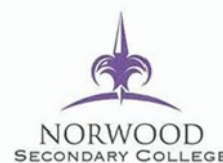


NORWOOD COMPASS

The Newsletter of Norwood Secondary College



PURPOSE STATEMENT

Norwood Secondary College provides a vibrant teaching and learning environment

TERM 3
NUMBER 1
21 July, 2023

School Email Address: 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

CALENDAR OF EVENTS 2023

TERM 3, 2023

Monday, 24 July

EMR Intermediate Boys' Netball

Senior Boys' Netball

Thursday, 27 July

Anastasia Rehearsals

Friday, 28 July

Cross Country Skiing— Outdoor Rec

Monday, 31 July

EMR Senior Boys' Basketball

Tuesday, 1 August

Curriculum Day— Pupil Free Day



In this issue you will read about:

- | | |
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| • Principal Report | p1-2 |
| • Junior Principal Report | p3 |
| • Senior Principal Report | p3-4 |
| • Student Wellbeing | p5 |
| • Career News | p6-7 |
| • French News | p7 |
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| • Library News | p10 |

PRINCIPAL'S REPORT

CENTRAL AUSTRALIAN TOUR 2023

A group of 80 Year 11 students, together with 9 staff, spent the last week of Term 2 and the first week of the break travelling through the Northern Territory. Flying into Darwin and flying out of Uluru the group saw most of the significant features of this amazing territory. Their travels were done in mostly magnificent weather, but their last few days saw them experience some of the heaviest rain seen around Uluru for quite a while. Not only did that *not* dampen their enthusiasm for camping under canvas, but also it offered them the rare privilege of seeing 'the Rock' covered in waterfalls – an unusual and breathtaking experience.



We often find ourselves congratulating our students (of all levels) on their behaviour when 'out of school', but this group were complimented by many fellow travellers at various stops along the way, for the way they related to each other and to other travellers. Some of these travellers even wrote to the school to let us know how impressed they were with the quality of our students' behaviour and their courtesy and friendliness to others. The staff who accompanied the group were also full of praise for the manner in which they conducted themselves and looked after each other. It is hard to not be proud of our students and I very much see it as evidence of some terrific work done at home and at school, where our shared values have been embraced by these young adults. A sincere thanks to the staff who gave up so much personal time to enable the Tour to run. Particular thanks to Rod Mitchell and Annie Hearne who led the group. An event such as this Tour requires a significant amount of 'paperwork' to get approval..... as well as the energy that our staff all put into ensuring the group is safe and enjoying the experience.





MUSIC CAMP

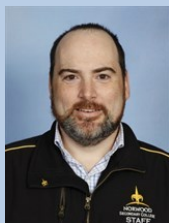
105 Music students participated on the annual Music Camp this week. Jo Dema and her team ensured that all our ensembles, bands and orchestras were immersed in rehearsals....with enough 'fun activities' thrown into the program to keep all engaged and motivated. We look forward to enjoying the fruits of their labours in the coming weeks and months at Assemblies and at Music Showcase later this term. Thankyou to Jo Dema, Ruth Barry, the Instrumental Music Teachers and the several teaching and support staff who ensured the Camp was such a success.

Andrew Sloane, College Principal



JUNIOR SCHOOL NEWS

Year 7 and Year 9 families will receive NAPLAN results shortly. The Australian Curriculum, Assessment and Reporting Authority (ACARA) has this year introduced a simple, clear four-band format for NAPLAN results, in the hope that it makes it easier for you to understand. Each child's NAPLAN report will show how they are tracking, and where they sit against the national average, using four levels: Exceeding, Strong, Developing and Needs Additional Support. Where previously NAPLAN results showed families where their students performed relative to their peers, the new bands provide a clear picture of overall student performance and achievement.



The school has already begun the process of analysing the results to ensure we are offering the best support possible however, if you feel like your child needs further support (or challenge) please contact the relevant Head of Year Level.

