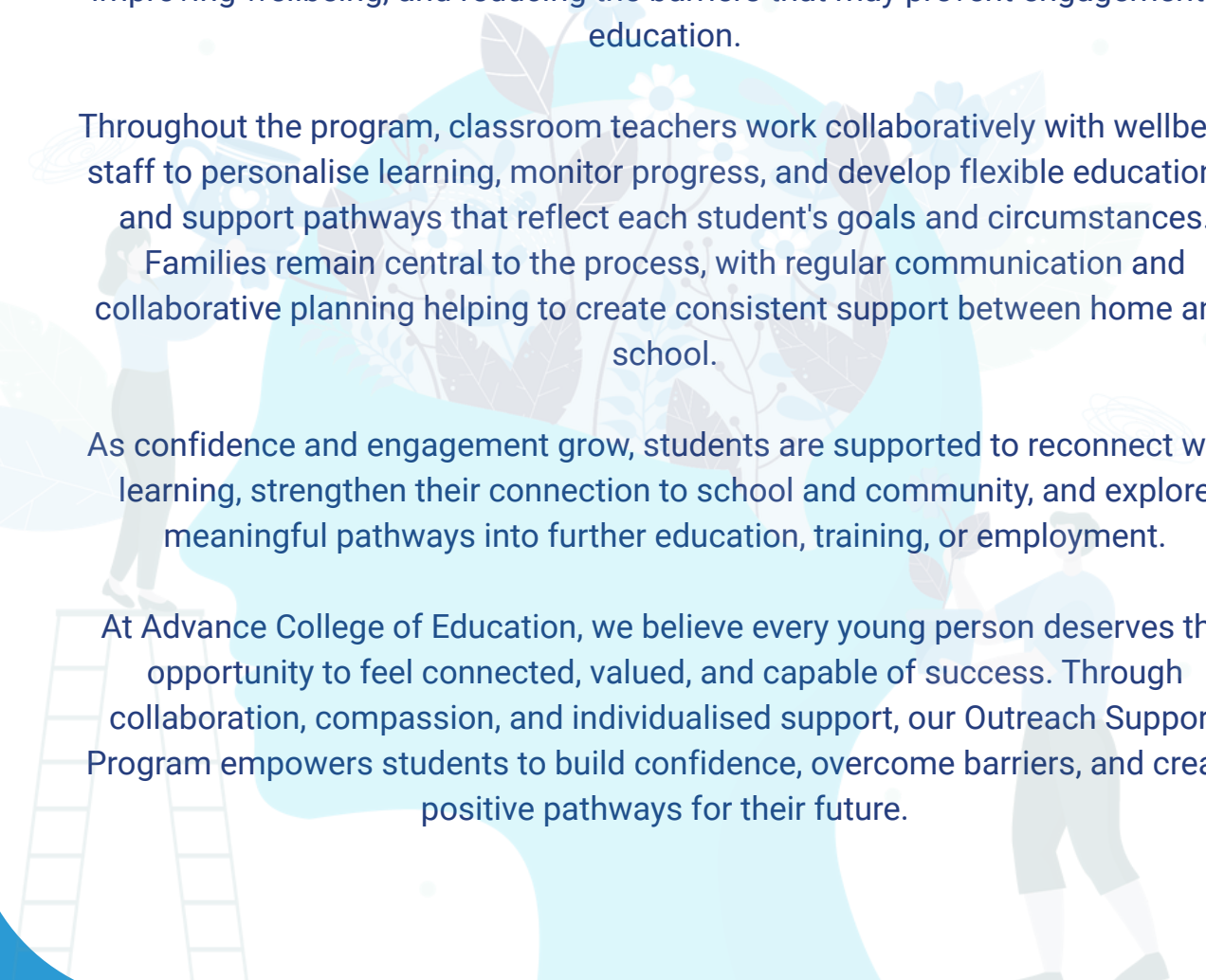
Outreach sessions are delivered at home, at school, or within the community, providing flexible support in environments where students feel safe and connected. The focus is on building trusting relationships, recognising strengths, improving wellbeing, and reducing the barriers that may prevent engagement in education.

Throughout the program, classroom teachers work collaboratively with wellbeing staff to personalise learning, monitor progress, and develop flexible educational and support pathways that reflect each student's goals and circumstances.

Families remain central to the process, with regular communication and collaborative planning helping to create consistent support between home and school.

As confidence and engagement grow, students are supported to reconnect with learning, strengthen their connection to school and community, and explore meaningful pathways into further education, training, or employment.

At Advance College of Education, we believe every young person deserves the opportunity to feel connected, valued, and capable of success. Through collaboration, compassion, and individualised support, our Outreach Support Program empowers students to build confidence, overcome barriers, and create positive pathways for their future.



EXPLORING PATHWAYS WITH SWINBURNE UNIVERSITY

Our VM students recently welcomed the Swinburne Future Students team to our school for an informative presentation about post-school pathways and opportunities.

Students learned about university and TAFE pathways, different study options, and how courses can lead to a range of careers. A highlight for many students was discovering the variety of non-ATAR pathways available, showing that there are many ways to reach their future goals. The session also provided an insight into campus life, student experiences, and the support services available to help students succeed in further study.

In Term 4, our VM students will visit the Swinburne campus to explore the facilities, learn more about available courses, and gain a better understanding of the steps involved in pursuing a tertiary pathway.

STAFF SPOTLIGHT GET TO KNOW KYLIE

What is your main role at the school?

