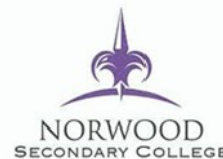


NORWOOD COMPASS

The Newsletter of Norwood Secondary College



PURPOSE STATEMENT

Norwood Secondary College provides a vibrant teaching and learning environment

TERM 3
NUMBER 12
21 August, 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 24 August to Friday 28 August

Remote Learning Years 7-12

Thursday 27 August

Parent Student Teacher Conferences

Monday 1 September to Friday 4 September

Remote Learning Years 7-12



PRINCIPAL'S REPORT

MASTER PLAN UPDATE

It is with pleasure that I am able to announce that the architect firm which has been chosen to lead us in developing the College's facilities for the future is "himmelzimmer".

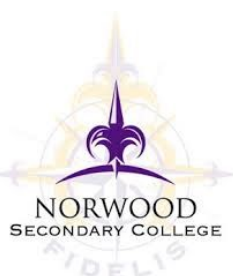


Architects Dirk Zimmerman (Director) and Heather Ward-Walton form the team that will work with our community. Jackie Harris, Kris Johnson and I had our first meeting, this week, with the key 'players': himmelzimmer, the Victorian School Building Authority, Aurecon (the portfolio manager) and Regional provision planning staff. We will now be involved in ongoing discussions with himmelzimmer, sharing input received from students, parents and staff regarding 'what we hope for' in this project.

The outcome will be an overall plan for the redevelopment of the entire College site (though the Gymnasium and STEM Centre will not be touched and it is most likely that the building that houses the current Library will be retained.) The scope of the Master Planning process is broad and we will endeavour to include as many aspects of our community's feedback as possible...within the constraints of strict budgets.

All projects such as ours usually take place over several stages. Funding, of course, determines how quickly the stages can progress and any predictions on availability of funds, at this time with our economy in the grips of COVID, would simply be speculation. We do, however, remain confident that we will be seeing a first stage of development in the coming 18 months. We will, of course, keep you posted.

Andrew Sloane, College Principal



In this issue you will read about:

- Principal's Report p1
- Senior School Principal News p2
- Parent/Student/Teacher Conf p3
- Student Wellbeing News p4
- Year 7 News p5
- Business Studies News p6
- Music News p7-8
- Health and PE News p9
- Library News p10
- Dobson's Early Bird Sale p11

Senior Secondary Support and Advice 2020

I would like to recommend the Wellbeing Webinar series to all Year 12 students. This is a suite of unique, informative and engaging 30 minute webinars to support all VCE/VCAL students navigate their way through 2020 and beyond. There will be practical and evidence-based approaches discussed that boost mental wellness and build resilience, motivation and connectedness. All sessions will be recorded and made available on the [NEVR Year 12 Support Site](#).

These webinars include the following topics:

1. Mental Wellness: proactive and practical approaches to maintaining and improving your mental wellbeing:
Friday 21 August **12.30pm-1pm**
WebEx: [Hyperlink](#)
2. Call for Calmness: Understanding and practicing ways to achieve calmness in your life as an antidote to VCE stressors:
Friday 28 August **12.30pm-1pm**
WebEx Event: [Hyperlink](#)
3. Thoughtful Solutions: Exploring common thinking traps that can lead to negative patterns of thinking and learning practical strategies to manage them:
Friday 4 September **12.30pm-1pm**
WebEx: [Hyperlink](#)
4. Digging Deep: Identifying your personal motivators to maintain the effort required to achieve your short and long term goals:
Friday 11 September **12.30pm-1pm**
WebEx: [Hyperlink](#)
5. Virtual Connectedness: Finding creative, innovative and unique solutions to bring us together:
Friday 18 September **12.30pm-1pm**
WebEx: [Hyperlink](#)
6. On the Horizon: Looking through both a realistic and optimistic lens to a positive future with new knowledge, thinking and skills:
Friday 9 October **12.30pm-1pm**
WebEx: [Hyperlink](#)