The new building is progressing well, the scaffolding is beginning to come down, tiling completed, decking foundations laid, and ceilings almost finished. As you can see by the picture below it is striking and we are looking forward to getting access.



Nick Mammolitti, Junior School Principal

SENIOR SCHOOL NEWS

PUPIL FREE DAY/CURRICULUM DAY: TUESDAY, 1 AUGUST

Families are reminded that Tuesday, 1 August is a designated Pupil Free Day where teachers will be updating curriculum documentation. A recent review of the Australian Curriculum has led to changes in the Victorian Curriculum, necessitating adjustments to our teaching and learning program from Years 7 – 10. Furthermore, a large number of VCE subjects, including the new Vocational Major, now require curriculum changes. Our teachers value the time provided on this day to be able to focus on this important work.



SENIOR SCHOOL VIRTUAL INFORMATION NIGHT: MONDAY 31 JULY VIA MICROSOFT TEAMS

It may come as a surprise to some families that the start of Term 3 traditionally marks the beginning of the subject selection process for the year ahead. This is a complex process that involves students, families and staff in order to plan the most appropriate pathway for our young people. Already the Senior School Handbook has been published on the College Website, alongside informative subject videos. This information is up to date and readily available for all families to begin researching pathways and discussing subjects and careers of interest.

As educators, we value the involvement of parents in the subject selection process of students moving into Senior School. On Monday, 31 July, there will be two important information sessions running remotely using Microsoft Teams, one for current Year 9 students and one for current Year 10 students. To keep this process as simple as possible, we will make use of student logins so that you can watch this together with your son/daughter on their device.

When: Monday, 31 July 2023

How: Microsoft Teams, using student logins

Time: 6pm for current Year 9 students and families (Year 10, 2024)

6.45pm for current Year 10 students and families (Year 11, 2024)

The sessions will take students and parents through the subject selection process in detail and will include presentations regarding Mathematics and English pathways. Sample courses will be shared and there will be information presented regarding the option of commencing a VCE subject early for current Year 9 students.

In the meantime, students will take part in information sessions at school with regards to subject selection. Families are strongly encouraged to commence researching subjects by accessing the Senior School Handbook on the College Website: <https://www.norwood.vic.edu.au/wp-content/uploads/2023/06/Senior-School-Handbook-2024.pdf>. Subject selection videos are also important sources of information regarding Years 10 – 12 subject pathways: <https://www.norwood.vic.edu.au/senior-school/vce-info-evening/>. It is particularly important for current Year 9 students considering accessing a VCE subject in Year 10 to undertake this research now as the timeline for making this decision is quite short. There is plenty of advice in the Senior School Handbook about the pros and cons of commencing an early VCE and advice about how to select a VCE subject. I look forward to assisting students with their Senior School subjects.

Jackie Harris, Senior School Principal

YEAR 9 CITY EXPERIENCE WEEK

"On the final week of Term 2, the Year 9 students travelled to the city as a year level to explore different places and commit to different activities around the city. The Year 9s participated in this important experience to use and improve skills like independence, personal organisation, initiative, openness to new activities and teamwork. They visited iconic landmarks like the Shrine of Remembrance, IMAX, the MCG, the Queen Victoria Market, the Melbourne Museum, the Old Melbourne Gaol and the ACMI Museum, followed by a lesson focused on the "Big Issue" and an activity called the Amazing Race.

Students independently travelled via train every morning from Ringwood Station to an assigned part of the city where they met up with their teacher, prior to engaging in the daily activities. Overall, it was a wonderful experience and a great way to finish the term."

Zach Penhalluriack, Year 9



YEAR 11 CENTRAL AUSTRALIA TOUR

"The last week of Term 2 for 80 Year 11 students began with a flight up to Darwin on Saturday, 17 June, the beginning of our 2023 Central Trip. 12 days up in the Northern Territory, and it was over way too quickly. There were a lot of highlights throughout the camp, spread out across the many places we visited.