I am a Student Support Officer - Wellbeing

I assist students to determine their own wellbeing goals, and help them address any concerns or barriers that may be impacting their ability to engage with their education I do this through coaching, workshops and referrals to internal or external specialists if required.

What do you enjoy most about your job?

My favourite part of my job is seeing the students at Advance return to enjoying and engaging with school and achieving their goals.

What is your favourite pizza topping (or comfort food)?

My favourite pizza, Capricossa - no olives or anchovies.

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

My hobby outside of school is Dance and Theatre and right now having an absolute ball choreographing an upcoming show with the Rosebud Theatre Group.



THINGS YOU SHOULD KNOW

Ten Tips for a Good Night's Sleep

1. Have a regular sleep pattern

Try to go to bed at around the same time every evening and get up at around the same time every morning. Improved sleep will not happen as soon as changes are made. But if good sleep habits are maintained, sleep will certainly get better. Find what time works for you and stick with it.

2. Spend the right amount of time in bed

Most adults need about 7 to 8 hours sleep every night. Some require more and some less. Many poor sleepers spend much more than 8 hours in bed and this makes fragmented sleep a habit. Except if you have lengthy sleep requirements, limit your time in bed to no more than 8.5 hours. If you often take hours to fall asleep, go to bed later. Remember that children need more sleep than adults.

3. Bed is for sleeping, not entertainment

Hand-held electronic devices (e.g., smartphones) and other distractions can interfere with your sleep. It is better not to sleep with your TV or other devices on. Your mind needs to be in the habit of knowing that if you are in bed, you are there to sleep. Don't stay in bed if you are wide awake.

Over recent years we have come to understand how important good sleep is to our health and wellbeing.

With good nutrition and exercise, sleep is now recognised as one of the pillars of good health.

A lack of sleep can have a major impact on mood, concentration, memory and quality of life.

In addition, medical sleep disorders such as Obstructive Sleep Apnoea (OSA) have been shown to contribute to other serious health problems, such as high blood pressure, diabetes and heart disease.

4. Wind down and relax before going to bed

Have a buffer zone before bedtime. Sort out any problems well before going to bed. This may mean setting aside a 'worry time' during the day. Use this time to go over the day's activities and work out a plan of action for the next day. Try to avoid using your computer or other electronic screens within one hour of bedtime. Exercise is fine, but not too late in the evening. Find a relaxation technique that works for you and practice it regularly, during your wind down period.

5. Make sure your bedroom is comfortable

You should have a quiet, dark room with comfortable bedding and good temperature control.

6. Alcohol, caffeine and cigarettes – to be avoided

Alcohol may help you to get off to sleep, but will disrupt your sleep during the night. Caffeine (tea, coffee, cola drinks) and the nicotine in cigarettes are stimulants that can keep you awake.

7. Avoid daytime naps

Sleeping during the day will make it much more difficult to sleep well at night. If a nap is absolutely necessary, for example because of a late night, then limit this to about twenty minutes. Make sure that you are awake for at least 4 hours before going back to bed. Don't allow yourself to fall asleep in front of the TV – not even for a minute.

8. Don't lie awake watching the clock

Watching the time on a clock just makes you anxious about not being asleep. If possible, take the clock out of your bedroom. If you need the clock for the alarm, turn it around so that you cannot see the time. Resist the temptation to look at the time on your various electronic devices. These should ideally be charged outside of the bedroom overnight.

9. Avoid sleeping pills except in exceptional circumstances

They do not fix the cause of your sleeping problem.

10. You may need professional help

If you are still having trouble sleeping, if you have persistent problems with mood, if you have excessive daytime sleepiness, restlessness in bed, severe snoring or waking unrefreshed despite what should be adequate length sleep, make sure that you go and see your doctor.

Other useful links: here are a number of things that parents can try in order to help their child sleep better.

- [Sleep Hygiene: Good Sleep Habits](#)
- [Body Clock](#)
- [Facts About Sleep](#)
- [Technology and Sleep](#)
- [Alcohol, Caffeine, Food, Smoking and Sleep](#)
- [Napping](#)
- [Mindfulness and Sleep](#)
- [Sleeping Tablets](#)
- [Sleep Study](#)
- [Obstructive Sleep Apnoea \(OSA\)](#)
- [Common Sleep Disorders](#)

This information is produced by:

Sleep Health Foundation
ABN 91 138 737 854
www.sleephealthfoundation.org.au

A national organisation devoted to education, advocacy and supporting research into sleep and its disorders.

Sleep Disorders Australia
ABN 91 138 737 854
www.sleepoz.org.au

A voluntary group offering assistance and support to people and their families living with sleep disorders.

Australasian Sleep Association
ABN 91 138 737 854
www.sleep.org.au

The peak national association of clinicians and scientists devoted to investigation of sleep and its disorders.

Disclaimer: Information provided here is general in nature and should not be seen as a substitute for professional medical advice. Ongoing concerns about sleep or other medical conditions should be discussed with your local doctor.

USEFUL LINKS AND WEBSITES

Mornington Peninsula Shire Youth Services

<https://www.mornpen.vic.gov.au/Services/Communities/Youth-services>

Respectful Relationships

<https://www.vic.gov.au/respectful-relationships>

COMING UP

Soul Circus

VM 1&2 (5 x workshops)

7th August - 4th September

Holey Moley Mini Golf

VPC Henry
21st August

GENERAL INFORMATION

Absentee Reporting

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

