

PURPOSE STATEMENT

Norwood Secondary College provides a vibrant teaching and learning environment

TERM 1
NUMBER 4
24 March, 2023

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

College Phone No. 9871 0400

Principal: Mr Andrew Sloane

Assistant Principals: Mr Kris Johnson and Mrs Jackie Harris

College Council President: Ms Tammie Palmer

College Captains: Mia Brice and Ethan Wilson

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

CALENDAR OF EVENTS 2023

TERM 1, 2023

Tuesday, 28 March

EMR Swimming

Wednesday, 29 March

Wilson Promontory Camp - Year 9

Wednesday, 5 April

Year 7 Pancake Breakfast

Friday, 7 April

Good Friday Public Holiday

Tuesday, 25 April

Anzac Day Public Holiday

Thursday, 27 April

EMR Intermediate Boys' Baseball



ACTING PRINCIPAL'S REPORT

BUILDING PROJECT

After a slow start to our building project, we are pleased to report that significant progress is now being made. At this stage half of the roof has been assembled and later next week, we expect to see the construction of internal walls. I was fortunate enough to walk through the building this week and appreciate the views from the top level. Some progress photos are included for your interest. We are anticipating the completion of the project to be June/July this year.



COLLEGE COUNCIL

Following the process of calling for nominations for College Council and the subsequent ballot, I offer my congratulations to the newly elected members:

Parent category: Lisa Beasley, Ally O'Brien and Paul Ricketson

Student category: Jacqueline O'Connor and Amy Robertson

We appreciate the contributions of all College Council members and warmly welcome new members to the team.

ANNUAL REPORT

Each year, government schools are required to complete an 'Annual Report' that reviews the school's performance across several areas. The areas covered include our student outcomes, program development and delivery, student wellbeing and financial management. This report provides a snapshot of some of our data from student, parent and staff opinion surveys and offers an opportunity for the College to reflect on our progress.

The 2022 Annual Report will be presented to our College Council AGM next Tuesday, 28 March for ratification. Parents are very welcome to attend this meeting. Once Council ratify the report, it will be made available on the College website.

In this issue you will read about:

- Acting Principal Report p1-2
- Junior School Principal p2
- Student Wellbeing News p3
- English News p4
- Year 12 News p5
- French News p6
- Craft Club News p7
- General Office News p7



MICHAEL CARR-GREGG INVITATION TO VCE STUDENTS AND PARENTS

Dr Michael Carr-Gregg, one of Australia's highest profile psychologists, author of 14 books, broadcaster and specialist in the mental health of adolescents, is visiting Norwood. VCE students and their parents are invited to attend this informative session in the College Gymnasium on Thursday, 30 March from 6 - 7pm. I cannot recommend this session highly enough. Michael is an engaging speaker with a passion for supporting students and parents in positively navigating the VCE experience. Please note that there is no cost to families to attend this special event. I look forward to seeing you there.

Jackie Harris, Acting Principal



JUNIOR SCHOOL NEWS

Parent/Student/Teacher Conferences were a big success. Many parents commented that they had a great experience discussing their child's progress with the teaching staff. Over 2200 Conferences were conducted. Providing parents' the option to attend on site or online was particularly beneficial given the weather event that occurred during the morning. It is interesting to note that a significantly higher percentage of parents elected to conduct Conferences virtually (online).



Thank you to the parent community for the way in which you conversed with our staff and a big thank you to the teaching staff for their involvement!

Kris Johnson, Junior School Principal

STUDENT WELLBEING NEWS

THE IMPORTANCE OF SLEEP

Whether it's cramming for exams or compensating for a long school day by gaming to the early hours, students are no strangers to a late night. Studies have shown that Australian teenagers are the third most sleep deprived in the world, and that more than 70% of Australian high school students suffer from regular sleep deprivation.

Teenagers face a three-hour sleep deficit per night on average, but those who spend five hours a day online are 50% more likely to fail meeting their minimum sleep requirements than peers who only spend an hour online each day.

Having a consistent routine is essential to ensuring a good night's sleep. Going to bed and waking up around the same time every day and having a pre-bedtime routine that can be done at roughly the same time every night can teach the body to know when it's time for bed and decrease the time it takes to get to sleep.

Getting outside and being active, particularly in the morning, can be very beneficial for sleep. Sleep and exercise are closely linked. If we have enough exercise, it can improve our quality of sleep, however we are less likely to exercise if we are not getting enough sleep. Including regular exercise into a daily routine is an important step in working towards better quality and consistent sleep.

Other ways to improve sleep:

- Make the bedroom a technology free zone or avoid using technology for a minimum of an hour prior to attempting for sleep.
- Expect a good night's sleep. Stress can impact sleep, so the more you are thinking about not sleeping, the more likely you'll lie awake. Instead of worrying that you won't sleep, remind yourself that you can sleep.
- Avoid taking naps during the day and drinking caffeine before bed.
- Ensure you are eating healthy meals throughout the day.
- Try listening to soothing music or reading a book.
- Journaling to assist your brain from re-visiting the events of the day.

