

PURPOSE STATEMENT

Norwood Secondary College provides a vibrant teaching and learning environment

TERM 3
NUMBER 12
6 August, 2021

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: Olivia Kiefte and Samuel Ball

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

CALENDAR OF EVENTS 2021

TERM 3, 2021

Monday 9 August

Remote Learning

Thursday 12 August - To be advised

GAT (General Achievement Test)

10am - 1.15pm Norwood SC

Ticket sales on hold for now

'Wind in the Willows'

<https://www.karralyka.com.au/Theatre/Touring-and-community/Wind-in-the-Willows>



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PRINCIPAL'S REPORT

LOCKDOWN

There would be so many in our community for whom the snap lockdown has provided some great challenges. We are acutely conscious that while our prime focus is for the wellbeing and education of our students, there will be many homes and families facing some great difficulties. Our Heads of Year Level, Year Level Coordinators, Wellbeing team and Principals would very much appreciate parents sharing with us any information that may assist us in caring for your children. The contexts that our students are facing can have a significant and sometimes negative impact on their capacity to cope with their studies/friendships/health. We would very much appreciate having such information shared so we can do what I know we do well....care for your children.



One of the flow-on effects of COVID Lockdowns is the impact on the many events the College runs for students. As the Parent Compass newsfeed sent out last night noted, events such as Camps are impacted because of restrictions on distancing, overall capacity and travel etc. The College's senior staff have been seeking ways to enable our important events to run. There are many variables that are out of our control, but we are working with what we *can* change to find ways to allow our significant events to proceed.

Currently we are looking for ways to run our Presentation Balls, Formals, the College Production, the Central Australian Tour, Year Level Camps and Music Department events. Any event that takes place in an external venue has the additional hurdle of a lack of available dates for rescheduling and/or prohibitive density requirements.

We are doing our best to not cancel events, but for some there are no viable alternative dates where a suitable venue is available. (There are many other organisations including schools that are looking to reschedule events and there are some companies that have closed as a consequence of the lockdowns/restrictions.)

It is important for me to indicate that we are doing our best to avoid cancellations, but for some events we have almost no alternatives available. In some cases, the alternatives we are considering may have

CONTACTS FOR SUPPORT

This can be an incredibly trying time for our NSC families. If you are in need of support, please reach out to one of the following supports:

Beyond Blue:

For anyone feeling anxious or depressed.
beyondblue.org.au
1300 224 636

Kids Helpline:

Counselling for young people aged 5-25 years.
kidshelpline.com.au
1800 551 800

Lifeline:

Anyone having a personal crisis.
lifeline.org.au
13 11 14

1800RESPECT:

Support for people impacted by domestic or family violence.
1800respect.org.au
1800 737 732

MensLine Australia:

For men with wellbeing or relationship concerns.
mensline.org
1300 789 978

LOOKING AFTER YOUR WELLBEING

These tips were published last newsletter, however considering the community is back remote we thought a refresher may be helpful:

- Maintain healthy sleeping behaviours (Recommended hours of sleep for an adolescent is between 8-10 hours)
- Reduce screen-time an hour before bed (try reading a book, completing a puzzle or colouring in)
- Keep study and bedroom separate if possible, and try not to complete online learning or homework in bed (sitting at a desk or table is preferable)
- Try to eat breakfast, lunch and dinner as close to normal times as possible
- Eat a variety of fruits and vegetables to promote good physical health
- Use the 2 hours of exercise as an opportunity to change up routine and environment, and to stretch your legs

to be run in less auspicious settings than intended....but we *may* still be able to run the event, so we are persevering. I have been so impressed with the focus of the staff who are overseeing these events. In the face of the many restrictions being placed on Victorians in dealing with COVID, they are still looking for ways for the events to be run.

I ask that families understand that the restrictions that accompany lockdowns (the latest, in particular) provide the College with the unpalatable possibility of being unable to run some really important events. In some cases, we know, cancellation will come with a financial cost as well as the emotional cost. Please know that we are doing our best to find ways to avoid or minimise this.

Andrew Sloane, College Principal

STUDENT WELLBEING NEWS

COVID LOCKDOWN 6.0

While it is frustrating to be back in lockdown, the staff at Norwood SC are working very hard behind the scenes to be flexible and dynamic to ensure learning continues as normal. In addition, the Student Wellbeing team will continue checking in with students as per normal and reshuffling any programs to ensure postponement and not cancellation.



