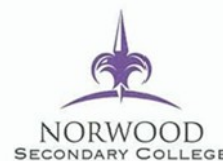


NORWOOD COMPASS

The Newsletter of Norwood Secondary College



PURPOSE STATEMENT

Norwood Secondary College provides a vibrant teaching and learning environment

TERM 3
NUMBER 10
24 July, 2020

School Email Address: norwood.sc@education.vic.gov.au

College Phone No. 9871 0400 **Student Absence Line:** 9871 0401

Principal: Mr Andrew Sloane

Assistant Principals: Mr Kris Johnson and Mrs Jackie Harris

College Council President: Ms Tammie Palmer

College Captains: Zoe Tucker and Ryan Smith

School Web Address: www.norwood.vic.edu.au

CALENDAR OF EVENTS 2020

TERM 3, 2020

Monday 27 - Friday 31 July

Remote Learning Years 7-10

On Site Learning Years 11-12

Monday 3 - Friday 7 August

Remote Learning Years 7-10

On Site Learning Years 11-12

Tuesday 4 August

Senior School Information Night

Remote via MS Teams

Year 10 into Year 11, 6pm - 6.30pm

Year 9 into Year 10, 6.45pm - 7.30pm



PRINCIPAL'S REPORT

THE RETURN TO SCHOOL

Welcome to Term 3, families and students. Our unusual year continues to offer us all challenges. Our VCE students have returned to 'in-school' classes and I have to say, the Year 12s have, on the whole, returned with a real sense of purpose for their studies. It has been very encouraging to see how so many have coped with the quite dramatic changes to what they expected their final school year to hold for them, when they commenced in February. We know that the coming months will test them all and it is important that they and their parents are aware that we will offer as much support and care as we can to help them do the best they can in their studies.



Yesterday was our first day with compulsory face covering for staff and students and it was very pleasing to see our students responding so positively. We will be relying on all our community to monitor their health and to isolate and get tested if they have any of the common symptoms AND to continue with frequent washing of hands with soap and to maintain appropriate distance between each other. Reading of other schools that have had to close for deep cleaning is a clear reminder of the importance of strictly adhering to the guidelines for hygiene, distancing and use of face masks.....and erring to the side of caution if feeling unwell.

VCAL STUDENTS EXPANDING THEIR SKILLS

Ms Lisa Walmsley's Year 11 VCAL class has been learning how to knit and are currently creating scarves for needy people. It was a joy to see all in the class actively engaged in knitting these scarves.



Year 11 VCAL students knitting scarves for people in need

In this issue you will read about:

- Principal's Report p1-2
- Senior School Principal News p2
- Student Wellbeing News p3
- Library News p3
- Music News p4-6
- Mask Competition News p7
- Mask Template p8
- Careers News p9
- Uniform Shop and Term Dates p9
- School Crossing Information p10

Year 7, 2021



Senior School Information Evening



2021 YEAR 7 ENROLMENTS

The applications to commence Year 7 at Norwood Secondary College in 2021 have been received and, for the first time in quite a few years, we have been unable to accept all the students who asked for a place. Last month we were informed by DE&T that our enrolment limit would be rigorously enforced – to the point where if we required extra teaching spaces (additional relocatable classrooms) we would not be provided with them if we went over our 'limit'. Disappointingly, we have had to inform a number of families who had applied for Norwood that we are not able to accept their child/ren. The distance of a student's home, from Norwood, is the criteria we are expected to use. There is no flexibility for us in this.

We are, however, particularly encouraged that the significant work that has been done in all areas of our school's programs, has been so positively recognised in our local community.

Andrew Sloane, College Principal

SENIOR SCHOOL PRINCIPAL NEWS

SENIOR SCHOOL INFORMATION EVENING: TUESDAY 4 AUGUST

Our Senior School Information Evening is an important information sharing event for families and students currently in Years 9 and 10. As we are unable to invite families into the school, we are planning on delivering the same information remotely. Please note the following times:



- Year 10 (into Year 11 in 2021): Tuesday, 4 August
6pm – 6.30pm
- Year 9 (into Year 10 in 2021): Tuesday, 4 August
6.45pm – 7.30pm

These sessions will focus on course selection in the senior school years, including specific information about English and Mathematics pathways. Your son/daughter will be sent a link through Microsoft Teams for you to join together.