BREAKFAST CLUB

Our breakfast club has been a success so far this term, with the line for pancakes and hot milo going out the door. Youth Dimensions are back serving delicious pancakes and hot milo. Come down to B11 at 8am for a chat with some of the members of the Wellbeing team and Youth Dimensions, enjoy some food or play some games.

Jacki Landy, Miranda Maginness and Jason Boyce, Student Wellbeing Team



SCIENCE NEWS

Setting poem

- Dark rainy day in the city -
The tall buildings towering above.
The darkening colours in the sky
The flood of cars passes by
Raindrops cover the pathway.
The silent pitter patter as the rain hits my umbrella.
The sunshine peeking through the rainclouds



The bright city lights.
A spark of colours
The rush of sunlight filling the streets
The smell of hot chips in the air
The sun shining against the wet slippery road.
The traffic jam starting to clear up as clouds move away.
Butterflies fluttering around as children come out to play.



Emily M

(Prince Humperdinck)

Dear diary,

Tomorrow, tomorrow's the day I can finally become all mighty king!
All these days swabbing around, planning my victory, I can taste it already.
As soon as Westley falls, Buttercup will be mine.

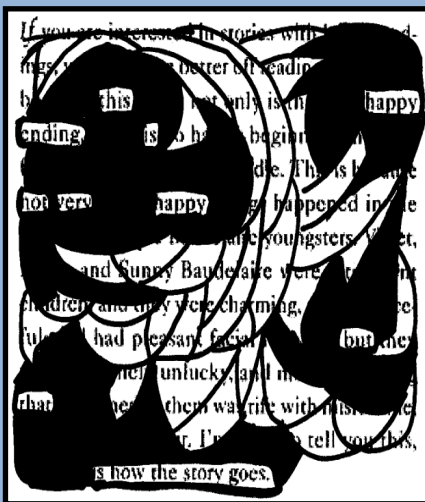
I hate anxiously waiting for Count Rugen to spill the brilliant news.
Just the thought of Westley suffering in the pit of despair, brings an enormous smile across my face.

I hear a piercing scream howling through the afternoon sky, its him, HE IS ALIVE! I bolt as fast as I can to the dark woods, I am so frustrated my insides burning in anger and pain. I tug the door with all my life.

Westley is there, lying on the machine, I shove count Rugen out of the way, I yank the machine to full power.

A massive smile spreads across my face, as Westley's life is falling to pieces.
The plan must work now...

Jobe M



Gabriella C



Charlotte L

ENGLISH NEWS

The creative juices have been flowing in the Year 7 and 8 English classes this term. Year 7 classes have had the opportunity to practice a variety of different writing styles through an assignment that draws inspiration from the film, *The Princess Bride*. Students were able to choose from a selection of tasks that asked them to think critically and creatively about key characters, themes and ideas from the film. Options such as creating Buttercup's Instagram page, capturing a text conversation between Westley and Buttercup while he is trapped in the torture chamber, or even re-writing a scene from the film, have allowed our 7s to dive into the minds of characters and create something meaningful to them.



Meanwhile, our 7EP students have completed a similar style task that offered them flexibility in their final creations by constructing their own Poetry Anthology. The term so far has been spent exposing students to a variety of different poems to develop an appreciation and understanding of the various ways a poem can be written. This included poem such as, the Shakespearean Sonnet, a range of Indigenous poetry, Blackout poetry, as well as poems that incorporate a range of literary devices such as metaphors, similes and personification. Students then channelled their creativity into developing their own poems before completing an analysis of the poetic devices used and the meaning behind their poems.

Our Year 8s have been exploring a new unit in crafting and creating texts to enhance their skills in creative writing. Students were drawing on characters, themes and ideas from a variety of texts relating to Australian identity. Inspiration was drawn from the picture story book, *The Rabbits*, the novella, *Storm Boy*, the cartoon, *Bluey*, and a variety of Australian songs and poetry. Student agency was encouraged in the development of the final product where students could choose to create a response that either aligned with or challenged their skills. This could have been a short narrative, journal entries or a report.

Shanae McKenzie, Head of English



Charlotte L

YEAR 12 NEWS



YEAR 12 VCAL - COMMUNITY EXPEDITION

Earlier this week, the Year 12 VCAL students participated in a Community Expedition. This project involved a number of different experiences including working with children from Merrijig Primary School in the foothills of Mt Buller. Norwood has fostered a relationship with Merrijig PS over the past few years. Merrijig PS is a country school with an enrolment of only 29 students from Prep to Grade 6. Our Year 12 VCAL students led the primary school children through a series of games and activities. It was great to see the Year 12s demonstrating leadership and organisational skills and the fun and enjoyment on the faces of the primary school children.