We stayed a couple of nights in Darwin, sight-seeing and visiting the Mindle beach market, where dinner came with a beautiful view of the sunset. Each night on the trip consisted of card games, typically Uno (of which the teachers had a brutal ongoing competition) and amazing food, courtesy of the two chefs who came with us. After Darwin, we headed south, visiting Berry Springs where we got to enjoy the beautiful natural water. This was one of two waterholes that we visited; the other was the thermal pools at Mataranka.

We were also lucky enough to visit many sacred Indigenous sites, including Katherine Gorge and the Olgas, alongside Uluru. We went on two cruises; one at Yellow River and the other in Katherine Gorge, where we learnt about the rich and complex culture and history of the Indigenous people who call that land home.

As we travelled further south, the nights got colder. We slept out under the stars, getting up at 4.15am in order to start our 10-hour bus ride, via the Devil's Marbles, to Alice Springs. Once we had reached our destination (at last) we discovered how quickly it gets cold in central Australia after sunset, and all quickly rugged up.

While in Alice, we visited the Old Telegraph Station and the Royal Flying Doctor's Service, for whom we raised more than \$2,300 as a school to leave as a donation. Due to the poor weather forecast, we changed our schedule slightly in order to accommodate the rim walk around King's Canyon. We were lucky enough to see the amazing views and rock structures while it was blue skies and sunny, because it started to rain on our way to Yulara. Setting up camp in the rain was hard work, but we managed quite successfully, and over the course of the next two days only had a few tents flood! On the plus side, it was considerably warmer due to the cloud cover that brought the rain. Also on the plus side, we were fortunate enough to see Uluru in the rain! As our bus drivers told us, it hasn't rained in Yulara for years and apparently, the last time it rained it was too flooded for visitors.

On our last day we visited one of Uluru's waterfalls, leading to a waterhole that was nearly overflowing. We travelled to the airport and caught the plane back to Melbourne, where a few of us regretted our decision to wear shorts. It was great to see our families once we got back to Norwood, and sleeping in our own beds was amazing, as opposed to on blow-up mattresses on the ground. I think I speak for everybody when I say that we would do it again in a heartbeat, rain and all".

Savannah Whelan, Year 11



STUDENT WELLBEING NEWS

UNDERSTANDING SCHOOL REFUSAL: SUPPORTING YOUNG PEOPLE TO ATTEND SCHOOL

School refusal is a distressing yet common challenge that affects a significant number of students, impacting their education, and social and emotional wellbeing. Data recorded from 2018 showed that in Victoria, students were absent for approximately 19 days of a secondary school year, however, recent data collection suggests this number has increased following the impact of the extended lockdowns. Missing just one day of school per fortnight is equivalent to missing four weeks of school per year, or one and a half years from Prep to Year 12.

Reasons for school absenteeism can be complex and interrelated and often the young person is doing their best to manage multiple difficulties. A young person's mental health can have a significant impact upon their cognitive ability, motivation, and neurodevelopment, which can make focusing on classwork challenging. Which can impact upon their confidence leading to students wanting to remain at home. Tasks such as presenting in front of class, undertaking assessments or socialising with other students, can commonly lead to distress and reluctance to attend school. Avoiding school can then become a negative reinforcer, whereby removing something that is seen as a negative can lead to that behaviour increasing. It is important to note that the student might not share the same goal of returning to school, something that is important to unpack and problem-solve to work towards increasing their attendance to school.

Early warning signs of disengagement from school include:

- Frequent requests to remain at home, to be collected from school or complaints of attending school.
- Missing certain classes or significant school days (i.e., presentations, exams, maths class).
- Regular truancy from classes.
- Academic difficulties and/or high number of notifications for overdue schoolwork.
- Regular requests to attend sickbay for various physical health symptoms.
- Mental health concerns (i.e., anxiety, depression, low self-esteem).