RESOURCES TO SUPPORT YEAR 12 STUDENTS

Recently, our two College Vice Captains attended an online webinar, alongside Year 12 students from North Eastern Victoria. Students were asked to provide feedback about the supports they needed. Some of those suggestions included the development of a 'one stop' website that contained all of the information that Year 12 students needed to know about COVID changes to exams and subjects and the provision of wellbeing resources. I am pleased to report that both of these changes have been accomplished. Year 12 students now have access to a new website: [NEVR Year 12 Support Site](#) – Department of Education North Eastern Victorian Region Google Site. This website includes links to:



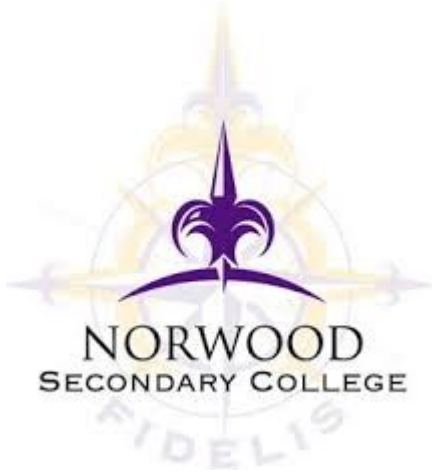
- [Wellbeing resources](#)
- [Wellbeing Webinar series](#) and factsheets hosted by Michael Carr Gregg
- Updates for [exam](#) dates and study design changes from The Victorian Curriculum and Assessment Authority (VCAA)
- [Study Skills](#)
- [Staying connected](#) including [leadership](#) and the [NEVR student Forum](#)

I would like to recommend the Wellbeing Webinar series to all Year 12 students. This is a suite of unique, informative and engaging 30 minute webinars to support all VCE/VCAL students navigate their way through 2020 and beyond. There will be practical and evidence-based approaches discussed that boost mental wellness and build resilience, motivation and connectedness. All sessions will be recorded and made available on the [NEVR Year 12 Support Site](#). Students interested in attending these webinars need to register using the attached hyperlinks. Alternatively, all webinars will be recorded and posted to the NEVR website and can therefore be viewed at times that might be more convenient. There is no charge to access the webinars, however, WebEx might need to be downloaded onto devices first. I would like to think that our Year 12 students will access some of these sessions. Thank you to Tobi Ray and Will Robinson for being part of the student forum that led to the creation of these resources.

YEAR 12 ASSESSMENTS

The Victorian Curriculum and Assessment Authority (VCAA) has released information this week permitting schools to run some essential assessments at school. It is therefore our intention to facilitate onsite assessments for those subjects where remote assessments are more difficult to implement and/or authenticate.

To ensure parents are fully informed of any onsite Year 12 assessments, teachers will notify you by uploading a Compass Event, requiring your approval. Students will be expected to wear full school uniform when attending school as this easily identifies them as students attending school for a legitimate purpose. Furthermore, parents will have official school notification via the Compass Event, if they need to provide a reason for driving their son/daughter to school. Please be assured that there will be strict hygiene protocols implemented for all onsite classes. Students will be expected to wear face coverings, temperatures will be checked, rooms and equipment will be thoroughly cleaned and social distancing measures will be in place. We look forward to seeing some Year 12 students back onsite, although in a very limited capacity, either by the end of next week or the start of the following one.



Parents, Student, & Teacher Conferences



PARENT STUDENT TEACHER CONFERENCES THURSDAY, 27 AUGUST 2020



Bookings for Conferences are now open via Compass. (Please refer to the Compass Newsfeed published on Monday, 17 August for details).

