

The Newsletter of Norwood Secondary College



PURPOSE STATEMENT

Norwood Secondary College provides a vibrant teaching and learning environment

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: Olivia Kiefte and Samuel Ball

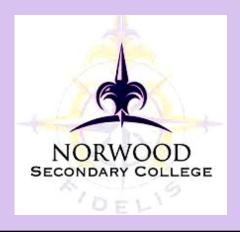
School Web Address: www.norwood.vic.edu.au

TERM 3 **NUMBER 13** 20 August, 2021

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

CALENDAR OF EVENTS 2021

TERM 3, 2021 Monday 23 August Remote Learning **Thursday 26 August** Parent/Student/Teacher Conferences Online only



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PRINCIPAL'S REPORT

"WE'RE ALL IN THIS TOGETHER"

The message that was so frequently used in 2020, during our lockdowns, "We're all in this together", has been less evident in 2021. I don't doubt that even highly appropriate messages such as this get user fatigue to the point where we stop using them. However, as we have looked for ways to help our students and staff survive another lockdown it has



been obvious that coping with the isolation of lockdown is made less difficult when we have contact with those that are important to us. Family, friends, teachers, students – all of us have at least someone who can offer us support when we need it and vice versa.

I am heartened when I hear stories from students and staff about the many ways people are trying to keep in contact and share this trying journey that is lockdown. I do hope that many of our students took the opportunity on Tuesday, this week, to try some of the wellbeing activities that were provided by our Wellbeing Team. All the suggested activities can be used again and again – and all, with regular use, can change mindsets.

None of us are enjoying the isolation of lockdown and remote learning, but I hope some (or many) are seeing the value in keeping in touch with friends and looking after themselves. As we wait for our infection data to improve, we would benefit from making it a shared journey. Shared with those important to us and looking out for each other.

Andrew Sloane, College Principal

James Merlino

Deputy Premier
Minister for Education
Minister for Mental Health



20TH AUG 2021

EXAM PLANS FOR THE CLASS OF 2021

The Victorian Government is setting a pathway to ensure Year 12 students can approach their final months of school with confidence, scheduling new exam and assessment dates ahead of the year's final exam periods.

As we confront the immediate challenge of the current Delta outbreak, Victorians know how important it is to follow the stay-at-home orders, get tested and get vaccinated to run this virus to ground. At the same time, it's vital to outline a plan to give senior secondary students the clarity they need as they prepare for their final assessments.

Subject to ongoing public health advice and epidemiological conditions, the 2021 General Achievement Test (GAT) will be held for all Year 12 students across Victoria on Thursday 9 September, with extra COVIDSafe conditions in place to keep students and school staff safe.

While students in metropolitan Melbourne continue remote learning, school-based assessments that cannot be conducted remotely – for example, performance or practical assessments – may be completed **in person at schools from 30 August, in groups of no more than 10 students at a time.**

VCE written and performance exam dates will remain as originally set – with performance and oral exams scheduled to begin on Monday 4 October, and written exams to run until Friday 17 November, subject to further public health advice. These timetables will allow results and the ATAR to be released on Thursday 16 December.

All examinations, onsite school-based assessments and the GAT will be conducted with extra health precautions in place – like the use of face masks, enhanced cleaning of exam spaces and smaller than usual group sizes to allow students to be physically distanced.

Students who are unwell at the time of an assessment will be required to get tested and return home to isolate, and a Derived Examination Score will be calculated if a rescheduled assessment is not possible.

In light of the continued disruption to the 2021 school year, the Consideration of Educational Disadvantage will apply to each and every student completing one or more VCE or scored VCE VET Unit 3-4 subject in 2021 – giving students certainty that the only thing counting towards their score is their effort and hard work.

Consistent with the approach in 2020, the process will consider the individual impact of coronavirus on each student including school closures, students' health impact, remote learning and mental health challenges – and will use data like the GAT, other assessment and school comparisons to calculate final VCE results.

QUOTES ATTRIBUTABLE TO MINISTER FOR EDUCATION JAMES MERLINO

"Right throughout this pandemic, students have responded with resilience and positivity in the most difficult circumstances—and now we're giving them the confidence they need to get through their final exams and enjoy the end of their schooling." "We know so many kids have been impacted by the pandemic this year, and our Consideration of Educational Disadvantage process will make sure every student is assessed individually on their effort—not the disruptions."

"All of these dates are subject to the health advice at the time – which is why it's so vital that every Victorian does the right thing. Stay at home, get tested, and get vaccinated if you can, so our students can finish the year strongly."



SENIOR SCHOOL PRINCIPAL NEWS

PARENT STUDENT TEACHER CONFERENCES

Parent Student Teacher Conferences will take place from 11am – 6.30pm, Thursday, 26 August, 2021.



Unfortunately, given the current situation, we do not envisage it will be possible to welcome parents/carers site for face-to-face on conferences in the coming weeks. As a result, we have made the decision that upcoming conferences will only be conducted virtually using the Microsoft Teams platform. Classes will not run on this day.