Prior to COVID-19, in addition to attending an information session, families previously had the opportunity to visit a number of classrooms to hear about specific subjects. It is our belief that this was an invaluable experience, therefore we have endeavoured to find a remote solution.

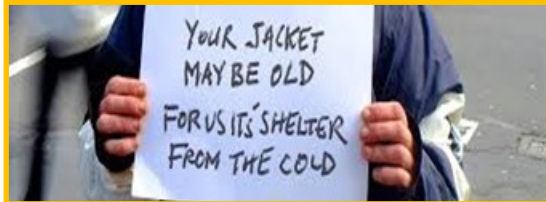
Teachers are currently recording short videos of specific subjects that will soon be available on our website and through Microsoft Teams. We will notify you when these have been uploaded. I would encourage you to view as many of these as possible with your son/daughter to assist with the subject selection process.

In the meantime, the Senior School Handbook can be found on the College website and was attached to a recent News Feed. We look forward to your attendance at the forthcoming remote information sessions.

Jackie Harris, Senior School Principal

STUDENT WELLBEING NEWS

Tips to maintain your well being



WELLBEING PREFECT UPDATE

Our Wellbeing Prefects did an amazing job presenting at the Senior School Assembly about promoting growth mindset and remaining positive and focussed through the upcoming term. Congratulations to Charlotte and Rhiannon for being such fantastic representatives for Wellbeing at NSC!



For our families that are planning to support our 'Heat the Homeless' donation drive, please note we will not be collecting donations on-site until current restrictions ease. Keep an eye out on upcoming newsletters for further updates.



@NSCWELLBEING

We are regularly posting wellbeing information on our Instagram page to help our students find a balance between school and home life. Follow us on @nscwellbeing if you would like up to date strategies and tips, and links to credible resources focussing on topics such as tackling anxiety, promoting mindfulness and gratitude, and improving physical wellbeing.



READING, WATCHING, LISTENING RECOMMENDATIONS

Our top wellbeing picks for great things to read, watch or listen to are below:

- Watch: "Your Mental Health" on ABC iview
- Read: "A guide to dealing with constant change" from ReachOut Australia (<https://au.reachout.com/articles/a-guide-to-dealing-with-constant-change>)
- Read: "Tips for supporting your teenager" from ReachOut Australia (parents/guardians only)
- Listen: "ReachOut Breathe" from ReachOut Australia

Jacki Landy, Annie Hearne and Chayna Dight-Stone,
Student Wellbeing Team

LIBRARY NEWS

HOME DELIVERY OF LIBRARY BOOKS IS BACK

Home delivery of Library books is back at the Norwood College Library. Log in to our catalogue at <http://catalogue.norwood.vic.edu.au/> and reserve your items, our staff will then contact you regarding delivery.



Or check out the 1000's of ebooks and audio books available 24/7 also available through our catalogue, with a few clicks you could be enjoying your next adventure in minutes.

Need some help selecting a book? Let us pick a book for you! Simply answer a few questions from the link on the catalogue and we will do the rest.



If you have any questions please don't hesitate to contact the library team at library@norwood.vic.edu.au - Keep warm, snuggle up with a good book!

Nicola Mackey and Kerri Jones, Library Team



*Brass teacher, Sean Smyth
teaching online this week.*



MUSIC NEWS

ONLINE AGAIN

Welcome back to all Instrumental Music students and families. Instrumental lessons have re-commenced for Term 3, VCE at the College and Year 7-10 online.



REMINDERS OF PROTOCOLS

In April, we posted a Compass Event titled 'Instrumental Music' to gain parental permission for online face to face lessons. Our teaching program was hugely successful due to the cooperation of students, encouragement of parents/carers and the expertise of our staff to deliver a quality program. Thanks everyone for the combined effort. Now we get to do it all again, and as a community, I have no doubt we will again succeed.

