

## PURPOSE STATEMENT

*Norwood Secondary College provides a vibrant teaching and learning environment*

**TERM 2**  
**NUMBER 2**  
**19 May, 2023**

**School Email Address:** [norwood.sc@education.vic.gov.au](mailto:norwood.sc@education.vic.gov.au)

**College Phone No.** 9871 0400

**Principal:** Mr Andrew Sloane

**Assistant Principals:** Mr Nick Mammoliti 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](http://www.norwood.vic.edu.au)

## CALENDAR OF EVENTS 2023

### TERM 2, 2023

**Monday, 22 May**

Interschool Sport

**Wednesday, 24 May**

Year 9 Outdoor Rec. Rock Climbing

**Thursday, 25 May**

Interschool Sport

Michael Carr-Gregg VCE Presentation

**Friday, 26 May**

Year 10 Geography Coastal Fieldwork

**Tuesday, 30 May**

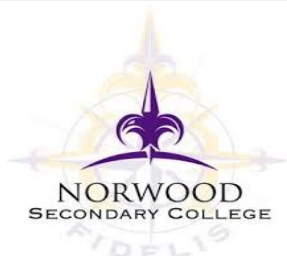
Division Cross Country

**Thursday, 1 June**

Anastasia Rehearsals

**Friday, 2 June**

Year 8 Sport



## PRINCIPAL'S REPORT

### SOME CHALLENGES WE FACE IN MANAGING SCHOOLS

Many parents would be aware that there is a significant shortage of teachers in Victoria (and, indeed, across Australia). There are schools near us that commenced the school year without every class covered by a teacher – in some cases the staff shortage involved English and Maths teachers.

Norwood had some good fortune in our employment of staff and we did commence the year fully staffed. However, as colder weather has arrived, we have been seeing increasing numbers of students and staff contracting COVID, colds and 'flu. Staff absences have, therefore, increased and we have been tested with our capacity to find relief teachers. As you may be aware, the pool of qualified relief teachers has diminished over the past few years as schools have employed many of them as ongoing classroom teachers or Tutors.



The upshot is that many students have had periods of time when their class(es) have not had their usual teacher – or even a teacher experienced in the subject area. Conversations with colleagues in other schools reveals this to be the 'new norm' in schools. Staff absences due to illness and the inability to find sufficient relief teachers to cover all classes is a common concern in many Victorian schools.

I am offering these details to our families as I am aware that it is very disconcerting for our students (particularly senior students) to have their teachers absent for periods of several days....and that is compounded if the student is unfortunate enough to have more than one of their teachers ill across consecutive weeks. I ask that families understand that there is little beyond observing safe practices that staff or students can do to avoid some of these illnesses in a school environment. While we follow all the Department of Education protocols and guidelines we know we will continue to have to deal with these challenges with staffing. I can only offer that we will do our very best to minimise the impact of these factors on the learning of our students and ask that parents keep their children at home if they exhibit any of the symptoms of colds, 'flu or COVID.

### In this issue you will read about:

- Principal Report p1-2
- Year 9 and Year 12 News p 3
- Student Wellbeing News p 4
- Year 10 News and Careers News p 5
- General Office News p 6



### HOUSE ATHLETICS

The House Athletics sports were run this week, on a cold and wet day. In spite of the weather, our students came in great spirits and had a really positive approach to being involved in the event. Thank-you to all the students who competed and to the staff who ensured that events ran to time and encouraged the students to be involved. A particular thank-you to Ms April Glare who planned and ran the event.

*Andrew Sloane, College Principal*





## YEAR 12 NEWS

### REVOLUTIONS

On Thursday, 11 May 2023, Year 12 History Revolutions students attended an excursion to the Melbourne CBD. Meeting at Ringwood Station, we were lucky enough to be allocated a private charter bus to the city. Upon arrival to Parliament Station, we walked to the Victorian State Library. The students attended a VCE Research Skills workshop facilitated by expert librarians. Preparing for their Research SAC, students learnt how to evaluate the usefulness of evidence carefully and critically. They were also provided access to a range of library databases, and offered tips and tricks on how to Google effectively.

Following the session, we were provided with a tour of the State Library, culminating in an Amazing Race style scavenger hunt. Following this, we enjoyed a group lunch at a small Chinese restaurant on Little Bourke Street. This was a fantastic opportunity to discuss the students' pathways beyond school, and to spend time with each other. Once our delicious lunch was consumed, we walked to the Chinese History Museum, to immerse ourselves in Ancient Chinese culture. This was in preparation for our study of the Chinese Revolution. All students were fantastic ambassadors of the College and it was a joyous day. A big thank-you to Ms Gemma Bristowe (Pre-Service Teacher) who accompanied us on the excursion.