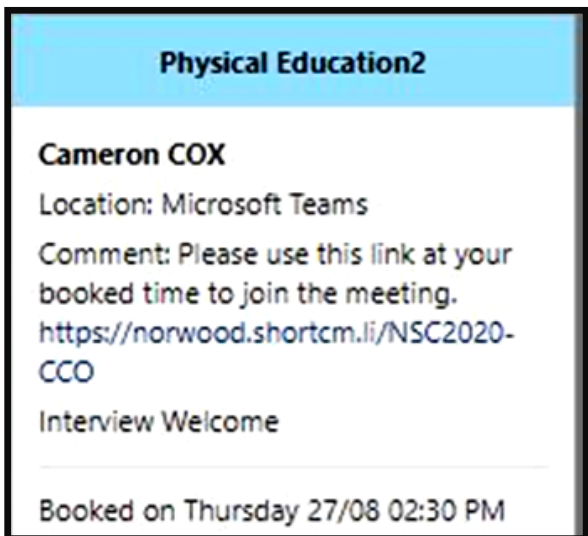
This year the number of bookings available for each teacher has reduced significantly due to the Stage 4 Restrictions. If you are unable to make a booking with a teacher and you would like feedback in addition to your child’s recent GPA report; please email the teacher via Compass. The teacher will endeavour to respond in a timely manner.

Please be aware that if a teacher has indicated ‘Interview/Conference - ‘Welcome’ in the recent GPA report, then you can assume that your child is progressing satisfactorily and there are no issues of concern to discuss from the teachers perspective.

Please follow the steps below to meet with your child’s teacher on the day of Conferences:

1. In Compass, navigate to your Conference bookings.
2. Click on the Conference booking of the teacher you are scheduled to meet. The Conference details will appear as per the example depicted in the image below.
3. Click on the ‘link’ provided at the time of booking. Each teacher has a unique link. (If the link does not work; copy and paste the link into your web browser.
4. The link will take you to the Conference booking in the Microsoft Teams platform.
5. Wait for the teacher to accept you into the Conference booking.

Kris Johnson, Junior School Principal



SUPPORTS AVAILABLE – MAROONDAH CITY COUNCIL

Maroondah City Council is currently seeking feedback from the Maroondah community on how COVID -19 is affecting them, or their families. The information they receive will help them to better understand the impacts (both positive and negative), needs, concerns and aspirations of the Maroondah community in the context of the COVID-19 pandemic. The ten-minute survey can be found online at yoursay.maroondah.vic.gov.au or you can receive a hard copy by contacting the customer service team on 1300 88 22 33 or 9298 4598 (a reply-paid envelope will be provided with the survey).

If any families are struggling financially or to source food, support can also be found through MCC.

READING, WATCHING, LISTENING RECOMMENDATIONS

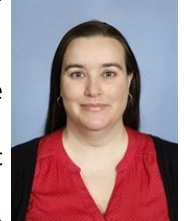
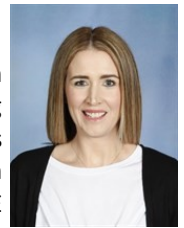
Our top wellbeing picks for great things to read, watch or listen to are below:

- Watch (and participate) in Maroondah Youth Services “Hangout at Home”. This is a virtual EV’s Hangout experience hosted by Marcus and Ash (MY youth workers) on Zoom, featuring a weekly discussion topic on Thursdays. Register via <http://www.maroondahyouth.com.au/Whats-on/Hangout-at-Home>.
- Read “5 apps to help you study at home” on <https://au.reachout.com/articles/5-apps-to-help-you-study-at-home> – we strongly recommend Flora (and getting a friend involved who needs a digital detox)!
- Listen to “We Know Your Name But Not Your Story”, streamed on the Maroondah Youth Services Instagram page on the 4th and 5th of September. Head to their Instagram page to see trailers and potentially a few NSC students over the upcoming weeks!



PARENT ADVICE FOR REMOTE LEARNING

There have been a number of shifts this year which have made it difficult for some of our NSC young people to adjust – this is completely normal! Humans crave routine and predictability, and this year has been the complete opposite. Especially for our VCE students, maintaining the “normal” school routine (attending classes, completing notes and learning exercises, studying for remote SACs) while in the comforts (or the confines?!) of the home can be considered particularly jarring. It is important to redirect motivation and reshape negative thought patterns into more productive avenues to assist a young person in feeling less overwhelmed, and more positive about these circumstances.