JAZZ NIGHT

Unfortunately, the Jazz Night will not be able to take place on Saturday, 12 September as planned, due to reintroduction of restrictions. We promise our students performers that you will be able to perform in the 2021 Jazz Night.

ENSEMBLE NEWS WE ARE ONLINE AGAIN!

- Junior Band -** Thursdays 3.15pm - 4pm online weekly activities start on Thursday, 30 July
- Concert Band -** Mondays 3.15pm - 4pm online Music projects started Monday, 20 July
- Jazz Band -** Tuesdays lunchtime - Recording project started Tuesday, 21 July
- Chorale -** Tuesdays 3.15pm - 4pm D7 or online for Year 7-12 started Tuesday, 21 July
- Acappella -** Wednesdays 3.14pm - 4pm D5 started Wednesday, 22 July
- *NEW Junior Strings -** Wednesdays 3.15pm - 4pm online weekly activities starts on Wednesday, 29 July.





INCORPORATE THESE TIPS INTO YOUR DAILY PRACTICE ROUTINE, AND YOU WILL SOON SEE THE BENEFITS

1. CREATE ATMOSPHERE

Get the right set-up for you. Whether you prefer to concentrate in a quiet practice room or somewhere with more stimulation, try be consistent with your choice. This will help you enter the right mindset when you begin to practise. Make sure you have everything you need close by: water, snacks, pencils, sharpeners, rubbers, highlighters, manuscript paper - it will save you a lot of time.

2. WARM UP

Like a physical workout, a warm-up is essential. But do not just plough through the same warm-up routine everytime and let your mind wander – a warm-up is not just about getting your muscles moving. Take it as an opportunity to prepare your body and mind for work and take stock of how you are feeling, how you are breathing, the tension your body is holding and why you are doing that particular exercise. Your warm-up does not always have to be 15 minutes of scales; try different technical studies or sight reading. If you are going to do scales, consider the keys of the pieces you are rehearsing. And as a cool-down, revisit a piece of music you already know well and enjoy.

3. HAVE A GOAL

Playing through all your old music is not the same as practising. Start with the end in mind: by having a goal for each practice session before you start playing, you will find you progress much more quickly and effectively. Then, break each goal down into smaller, focused objectives. You will feel a great sense of accomplishment as you complete each goal.

4. BE REALISTIC

We all grow up with our teachers telling us *"do not leave it until the night before"*. We have all been guilty of it at some point, and if we have an intimidating part to practise, it is easy to push it to the back of our mind. However, it is much more effective to practise little and often, and slowly chip away at your nemesis day by day. It is about quality, not quantity. If you aim to practise smarter, not longer, you will find yourself with a lot more willpower to draw upon. By setting small and realistic goals, you will find you overcome tricky areas much easier, and you will be less likely to beat yourself up for not completing absolutely everything you had planned.

5. IDENTIFY AND OVERCOME THE PROBLEMS

Do not just play a piece or passage over and over again, and definitely do not just power through a problem area and ignore it. Identify where you are stumbling out of time or continuously using the wrong fingering, work out why it is going wrong, then decide how you are going to fix it. Not every problem should be approached in the same way. If it is a rhythmic problem, try practising the rhythm alone on a table or just using one note alongside a metronome so you do not have to think about the notes as well, starting slowly then gradually increasing the tempo. Once you have mastered the rhythm, you will find re-introducing the notes much easier. When you've overcome the problem, don't go straight back to the beginning of the piece or passage; practise working in and out of the phrase from a few measures before until a few after, to ensure continuity. When you have overcome the problem, do not go straight back to the beginning of the piece or passage; practise working in and out of the phrase from a few measures before until a few after, to ensure continuity.