The Conferences provide a great opportunity to meet your child's teachers and discuss their progress to date. We strongly encourage students to attend online with their Parents/ Carers, as we believe there is great value in them being a part of the conversation.

Although the conferences will be conducted using Microsoft Teams, the booking process will remain the same as previous years using Compass. Please contact the General Office if you require assistance making bookings. (Instructions on how to access the conference bookings you have made will be published on Monday, 23 August.)

The conference booking duration will be 10 minutes. The 10 minute slot will allow you to have a 6-7 minute conversation about your child's learning and then prepare for the next conference. If you are unable to make a booking with a teacher, you are welcome to email the teacher via Compass to request feedback on your child's progress and the teacher will endeavour to respond as soon as possible.

Kris Johnson, Junior School Principal



SUBJECT SELECTION

After postponing subject selection interviews in the hope that we would all be back onsite, we found ourselves once again needing to conduct these sessions remotely. All teachers involved in the process thoroughly enjoyed having the opportunity to engage with students about their interests and career aspirations. Thank you to parents for supporting



students in their decision making. Your support ensured the process ran smoothly, allowing teachers more time to connect and check in on student progress and wellbeing. Students will be notified of their 2022 subjects early next term.



WELLBEING DAY

We are pleased to report that we have received many positive communications from families about the recent Wellbeing Day. We are acutely aware of the need to find the balance between providing structured teaching and learning opportunities for students, whilst also being mindful of ensuring a balance in their lives to support mental health and wellbeing. Thank you to our Wellbeing Team for compiling Wellbeing Booklets for our students. These are located in Year Level Teams for students and have also been posted in a Newsfeed for parents to access. A second edition will be published shortly.

Parent & Carer Survey



PARENT/CARER SURVEY

Thank you to the parents/carers who have completed the annual Department of Education and Training Parent/Carer Survey. A link to this survey was emailed to a random selection of families. If you haven't managed to complete this yet, the survey remains open until September 3. We would appreciate families, who have been sent the link, taking the time to complete the survey as we spend considerable time analysing this information. All opinions are important and your collective opinions allow us to reflect on what we are doing well and consider areas for improvement.

Jackie Harris, Senior School Principal



REVIEWING YOUR NEWS CONSUMPTION

Our society demands immediacy, and whilst this is great for UberEats and any Amazon deliveries, constant flow of news from around the world can be intimidating and overwhelming.

We encourage you and your families to be conscious of the way news is being consumed – that may be temporarily unfollowing some media outlets on your socials, restricting news consumption for evenings on TV only or engaging in a positive, "distractor" task such as reading or going for a walk after reading or watching news that is flattening, distressing or upsetting. This is not to encourage ignorance of community or world events, but rather drawing boundaries over what is good for our emotional and social health.



HELPFUL TIPS FOR LOCKDOWN

We have sourced some helpful resources for parents during lockdown 6.0 that may be helpful in understanding emotional and social changes that are occurring in our young people.

"Instilling Hope In Uncertain Times" from SchoolTV:

https://schooltv.me/wellbeing_news/special-report-instilling-hope-uncertain-times

Vikki Ryall (Executive Director Clinical Practice) for **headspace**:

https://www.youtube.com/watch?v=Fw3LzWe-93U

STUDENT WELLBEING NEWS

ENCOURAGEMENT AND PRAISE

Whilst motivation is a key factor in remote learning, the role of encouragement and praise is just as critical. When young people receive encouragement and praise, this leads to an increase in positive feelings, encourages effort to work harder and helps foster self-esteem and confidence. It can be difficult to be in the right frame of mind at the moment to create opportunities for this with our young people, so we have put together some ideas for ways we can praise and encourage:



PRAISE AND ENCOURAGEMENT FOR DOING WELL:

This focusses on behaviours young people engage in that are positive. When doing this, it is important to focus on the effort put in, rather than the end result. Examples include: "I am proud of how much effort you put into studying today", "Thank you for taking the time to empty the dishwasher this morning" or "It is great how nicely you are playing with your sister."



PRAISE AND ENCOURAGEMENT FOR <u>BEING WHO</u> THEY ARE:

This validates a young person's experience and lets them know they are valued and loved unconditionally. Examples include "I believe in you", "I am glad to have you in my life", "Mistakes can happen, they do not define who you are" and "You are a great friend to those around you".



While we are all at home and learning and growing in unusual circumstances, it is important to redefine what success looks like. A lot of our young people are disappointed or frustrated that they are not achieving the levels of success that they are used to, so well timed and authentic praise and encouragement can help our young people reframe their goals for this week, month or year and assures them they are more than the circumstances they find themselves in.

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









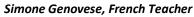


YEAR 7 NEWS

YEAR 7 FRENCH

7E have been creating les animaux hybrides (hybrid animals) in our French classes this week. Students have drawn their animals, and then described their characteristics, as well as given them a name.

Merci à Nathan M, Hamish M, Lily H, Hannah L, Georgia M-M, Olivia M, Nicky I, Emma M, Gaby S, Evie H et Ben B pour leurs dessins fantastiques!