Identifying the specific reason/s behind a student's reluctance to attend school is crucial to providing effective support to alter the behaviour. Parents and carers may face the dilemma of whether they should be forceful of making their child attend school or allow them to stay at home not wishing to cause possible further distress.

Strategies to support:

DEVELOP A PLAN:

School refusal can be unpredictable; initially requiring you to take each day as it comes. It is essential to develop a plan, working with the school to agree on an approach that will encourage increased school attendance.

DEVELOP A MORNING AND EVENING ROUTINE:

Having a consistent routine can assist with multiple facets of life, including motivation, sleep, emotional and physical wellbeing, and school engagement. Life can be unpredictable creating anxiety for some, however, implementing time in a young person's day that is consistent adds stability into their life. Sitting down with them and working together to write down a plan and consistently reviewing it will ensure it is effective. Implementing time for self-care (i.e., exercise, listening to music, reading a book, watching a movie) is essential, whilst also adding something enjoyable to their day.

ENCOURAGE OPEN CONVERSATION:

Encouraging your child to be open with you about what they are anxious about can assist them, you and the school address aspects of school that are causing anxiety. Encouraging them to focus on things that they can control, as things that are out of their control can produce higher anxiety levels.

LINK WITH SUPPORT:

External support will be essential in supporting to address mental health concerns that are correlated with school absenteeism. A student support group can be established with the school, families, and external support providers to ensure that the approach to helping the young person is consistent and therefore effective.

School refusal is a serious issue that requires empathy, understanding, and a collective effort from parents, school, and the community. By creating a supportive environment, implementing support plans, establishing routines, and collaborating with the school, we can help students struggling with school refusal overcome their challenges and thrive academically.



THE ACAP CLINIC

A not-for-profit training clinic staffed by supervised final year psychology, psychotherapy, counselling, and social work students.

We celebrate, value, and include people of all backgrounds, genders, sexualities, cultures, language groups, bodies, and abilities for all ages.

- ✓ Individual Therapy
- ✓ Art for Happiness
- ✓ Mindfulness Group
- ✓ International Student Wellbeing Drop-In Group
- ✓ Psychometric Testing
- ✓ Building Self-Compassion Group
- ✓ Social Anxiety Group
- ✓ Compassionate Mind Training

All services
are currently
FREE

acap.edu.au/applied-psychology/psychology/psychology-clinic/
psychclinic@clinic.acap.edu.au
(02) 8236 8070

Services available via Zoom or face-to-face in Sydney, Melbourne, Brisbane, Perth and Adelaide.

The

Applied Professionals (ACAP) Psychology Clinic is offering a wide range of **FREE individual and group therapy** options.

Referrals are made via email clinic@acap.edu.au or via their website. You can also refer via phone: (02) 8236 8070.

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

Australian
College of

CAREER NEWS

OPEN DAYS 2023

August is a busy time of year for students planning their pathways with many institutions holding open days. This is the perfect time for our senior students to look into their future options. A summary is included below.



GETTING THE MOST OUT OF AN OPEN DAY

Most institutional Open Days are held in late July and August. However, some institutions will welcome visits, by appointment, at other times. Contact the institution direct to enquire.

WHAT HAPPENS ON AN OPEN DAY?

On Open Day you can visit an institution when it's at its best. Everyone is there—academics, lecturers, current students and information officers. More importantly, you can talk with academics, lecturers and current students about what certain courses are actually like, and what is required to get into them.

WHO SHOULD ATTEND AN OPEN DAY?

Anyone who is considering studying at a tertiary level in the next few years should attend.