6. BEING A MUSICIAN IS SO MUCH MORE THAN JUST PLAYING THE NOTES

It is also important to understand your instrument, its repertoire, the history of the period and why the music is written a certain way. For example, if you are singing in a foreign language, make sure you translate the libretto so you understand the true meaning behind the words. Spend some time listening to great artists and recordings of the music you are playing and try analyse what makes the artist or particular performance so great. Visualising yourself playing the music can also be extremely helpful. Whether you visualise playing the part perfectly in the practice room or the concert hall is up to you, but spending some time away from your instrument, hearing the sound you are aiming for, seeing the music in front of you can make a huge difference to your mental and physical performance. If you are tight for time, or you are going to be stuck somewhere quiet like a train, take your music with you and read through it in your head.

7. WRITE ON YOUR MUSIC

Do not be afraid to scribble on your scores. Obviously some music does have to be treasured, but photocopy your score and do whatever it takes to make it easier to interpret the music. If you miss something once, make a mental note. But if it is a common occurrence then do not be afraid to write in the correct fingering, highlight dynamics or remind yourself of a key change.

8. RECORD YOURSELF

By recording your practice sessions you can listen back and perhaps spot some things you may want to consider doing differently that you miss in the moment of practicing or performing. Even consider filming yourself as well as recording yourself, you may notice tension that you were unaware of.

9. BE IN THE RIGHT FRAME OF MIND

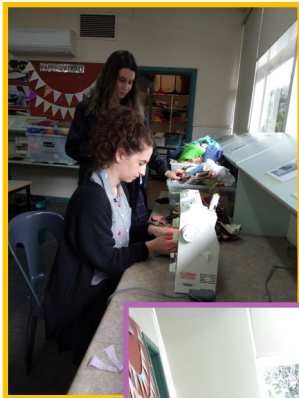
We are all human, and sometimes we are simply just not in the mood to practise – and there is no point in practising and creating new mistakes rather than overcoming them. So unless you are under a huge amount of time pressure, it is ok to take a day off or simply keep your fingers moving by spending 10 - 20 minutes playing something you know well and really enjoy. Ultimately, we all play because we enjoy the feeling and sound of our instrument, and it can be easy to get frustrated with the pressure and forget to have fun.

10. REWARD YOURSELF

At the end of each practice session, remind yourself how amazing you are to be playing an instrument and treat yourself afterwards!

Jo Dema, Music Coordinator





COMPETITION NEWS

**"I WILL WEAR MY MASK HERE OR THERE I WILL
SOCIAL DISTANCE EVERYWHERE!"**



Our Textiles room has been a hive of activity at lunchtimes this week with lots of students and staff getting creative with mask making. Under the government regulations, that came into place at midnight Wednesday, 22 July, staff and students are required to wear a mask when at school.

To put some fun into wearing MASKS, we are having a mask competition in Week 4 (Monday, 3 August - Friday, 7 August). Year 7 – 10 students can send a photo via teams to your Head of Year Level, Coordinator or Mentor Teacher to gain points for your year level. VCE Students, you can pop into Wellbeing or Senior School. Points and Prizes will be awarded for creativity and artistic ability



HOW TO SEW A FACE MASK TUTORIAL / EASY DIY FABRIC FACE MASK, 2 STYLES:

If you need some help with making a mask check out the links below. There are lots of mask making videos on youtube if you need help

<https://youtu.be/xL8ctct0Dz4>

Mask templates: See either Lincraft or Spotlight websites for mask patterns or see a pattern on page 8.

Hot glue mask: <https://www.youtube.com/watch?v=rU-DhAr02ZA>

No sewing mask: <https://www.youtube.com/watch?v=YthnngEEqBc>

Sock mask: <https://www.facebook.com/kchokshi87/videos/705890586624526/?t=4>

Looking forward to seeing the wonderful creations.