Some great questions to ask if he/she/they are struggling are:

- What worked well with home learning last time?
- What did not work well, and what can we do to change this?
- What strategies or tools do we/you have in our toolbox to overcome these challenges?
- Is your remote learning environment comfortable and conducive to productivity? As a parent/family what do we do, to best support you?

We have done this once before, and we **can** do it again! Encourage your son/daughter to take the Reach out “What is your at home study style” quiz to identify unhelpful patterns, highlight strengths of each study style and offer tips on ways to improve (use this link if viewing online - <https://au.reachout.com/articles/quiz-whats-your-at-home-study-style>)

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



<p>remote learning TIPS</p>	<p>Avoid procrastinating</p>	<p>Stay off social media when you are learning</p>	<p>Have a dedicated workspace</p>
<p>Create a schedule</p>	<p>Video chat with your friends about class</p>	<p>Know when to stop for the day</p>	<p>Make lists and celebrate as you complete tasks</p>

YEAR 7 NEWS



NORWOOD SECONDARY

YEAR 7

REMOTE LEARNING WEEKLY CHALLENGES

Week 6: Trivia (Lunchtime Wednesday)

Week 6: Step Counter Challenge

Week 7: Photography Competition

Week 8: Trickshot Video

Week 9: Creative writing/ Drawing Competition

Week 10: Mentoring Video Submissions

KEEP AN EYE ON OUR YEAR LEVEL PAGE ON MS TEAMS FOR MORE DETAILS AND INFORMATION ABOUT THE CHALLENGES

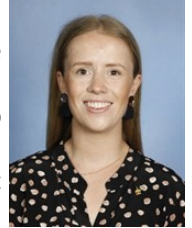


YEAR 7 TRIVIA AND WEEKLY CHALLENGES

On Wednesday, 19 August 2020, the Year 7 mentor team hosted a 'How well do you know your mentors?' trivia. An optional event supported by the Year 7 student leadership team; a significant number of students took the opportunity to participate in this friendly battle of wits.



The highlight was undoubtedly the opportunity for the students to see pictures of their mentor teachers as babies and toddlers. Students had to 'match the photo to the mentor'. Although many participants managed to identify Mr Given's image, the picture of Ms Pratt attempting to ride a bike fooled lots of us!



It was also a great opportunity for the students to engage in casual conversation with members of staff, providing a jovial and relaxing atmosphere for a rainy Wednesday afternoon.

Once the students had submitted their answers, Mitch in 7C emerged victorious. He will be awarded with a prize upon our return to face-to-face learning.

If any Year 7 students were unable to attend the trivia there is no need to worry, there may be another opportunity to do so shortly. Additionally, The Year 7 leadership team have organised weekly challenges that Year 7 students are invited to participate in during the remote learning period. Each week there will be a new theme. The image attached shows a summary of the challenges Year 7 Students can choose to enter.

Keep an eye on the Year 7 Microsoft Teams page. Every Monday we will release the challenge and provide more information about how to get involved.

Adam Given, Year 7 Coordinator
Priscilla Smith, Head of Year 7

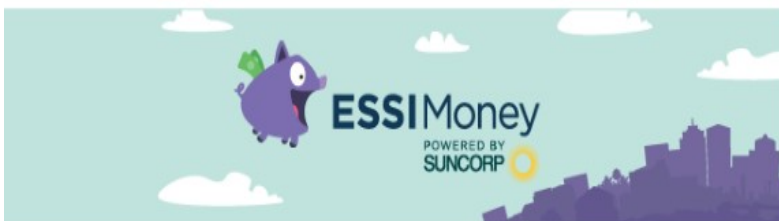
ARE YOU UP FOR
THE CHALLENGE?

**BUSINESS STUDIES – ESSI MONEY CHALLENGE
OPEN TO STUDENTS IN YEARS 9 – 12**

Do you remember the ESSI money game from OYO in Year 9? If you do and you want to play again you can join from the game links on Compass. Please read the following rules below. **The most important rule is that you can only join once and play the 5 games available. IF YOU REJOIN THE GAME LINK YOU WILL BE DISQUALIFIED.**



Please make sure you fill in all of the information accurately when you join the game and only register in the link that matches your age. **GAME LINKS WILL BE PROVIDED FOR EACH YEAR LEVEL VIA COMPASS NEWSFEED.** Please contact Miss Walmsley or Mr Goh if you have any questions.