Following the activity sessions, the Year 12s cooked a BBQ lunch to enjoy with the staff and students from Merrijig PS. It was a very successful beginning to the expedition and we continued to forge a strong relationship with this country primary school.

After lunch we all headed into the Alpine National Park to begin the expedition part of our adventure. We drove through Sheep Yard Flat towards our start point for the hike at 7 Mile Flat. We carried our full packs and completed the hike along the high trail into our campsite at Ritchie's Hut. We enjoyed a well-earned campfire and some gourmet bush cuisine after a big day of activity.



The next morning, we set off early and hiked along the Howqua River back towards 7 Mile Flat. This beautiful walk crosses the river 14 times and is a brilliant experience. Some of the students were a little hesitant walking through the flowing river but by the end, they were all skilled at river crossings. The views along the river were amazing and the walk was another memorable one.

The VCAL students were just amazing! They demonstrated positive attitudes, commitment to all the challenges and a great sense of teamwork. It was great to see these students perform so well in a challenging environment. The community expedition was a terrific success and the students exceeded all expectations. Well done!

Rod Mitchell, Head of Year 11





EducationPerfect



FRENCH NEWS

UPDATE ON EDUCATION WORLD CHAMPIONSHIP

The Education Perfect World championships concluded on 14 March 2023 and we had some amazing results from our Years 7 and 8 students.



In Year 8, we had an Elite award, a Bronze award and five Credit awards.

The Awards: Reinette B, (Elite), (Bronze), Sum Te K, Katerina D, Jarryd G, Nathan R, Divyanish G. (Credit)

Three Year 8s scored over 250 points: Lachie X, Aroha P, Luke R

Our Year 7s did an amazing job in their first year of French studies.

Conor B scored 393 points, Billy M-S scored 283 points, Quinn C scored 188 points

Noah Spinks scored 184 points and Jasmine H scored 150 points.

Multiple year 7s scored over 100 points.

Félicitations! Congratulations!

Nous sommes fiers de vous! We are proud of you!

Jennifer Jeffery, Head of French



UNIFORM SHOP

SHOP HOURS:

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

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



CRAFT CLUB NEWS



GENERAL OFFICE NEWS

IMPORTANT INFORMATION – COMPASS EVENTS

The process of using 'Camps, Sports, and Excursion Funds' (CSEF), and credits held on your family accounts, has recently changed. The option previously available in Compass to "use CSEF for an event" will be removed due to this new process.



The new process is as follows:-

The NSC General Office will now automatically allocate credits and CSEF towards events where applicable. **Please contact the General Office to notify us if you do not want this automatic allocation towards camps/events to occur for your child/children.**

For example:

- An event cost is \$25 and you have a credit or CSEF of \$15, the amount owing for the event will be reduced for your child to \$10, therefore using the credit available to offset the cost of the event
- An event cost is \$25 and you have credit or CSEF greater than \$25, the full amount will be offset against the event and future credits or CSEF will be used in the same way.

Please note that consent **MUST** still be given on Compass for your child to participate in any event.

If you have any questions about this new process, or have a credit and would prefer a refund directly into your bank account, please contact Ms Megha Malhotra, Assistant Business Manager, on 9871 0400.

Jane Arnold, Business Manager

TERM DATES 2023

Term 1, 2023

30 January to Thursday, 6 April

Term 2, 2023

24 April to 23 June

Term 3, 2023

10 July to 15 September

Term 4, 2023

2 October to 20 December 2023

COMMUNITY AND BUSINESS ADVERTISEMENTS

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NORWOOD 2023

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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For urgent, non-emergency care



Priority Primary Care Centres provide free urgent medical treatment, when you can't see your GP.



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Patients experiencing emergency or life-threatening conditions should call Triple Zero (000).

We are open: 8am-11pm, Monday-Friday & Sunday
8am to 6pm Saturday

Book online for an appointment via the QR code



Call us on: 03 9344 6888

Visit us at: Mountain High Shopping Centre, Shop 28 (lower Level), 7-13 High St, Bayswater VIC 3153



M3 Health



KNOX FALCONS

PLAY BASEBALL THIS WINTER

We invite you to our 'Come and Try' days at Gilbert Park, Ferntree Gully Road, Knoxfield on:

25 March: 9:30-11am

30 March: 5-6:30pm

1 April: 9:30-11am

Tee Ball: Ages 4-8

Rookie Ball: Ages 8-11

U/13: Ages 11-12 | U/15: Ages 13-14

U/17: Ages 15-16 | Seniors: Ages 17+

YOU'RE INVITED
TO COME & TRY



REGISTER HERE

Sausage Sizzle Provided!

IF YOU ARE UNABLE TO ATTEND BUT WISH TO DISCUSS FURTHER, PLEASE CONTACT
BEL SADLER AT JUNIORS@KNOXBBC.COM.AU OR 0439 733 731