Jan Woolard, Textiles Teacher



TREASURIE

Face Mask Pattern
www.treasure.com

CUT 4 from fabric

CHILD 3-7
ADULT

Face Mask Pattern
www.treasure.com

CUT 2 from interfacing

CHILD 3-7
ADULT

2 x 2 inch
test square

VIRTUAL OPEN DAYS



CAREERS NEWS

A recent Compass Newsfeed to Senior School students contains information regarding:

- Virtual Open Day details offered by Universities/ TAFES - also available by [clicking here](#).
- The latest Career newsletter containing short articles of the following is available by [clicking here](#)
- Swinburne 2021 Early Entry Program
- ACU Guarantee Program
- Pathways to study at La Trobe in 2021 - Achieve at La Trobe
- RMIT University Webinar Series, Useful Links and Videos
- Upcoming Monash University Webinars
- Snapshot of Kangan Institute in 2020
- Details of Biomedicine/Biomedical Science Degrees in Victoria in 2020
- Details of Science Degrees in Victoria in 2020
- Ten jobs you might be interviewed for in 2050
- Discover Deakin – Online Information Events
- New Nexus Program at La Trobe University
- University of Melbourne - Study Website, Stay Connected, Meet Melbourne Online
- What does a Neuroscientist do?
- Group of Eight Universities
- Snapshot of Box Hill Institute (BHI) in 2020
- Details of Business Degrees in Victoria in 2020
- Details of Commerce Degrees in Victoria in 2020



Ron Chatton, Careers/Pathways Coordinator

UNIFORM SHOP

SHOP HOURS:

BY APPOINTMENT ONLY - PLEASE EMAIL TO BOOK.

nsc@dobsons.com.au

DOBSONS ONLINE:

Please visit: www.dobsons.com.au

Navigate to **SHOP** in toolbar

Click - Norwood Secondary College Logo



DELIVER TO HOME OR OFFICE:

Metro Melbourne: Within 24 - 72 hours - \$10 Flat Rate

Jenny McKenzie, Dobsons Uniform Shop Coordinator

TERM DATES

Term 1:

28 January to 27 March

Term 2:

14 April (Tuesday) to 26 June

13 April (Public Holiday)

Easter Monday

Term 3

13 July to 18 September

Term 4

5 October to 18 December

SECONDHAND UNIFORMS

FOR SALE

If you have secondhand uniforms you would like to sell:

- Ensure they are clean and in good condition
- Email the Uniform Shop for a sellers form
- Complete the sellers form and make arrangements with the Uniform Shop to hand in.



Student Wellbeing Centre

FOR DONATION

All uniforms being donated to our Student Wellbeing Centre are to be handed in to the General Office only.

COMMUNITY AND BUSINESS ADVERTISEMENTS

The Department of Education does not endorse the products or services of any private advertiser. No responsibility is accepted by the Department of Education for accuracy or information contained in advertisements or claims made by them.

Important changes to school crossing operating procedures effective Thursday, 23 July 2020

Att: Students

As a result of the Victorian Government requirement for the mandatory wearing of masks outside of your home, the Department of Transport has provided guidance to Council for School Crossing Supervisors.

To enable them to continue to safely operate school crossings while wearing a face mask the Department has determined that School Crossing Supervisors will use voice commands, replacing the use of whistles.

The commands will be:

- **WALK** - Pedestrians are to commence walking.
- **STOP** - Pedestrians must stop and not cross the road.

Our School Crossing Supervisors have been instructed in this new method of signalling to pedestrians and have commenced using them this week.

We are asking you to assist Council and your school crossing supervisors by informing your school community of this change in crossing procedures.

This change of procedure will be in place for as long as the wearing of masks is mandatory and we will continue to keep you informed of any further changes.

Thank you for your assistance in this matter.



COMMUNITY AND BUSINESS ADVERTISEMENTS

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Short and long term foster carers needed.



We urgently need you

We are seeking foster carers for 0-18 year olds, who are open to providing emergency, respite, short or long term care in the East.

Our Foster Care Program provides you with the training and advice to support your care of vulnerable children and young people in our community.

You'll also receive a Carers Allowance to help meet the basic costs of the child/young person in your care.

With over 100 years of experience bringing carers and children together, we'll support you in your journey to becoming a foster carer.

If you think you can support a child or young person, we would love to hear from you.

Get in touch

Call Caroline Tear on
03 9051 3255 or visit
unitingvictas.org.au/foster-care

All enquiries welcome.

Support. Nurture. Thrive.
unitingvictas.org.au

Uniting