GAME RULES:

This is a national competition which combines the normal ESSI Money Game with a financial literacy quiz. The Suncorp ESSI Money Challenge game went "live" at 9am (AEST) on Monday, 17 August 2020. Students can commence play at any time after this but must complete the game along with the end-of-game quiz and survey questions and submit their score by 5pm (AEST) on Friday, 28 August 2020.

Students compete in one of two age brackets: 12-15 or 16-18. The three highest scores in each age category win a prize! The top 10 scores from each age category are displayed on the Suncorp ESSI Money Challenge [News and Leaderboard](#) page throughout the competition.

LOTS OF PRIZES AND CHANCES TO WIN

First prize is \$1500 cash deposit into a personal Suncorp Bank Kids Savings Account and a bonus cash deposit of \$1500 for the winning student's school.

The three highest scoring students in each age category win a cash prize! **Plus**, every student that completes a game goes into the draw for one of 16 X \$250 Suncorp EFTPOS Gift Vouchers.

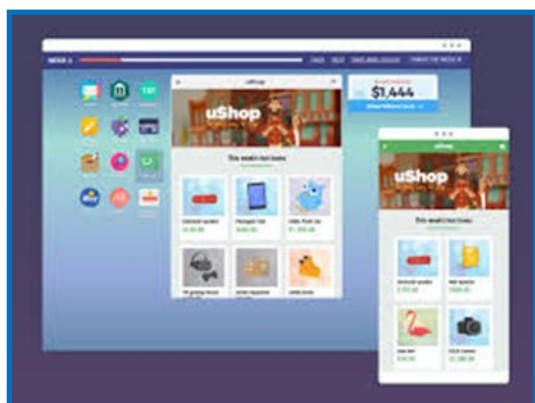
IMPORTANT PLAYER RULES:

Participants may make a maximum of 5 attempts (combined across all classes) at the Suncorp ESSI Money Challenge (an attempt is when a student has logged in and progressed to "week 2" or further). The highest score for each participant will be taken into consideration for judging purposes.

PLEASE NOTE: The game will NOT automatically stop students from making more than 5 attempts at the game. It is up to the teacher to enforce this rule. Any participant making in excess of 5 attempts (combined across all classes) at the Suncorp ESSI Money Challenge 2020 will be disqualified

Lisa Walmsley and Paul Goh, Business Studies Teachers

BUSINESS STUDIES
STUDY STRATEGIES



ONLINE INSTRUMENTAL MUSIC LESSONS CONTINUE

Welcome back to online lessons to all our Music students. **We did it before and we can do it again!**

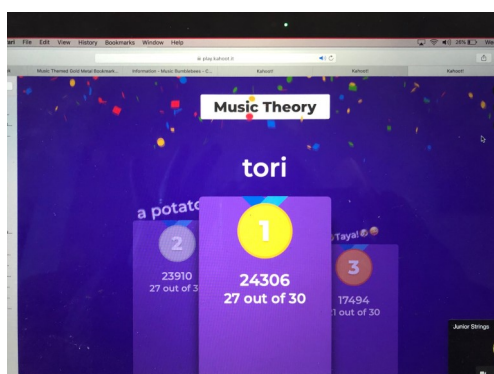
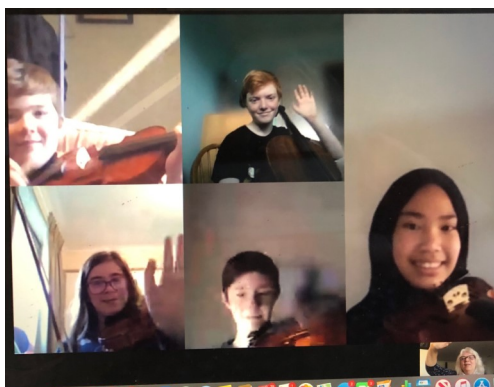
Help your teacher out by:

1. Practising 5 days a week
2. Having your instrument, music and music stand ready, 5 minutes before your lesson
3. Have a pencil ready to take notes

ENSEMBLES CONTINUE ONLINE

- Concert Band - Mondays
- Chorale - Tuesdays
- Jazz Band - Tuesdays
- Acappella - Wednesdays
- Junior Strings - Wednesdays
- Junior Band - Thursdays

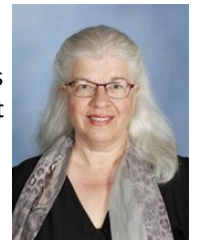
Note: Due to the large number of string lessons, String Ensemble is suspended at present.



MUSIC NEWS

TALENT SHOW NO 2

Yes, we are having another Talent Show this term! This time we are opening it up to the whole College. Your act can be musical, comedy, drama, dance or magic.



VIDEO ENTRIES DUE BY SUNDAY, 13 SEPTEMBER 2020



What is your talent? Singing? Instrumental? Acting? Dancing? Comedy?

HERE ARE THE GUIDELINES:

- Students are invited to record a performance as a solo or with family members.
- Make the sound quality the best you can manage and remember to put your recording device in the best position (i.e. not at your feet!)
- Make sure your content is family friendly (of course!)
- Wear appropriate clothing and make your background as professional as possible. (In front of a clear wall or curtains)
- Keep it short, 1-2 minutes at the most!
- Upload Videos to Teams under 'Whole School Talent Show'
- Due Date: Sunday, 13 September 2020



AMAZING MUSIC PHOTO COMPETITION!!!!

Here is a **FABULOUS** opportunity!
COOL CERTIFICATE and PRIZES TO BE WON!!!!
Not Compulsory! Not Graded!

WHAT TO DO:

1. Take a clear photo of your musical instrument in the most creative and interesting way possible. (Make sure the location is safe for both you and your instrument!)
2. Submit up to 3 photos to the 'Learning Tasks' for your Ensemble titled:
Photo Competition
3. Due Date: **MONDAY, 24 AUGUST - 4pm**
4. With your permission, some photos will be posted in the Norwood Compass Newsletter and on Norwood FB Page.
5. Certificates will be posted to all winners!
6. Prizes awarded once we are back at the College!



This is not compulsory!

This is NOT a graded 'Learning Task'....this is a fun task!!!



THE BEST NEWS!

Congratulations to our Brass teacher Mr Sean Smyth and wife Sunny, on the birth of their first child. A beautiful little girl!

Jo Dema, Music Coordinator



Congratulations



AMAZING MUSIC PHOTO COMPETITION!!!!



Note: Please don't put your instrument in a pond!

Categories for Prizes:

- *Most Creative Photo*
- *Best Setting*
- *Best Background*
- *Best Lighting*
- *Most Interesting Angle*
- *Most unusual*
- *Most Captivating*

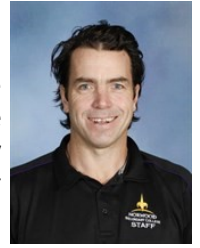
DUE DATE EXTENDED
MONDAY, 24 AUGUST by 4pm.
GET INTO IT and HAPPY SNAPPING!



HEALTH AND PE NEWS

HELLO FROM THE HEALTH AND PE FACULTY

Another big thank you to all of our students (and parents) who have been involved in online/remote schooling from home – version 2. Our students have engaged in classes and are trying to be as physically active as possible, so it has been very pleasing for all our Health and PE staff.