MOTIVATION

As we move towards the middle of Term 3, many students feel a “drop” in their motivation levels and this may be heightened at the moment with the return to remote learning. This is very normal at this time of year (even in a non-COVID year)! While it may seem pretty straight forward, motivation is a concept that can sometimes have undertones of other concerns. As parents, you may hear your son or daughter say “*I do not feel motivated*”, or “*I do not have the motivation*” when trying to complete homework or study for assessments. What they might be saying is that they do not feel good, they do not feel like doing it, or they do not have the energy to do the task. If we think of motivation this way, if we think “when I feel like doing it, then I’ll do it”, it’s very easy to end up in a tricky position where the workload builds and feels overwhelming. Instead of looking to “increase motivation”, it can be easier and more beneficial to reframe how we think about it.



Reflecting on this as an adult, some days it is easy to feel tired and exhausted and it can be hard to do those daily tasks like grocery shopping and cooking. Even though there is no “motivation”, these tasks still get done on a daily basis. For adolescents, these feelings of unease, fatigue or defeat may be difficult to control, but behaving in a way that promotes small steps towards achieving a goal can be much more satisfying and “motivating” than the alternative. If you would like more information about motivation in young people, feel free to look at the link from [The Happiness Trap](#) focussed on the ACT model.

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



YEAR 8 NEWS



CELEBRATING THE SMALL WINS...

With our return to school from remote learning, we were proud to see a number of students challenge themselves to pursue academic improvement. We felt there was a large group of students who could do with some extra support and encouragement as we can see so much potential in achieving their best. These students, in conjunction with their families and the Year 8 leadership team, discussed an 'Academic Achievement' opportunity in which clear learning goals, decided by the student, were highlighted. We are incredibly proud of our students who have chosen continuous commitment to their learning in this way. In particular, Logan W and Ben H demonstrated some fantastic successes this week. Well done to all these students.



Our Awards Assembly has also been postponed. We will be celebrating these in a school wide approach in the coming weeks.

YEAR 8 CAMP...

Since writing the above post, it seems that Lockdown has hindered the progress of celebrating our Year 8 Camp, as planned. This makes us even more determined to continue to raise our students in all areas of their progress. Our current focus again is the wellbeing of our students. Our lesson plans in this lockdown, will reflect this with our students. We endeavour to add additional activities into the coming semester, to continue to celebrate this very important year for our students, as an alternative to our cancelled camp.

Alison Ward, Head of Year 8
Daniel Cole, Year 8 Coordinator

SPORT NEWS

YEAR 8 GIRLS' NETBALL – EMR COMPETITION

On Wednesday, the Year 8 girls played in the Eastern Metropolitan Region Netball Competition at Jells Park. The team did a brilliant job in challenging conditions outside, and just missed out on playing finals based on percentage. The girls should be very proud of themselves considering the disrupted preparation and for being excellent sportswomen on the day.

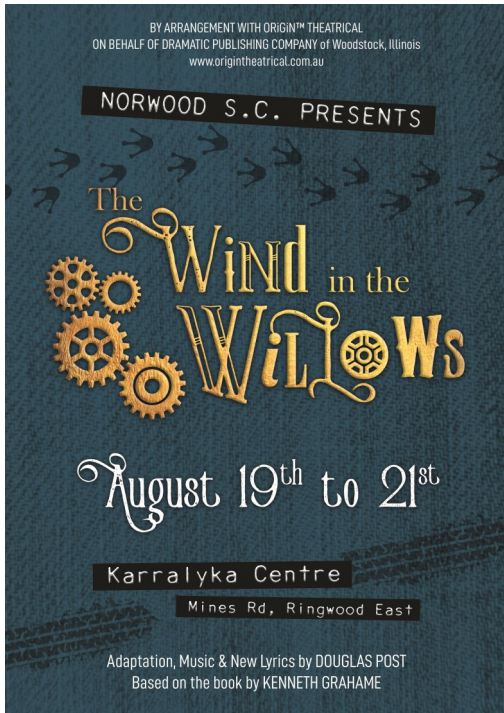


INTERMEDIATE GIRLS' NETBALL – INTERSCHOOL SPORTS

On Tuesday afternoon, the Intermediate Girls' A team played Ringwood SC in a modified "Grand Final". The Norwood girls played an incredibly competitive game and came away with the win, 38-21. Due to Covid lockdown 6.0 the EMR competition will not go ahead on Friday, 6 August as originally planned, however the team is eagerly anticipating the rescheduling sometime in the future. Norwood SC Year 11 students Grace and Gemma umpired and Year 10, Lily, assisted scoring. We all appreciated their efforts helping out on the day.