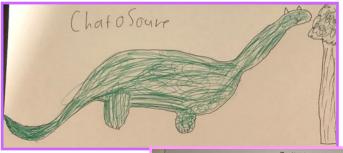


Elle a une bonne ouïe et pond des œufs. Elle est brune.







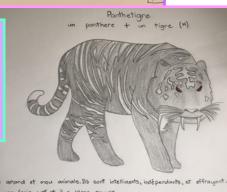




le chat



le poisson rouge









CALENDAR DATES

Term 3:

ALTERNATIVE TO MUSIC CAMP MUSIC ACTIVITY DAY #1

String Ensemble, Concert Band, Chorale/ Acappella and Jazz Band Wednesday, 25 August at NSC

POSTPONED

MUSIC ACTIVITY DAY #2

Junior Band, Junior Strings and Guitar Ensemble

Friday, 27 August at NSC POSTPONED

MUSIC SHOWCASE

Wednesday, 15 September at 7pm - TBA Performing Arts Centre all ensembles

Term 4:

JAZZ NIGHT rescheduled to Saturday, 16 October at 7pm Performing Arts Centre Ticket sales - TBA

2022 YEAR 7 MUSIC EXPO

Monday, 22 November details - TBA



MUSIC NEWS

MUSIC AS A STRESS RELIEVER

As we face further lockdowns and curfews, I would like to remind all our Music students how music can act as a powerful tool to relieve stress and anxiety. When we play an instrument or sing, it acts as a distraction which absorbs our attention. It is known to reduce blood pressure and our heart rate, as we follow the beat of the music. Music connects like-minded people even in



an online setting, as we have something in common with our Music teachers and our fellow ensemble members.

And, if you do not play an instrument, then listening to music is great as a mood booster as well. Singing or dancing together is a great activity with your family. Try it out!

HOW PLAYING AN INSTRUMENT CAN RELIEVE STRESS

Playing music at home or in a music lesson can help with stress management, and here are a few reasons why:

- Playing music helps you practice mindfulness. Mindfulness is the state of being fully aware of the current moment, without being distracted by past events or future worries. Meditation is a common way to exercise mindfulness, but practicing your scales or learning a song works well, too.
- Playing an instrument forces you to take time away from the screen.
 With work, school, and socialising becoming increasingly reliant on technology, it seems we never take a step back and do an activity in the real world not via a screen. Working with your hands, away from your phone or computer, is a perfect way to unwind.
- Playing music can be social, and socialising can reduce stress levels. Music is a fantastic way to connect with like-minded individuals, share ideas, and work together to produce something excellent.

Jo Dema, Instrumental Music Coordinator



COMMUNITY NEWS

VCAL 2021 AUSSIE BREAD TAG COLLECTION

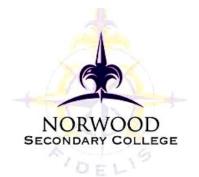
A big thank you to all who have contributed so far. In just one term we have collected a little over 1.6 Kilograms of bread tags!

The project is still going so keep on saving your bread tags. Thank you from Year 11 VCAL!

Lisa-Jane Walmsley, Community Coordinator

BREADE TAGS for wheelchairs





UNIFORM SHOP

SHOP HOURS:

MONDAYS 8.30AM-11.30AM THURSDAYS 1.30PM - 4.30PM

CLOSED DURING LOCKDOWNS



DOBSONS ONLINE (CLICK AND COLLECT):

Please visit: <u>www.dobsons.com.au</u>

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

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.

Jenny McKenzie, Dobsons Uniform Shop Coordinator

FOR DONATION

All uniforms being donated to our Student Wellbeing Centre are to be handed in to the General Office only. Please ensure they are clean and in good condition.



Thank you

TERM DATES 2021

Term 1

27 January (Teachers Only) to 1 April 2021

Thursday, 28 January 2021 **Years 7, 10 - 12** Friday, 29 January 2021 **Years 8 - 9**

Term 2

19 April to 25 June 2021

Term 3

12 July to 17 September 2021

Term 4

4 October to 17 December 2021

NATIONAL SCIENCE WEEK

Food: Different by Design

TO CELEBRATE NATIONAL SCIENCE WEEK WE ARE HOLDING A COOK OFF:

Cook up an experimental storm in the kitchen and upload a photo along with a science-y hashtag

Suggestions: Honeycomb, marshmallow slime, edible water bottles, DIY butter, sugar crystals.

Use your imagination (and Google!)



Sherbet #AcidBaseReaction

ALL SUBMISSIONS GO IN THE DRAW TO WIN 2 MELBOURNE AQUARIUM TICKETS

Email your submissions to meg.kelly@norwood.vic.edu.au by 22/08



YEAR 11 VCAL 2021



BREAD TAGS FOR WHEELCHAIRS

Please join us in our efforts to collect bread tags - tags collected will be recycled to fund wheelchairs in South Africa.



Bread tags are collected Australia wide and recycled into a range of products. See the website below for more information.



It's easy save your bread tags for a while and then drop off at the General Office - Norwood Secondary College.







ozbreadtagsforwheelchairs.org.au

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