**Adam Given, Head of Year 9**

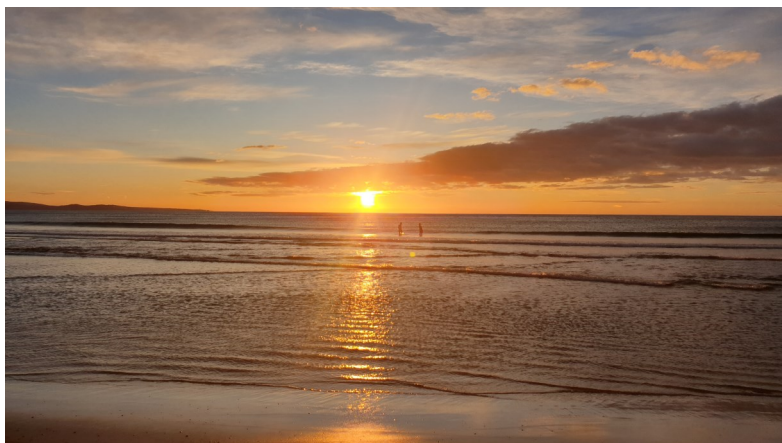


## YEAR 9 RECREATION STUDIES NEWS

### YEAR 9 OUTDOOR & RECREATION STUDIES LORNE SURF CAMP



Last week, the Surf Camp to Lorne was held for 2 days of surfing and other water activities. All Year 9 students tried hard and completed the activities successfully. The water was cold, but the students enjoyed it and surfed the waves. A few bigger sets came through and tested the students and a few brave surfers successfully tackled some of the challenging waves. All students demonstrated resilience in the challenging conditions and surfed for a few hours. The hot showers at the end were enjoyed by all the students.



We stayed at the Surf Life Saving Club, which is right on the sand in Lorne. A great location with excellent facilities and activities to keep us all entertained. The next day we were up early to experience a beautiful sunrise, with a morning jog along the beach. Many of the group also enjoyed a swim in the surf before a big breakfast. We hit the surf again soon after and the students again performed very well in the cool and windy conditions. Most students were standing on their boards at some stage and many picked surfing up very well and excitedly rode some waves all the way into the beach. We had another great session with students all improving on their skills.

All students successfully and safely demonstrated their new skills and were a great group to lead. It was a rewarding camp and it was enjoyed by all. Well done!

**Rod Mitchell, Daniel Cole & Dean Dernikos, Outdoor Recreation teachers**

## COMMUNITY PROGRAM – LEVEL UP

Looking for a safe fun after-school hangout? Level Up is a unique hub for young people to socialise and meet new people in a safe environment.

At Level Up, you can play video and board games, trivia, movies and more. They also host regular competitions and events so you can connect with others who share similar interests. Plus, there is free food available too! No bookings required.



DAY	LOCATION	TIME	AGE GROUP
MONDAY	Cire Community Hub 2463 Warburton Hwy, Yarra Junction	3:40pm to 5:00pm	8 - 13 years old
TUESDAY	The Yarra Glen & District Living and Learning Centre 12/14 Anzac Ave, Yarra Glen	3:40pm to 5:00pm	8 - 13 years old
THURSDAY	Chirside Park Community Hub, 33 Kimberley Drive, Chirside Park	3:40pm to 5:00pm	8 - 13 years old
THURSDAY	Chirside Park Community Hub, 33 Kimberley Drive, Chirside Park	5:00pm to 6:30pm	13 - 17 years old

## COMMUNITY INFORMATION SESSION – DIGITAL GAMING AND GAMBLING

Is your child addicted to gaming? Are you worried about the interface with gambling?

Join EACH's Zoom event and listen and learn from experts in the digital gaming and gambling environment.



Learn about the risks associated with gaming, and the interface with gambling. Learn how to approach the subject with young people. Learn about online safety and digital wellbeing.

Dr Jim Sauer and Dr Aaron Drummond from the University of Tasmania and Sam McCauley from the Cybersafety Project will provide expert information to assist you. An opportunity to speak to experts about your concerns.

When: Wednesday, 24 May 7pm - 8pm

Where: Online (Zoom)

Link to register: <https://www.trybooking.com/events/landing?eid=1043509&>

## STUDENT WELLBEING NEWS

### UNDERSTANDING DISTRESS TOLERANCE

In today's face-paced world, we often find ourselves facing various challenges and situations that can lead to distress. It is essential to develop skills that allow us to navigate these tough moments and build resilience. One such skill is distress tolerance, which refers to our ability to withstand and cope with distressing emotions and circumstances, accompanied by the need to escape the uncomfortable emotion. However, the more we fear, struggle with, and try to avoid any form of distress, the worse the distress will become. By understanding distress tolerance, we can better manage stress, maintain emotional wellbeing, and achieve success in our personal and academic lives.