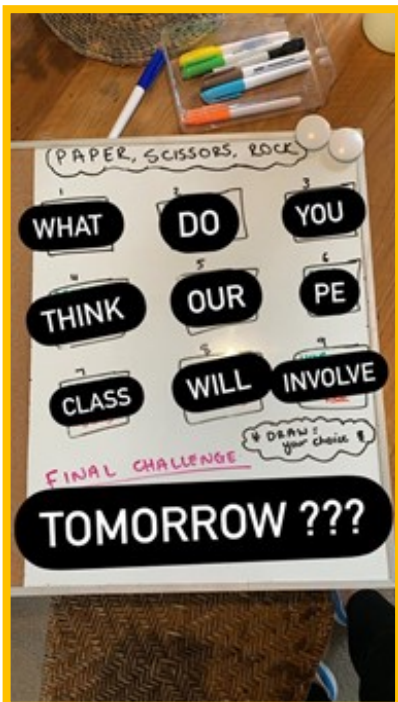
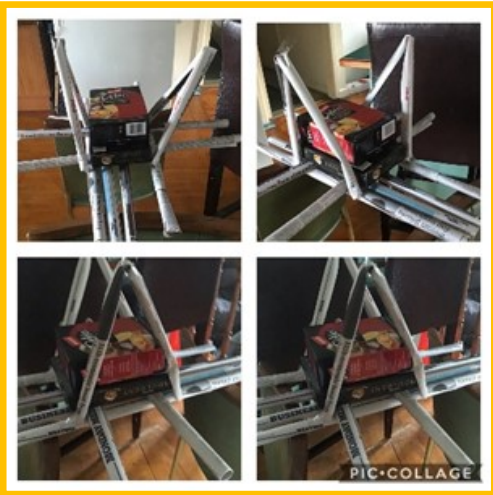
We continue to encouraging students and parents to be physically active as much as possible during these times in isolation. The “At Home Physical Activity ideas” folder is still available on Compass (in class resources) and we have also been using the “PE made Easy” resources with more challenges and sport specific activities. These resources contain lots of workouts, games, challenges and health and wellbeing ideas for students (and parents) to participate in. Some fun things in PE classes recently have been Mrs Creemers Virtual PE classroom, PE bingo and PE – OPOLY, Fitness Connect 4, Fitness bingo and Fun Circuits and a 4 activity/4 minute year level challenge in Year 8 and 9.

Our Junior PE students have just completed their assignments on various topics such as Heart Rate and Exercise (7s), the Muscular System (8s) and Circuit training (9s). Well done to all students who have completed these tasks to the best of their ability. In Junior Health, students continue to work through their health reflection journals and are doing a great job each week.

In Outdoor Recreation, students have been busy building bridges out of newspaper and are currently completing a camp cooking activity at home. Advance students are planning a ‘Health and Wellbeing Day’ for Year 9 students (something that could be very important this year!)

Thank you to all members of the school community for their hard work and efforts. Please continue to be safe, active and healthy and we look forward to seeing all students back in Health and PE classes very soon.

Rod Mitchell, Head of Health and PE



B	I	N	G
10 Star Jumps	10 Seal Jacks	10 High Knees	10 Leg Raises
5 Squat jumps	10 Heel Raises	10 Scissor Steps	10 Bicycle crunches
6 Lunges	10 Squats	10 Mountain climbers	5 Tuck Jumps
5 Plank in-outs	10 Shoulder Taps in Plank	10 Sit ups	5 Pushups



*“You can find magic wherever you look. Sit back & relax, all you need is a book.”
Dr. Seuss*



LIBRARY NEWS

BORROW FROM THE EASTERN REGIONAL LIBRARY USING YOUR NORWOOD STUDENT ID CARD

Norwood has joined with Eastern Regional Library, giving students access to a vast number of online resources using their school ID cards as library cards. With a quick tick of a box on Compass students can access countless study, literacy and entertainment resources online from anywhere.



Some of the available Services & Resources include:

- Borrowing of eBooks, magazines and movies from [14 libraries](#)
- Access to [Encyclopedia Britannica](#)
- 50,000+ free downloadable eBooks & audiobooks via the [OverDrive app](#)
- Thousands of video training courses via [Lynda.com](#)
- Hundreds of Australian audiobooks via [BorrowBox](#)
- Language training courses from [Mango Languages](#)
- Driver training courses and practice quizzes from [Aussie Driver](#)
- [And many more](#)

Please see Compass for more information and the easy to follow instructions.