Annie Hearne, Netball Coach





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

MUSIC ACTIVITY DAY #2

Junior Band, Junior Strings and Guitar
Ensemble

Friday, 27 August at NSC

MUSIC SHOWCASE

Wednesday, 15 September at 7pm

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

COLLEGE PRODUCTION NEWS

'THE WIND IN THE WILLOWS'

TICKET SALES ARE TEMPORARILY ON HOLD

Ticket sales to our Production of 'Wind in the Willows' have temporarily closed due to the current restrictions.

We really, really hope to see you all for a smashing good time very soon! Poop Poop! Honk Honk!



In the event of a covid-based cancellation, all ticket holders will receive a full refund.

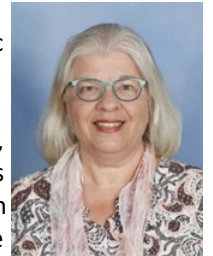
Zoe Taylor-Lynch, Producer of College Production

MUSIC NEWS

ALTERNATIVE TO MUSIC CAMP

We have organised an alternative program to Music camp which was unable to run due to lockdown.

The day will run like a camp, with whole rehearsals, sectional, fun activities - for example who can beat Ms Innes- running around the oval, a pizza/fresh fruit lunch (served with safety protocols in place). Events will be posted on Compass next week via a newsfeed.



Jo Dema, Instrumental Music Coordinator



Spencer from 7I in his trumpet lesson this week, great work!



MUSIC NEWS cont..

JUNIOR MUSIC

Getting outside the classroom with Chatterbox Music Quiz Creations and Percussion fun.



THE WIND IN THE WILLOWS

Music Staff Band at weekend rehearsals, with the fabulous Tharinda W from Year 10 on bass guitar. They sound amazing! Make sure you grab a ticket to the show.

<https://aukarralyka.sales.ticketsearch.com/sales/salesevent/11905>



Jazz Band trying new charts at lunchtime



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

BREAD TAGS
for wheelchairs



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

GENERAL OFFICE NEWS

CAMPS, SPORTS AND EXCURSIONS FUNDING (CSEF)

Camps, Sports and Excursions Funding is again available in 2021. We encourage all families holding a valid means tested concession card to apply now. An application form is available via the link.



To support schools through COVID-19 restrictions, the Department has extended the deadline for schools to submit Camps, Sports and Excursion Fund (CSEF) applications to Friday, 13 August 2021.

The CSEF payment cannot be used towards voluntary school charges, books, stationery, school uniforms, Music lessons, etc. Each time you wish to use your CSEF for an event, please print out the excursion form from Compass Education and write **"pay with CSEF"**. If you have any questions, please call the General Office on 9871 0400.

<https://www.norwood.vic.edu.au/community/>

Jane Arnold, Business Manager

UNIFORM SHOP

SHOP HOURS:

MONDAYS 8.30AM-11.30AM

THURSDAYS 1.30PM - 4.30PM

CLOSED DURING LOCKDOWNS



DOBSONS ONLINE (CLICK AND COLLECT):

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

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. Please ensure they are clean and in good condition.

Student Wellbeing Centre

Thank you

NORWOOD SECONDARY COLLEGE'S **READER'S CUP**

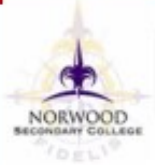
Form a team of four readers from Year 7 & 8 and compete against other students to win the trophy!

Read the three chosen books and be ready to answer questions about them in a head to head trivia battle!



Registrations are due by the last day of Term 2
and forms are available from the library !

Main event: Lunchtime Tuesday Aug 24



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.



Re-made in Robe!



What can I do?

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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