Distress tolerance involves accepting and tolerating distressing emotions and situations without trying to escape or avoid them. It is important to recognise that experiencing discomfort and distress is a normal part of life, and learning to cope with it can lead to resilience. Here are some strategies to build your distress tolerance skills:

1. **Identify your triggers:** Start to build an awareness of common situations that can trigger distress for yourself or your child. Being aware of what causes the distress will assist you in preparing for when it might appear and to utilise different distress tolerance skills. Warning signs are the feelings, thoughts, physical sensations and behavioural urges or actions that signal distress.
2. **Problem-solving skills:** Distress tolerance does not mean passively accepting distress. It involves actively seeking solutions to problems and challenges. Enhance your problem-solving skills by breaking down issues into manageable parts, brainstorming possible solutions and taking action to address them.
3. **Self-soothing:** Engage in activities that bring you comfort and relief. This could include listening to music, practicing deep breathing, going for a walk, or engaging in hobbies you enjoy. By focusing on self-soothing activities, you can redirect your attention away from distress and promote relaxation.
4. **Acceptance:** It is important to accept the reality of the situation and acknowledge that some things are beyond our control. By trying to accept a situation, you let go of the struggle against distressing circumstances and focus on finding healthy ways to cope and adapt.
5. **Practice self-care:** Taking care of your physical and emotional wellbeing is essential in building distress tolerance. When you prioritise self-care, you'll be better equipped to handle distressing situations.

Developing distress tolerance skills takes time and practice. It is important to remember that setbacks and difficulties are a natural part of the learning process. By incorporating these strategies into your life, you will gradually build resilience and develop a greater capacity to navigate challenging situations with confidence.

**Jacki Landy, Miranda Maginness & Jason Boyce. The Student Wellbeing Team.**



### YEAR 10 WORK EXPERIENCE

Thank you to those students and parents who have arranged Work Experience placements and submitted forms. I am still expecting forms from those who are yet to submit. If your child, is having trouble securing a placement, then please ask them to come and see Mr Duncan in the Careers Office.



### YEAR 9 MORRISBY CAREERS INTERVIEWS

Approximately 150 of our Year 9 students have completed the Morrisby Careers program, which includes an interview with an external career's counsellor. Most have found the program very helpful in clarifying their options for the future. The remaining 60 students will have their interview later this term as time permits.



### YEAR 10 PRESENTATION BALL

The Presentation Balls for 2023 were held on Thursday, 4 May and Friday, 5 May. In total across the two evenings, 41 couples were presented to staff, family and friends at Cathies Lane Receptions. The students had practiced for months in the lead-up, and their hard work paid off when they did an incredible job performing six dances for the crowd.



Amongst the guests were College Principal Mr Andrew Sloane, Senior School Principal Mrs Jackie Harris, Junior School Principal Mr Nick Mammoliti and School Council President Mrs Tammie Palmer - we were very appreciative of their support. Andrew and Gayle from 'Debutantes on High' were to thank for the couples' dancing skills, doing a wonderful job guiding and teaching the students to ensure they were ready.

*"The Presentation Ball was one to remember. We spent the day laughing and hanging out with our friends. Although the lead up was nerve-racking it was all worth it in the end. Our favourite part was getting dressed up and feeling like princesses. Being able to experience this with our friends and family watching was such a special thing to do. The teachers put a lot of time and hard work into the Presentation Ball and we can't thank them enough. We will never forget this moment and we will cherish the memory forever."*

**Willow and Indi Year 10**

*"We had so much fun at the Presentation Ball, it was an amazing experience that we got to share with family and friends. The amount of time and effort spent getting ready was so worth it and we will remember it forever. Our favourite part was dancing with our friends and family at the end of the night and letting loose. We would like to thank Ms Hearne and Mrs Beggs for making this night and possible and for making everything as beautiful and wonderful as it was."*

**Laura and Eden Year 10**

**Annie Hearne, Head of Year 10 & Leisa Beggs Year 10 Coordinator**



## 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](http://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 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

## 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.

**Just a reminder CSEF applications close on the last day of Term 2, Friday 23 June.**

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*





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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](http://ozbreadtagsforwheelchairs.org.au)

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**Park Orchards**

**MARKET**

Venue: 1-3 Bowmore Avenue, Park Orchards

**Saturday 20th May**

**10am - 2pm**