If you have any questions or would like any assistance please contact the Library at library@norwood.vic.edu.au

Nicola Mackey and Kerri Jones, The Library Team

UNIFORM SHOP

SHOP HOURS: CURRENTLY CLOSED
BY APPOINTMENT ONLY - PLEASE EMAIL TO BOOK.
nsc@dobsons.com.au

DOBSONS ONLINE: AVAILABLE
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

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.

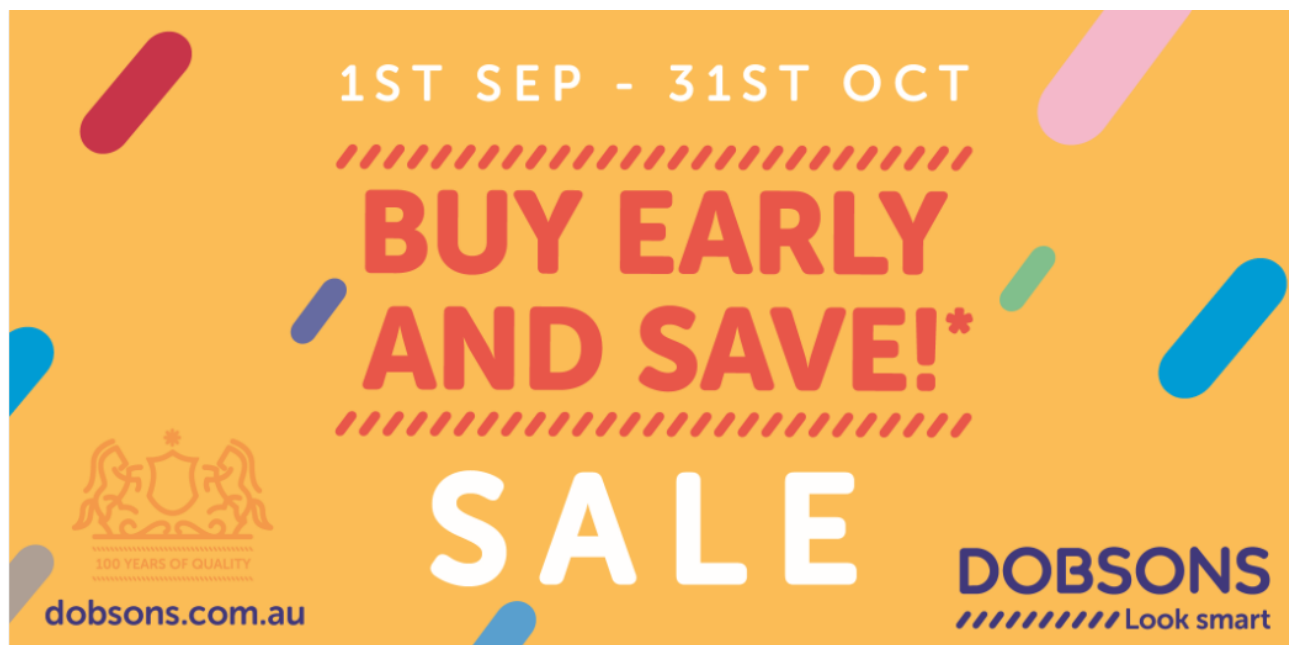


FOR DONATION

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.



Get ready, the Dobsons annual Buy Early & Save Sale is about to begin! Save on selected uniform items when you shop with Dobsons from September 1st till October 31st, 2020. Beat the back to school rush and save on a range of selected items, including:

- Blazers
- Pullovers
- Summer Dresses
- Summer Shirts
- Bags
- Sportswear

With a pain free returns policy, now is the time to plan ahead. Whether your child finds a few extra centimetres over the holiday break or not as many as you'd thought, Dobsons has you covered with a quick and simple returns policy.*

Once Dobsons stores re-open they would love to welcome you in store but until then they look forward to servicing your uniform needs online. To shop the sale online go to dobsons.com.au

**Terms & Conditions apply. Sale available online and in store once store services resume.*