INSTITUTION	DATE	TIME	CONTACT DETAILS
Australian Catholic University Melbourne Campus Virtual Tour Ballarat Campus Virtual Tour	Sun 13 August Sun 27 August	10am – 2pm 10am – 2pm	1300 275 228 https://www.acu.edu.au/student-life/experience-uni-before-you-start/open-day
Box Hill Institute of TAFE Elgar Campus Lilydale Campus	Tues 22 August Thur 24 August	3pm – 7pm 3pm – 7pm	1300 269 445 Winter Discovery Nights Box Hill Institute
Australian College of Arts (Collarts)	Sat 26 August	9am – 2.30pm	https://www.collarts.edu.au/open-day
Deakin University & Deakin College Warrnambool Campus Geelong Campuses Burwood Melbourne Campus	Sun 6 August Sun 20 August Sun 27 August	9.30am - 12.30pm 9am – 3pm 9am – 3pm	1800 334 733 Open Day Deakin (03) 9244 5197 Deakin College
Holmesglen Institute All Campuses	Thu 31 August	Various times	1300 639 888 Online bookings are essential www.holmesglen.edu.au/opendays
La Trobe University Melbourne Campus Mildura Albury-Wodonga Shepparton Bendigo Campus Useful info	Sun 6 August Wed 9 August Sat 13 August Sat 26 August Sun 27 August	10am – 4pm 4pm – 7pm 9.30am - 2pm 10am – 2pm 10am – 3pm	1300 135 045 Open Day 2023 La Trobe University
Monash University Caulfield Campus Peninsula Campus Clayton Campus Parkville Campus (Pharmacy Focus) Virtual Tours	Sat 5 August Sat 5 August Sun 6 August Sun 21 August	12pm – 4pm 10am – 2pm 10am – 4pm 10am – 2pm	1800 666 274 www.monash.edu.au/openday
RMIT Bundoora Campus Brunswick & CBD Campuses Point Cook Flight Training & Bendigo	Sun 6 August Sun 13 August Sun 20 August	10am – 4pm 10am – 4pm	9925 2260 www.rmit.edu.au/openday
Swinburne University Hawthorn Campus Virtual Tour	Sun 30 July	10am – 4pm	1300 SWINBURNE http://www.swinburne.edu.au/openday/
Torrens University Melbourne Campus Virtual Open Day 2023	Sat 12 August	10.30am – 1pm	1300 575 803 Open Day 2023 Torrens University
University of Melbourne Parkville & Southbank	Sun 20 August	10am – 4pm	1800 801 662 https://openday.unimelb.edu.au/
Victoria University Footscray Park Campus Virtual Tour City Flinders Campus Virtual Tour City Queen Campus Virtual Tour	Sun 20 August Sun 27 August	10am – 3pm 10am – 3pm	1300 842 864 Open Day 2023 at Victoria University
William Angliss Institute of TAFE	Sat 12 August	10am – 3pm	1300 264 5477 William Angliss Institute

FRENCH NEWS

FRENCH POSTERS

At the end of last term, our Year 7 and Year 8 students engaged in a little French cultural voyage by researching about France's most awaited two events: La Fete de la musique and Le Tour de France.



They created the official poster for 2023 events and here are the top four posters created by Casey 7C, Darcy 7B, Sian 7B and Hamish 8E.

Duneesha Gamhewage, French Teacher



CAREER NEWS CON'T

WHY SHOULD YOU ATTEND AN OPEN DAY?

Apart from the opportunity to obtain course information there are many other reasons why attending an Open Day is a good idea:

- You are going to feel more comfortable arriving at a university or TAFE institute on the first day of classes if you have been there before.
- What is really involved in the course or courses you are interested in?
- If you have to move away from home, where are you going to live?
- Will you be happier studying in a large metropolitan institution or a smaller, perhaps rural institution?
- What does the place 'feel' like? Is it a bustling environment with lots of activity or a quieter, more relaxed campus?
- How are you going to get there? Is it close to public transport or should you start saving now for a car?
- If you don't know the answers to any of these questions, then you should attend an Open Day!

HOW TO MAKE THE MOST OF OPEN DAYS

To make your Open Day visits fun and informative, here are some pointers:

- Write down a list of questions you would like to ask about particular courses.
- Be there early. Crowds tend to develop as the day progresses.
- On arrival, get a map from a central point and ask for directions to the relevant faculties or schools.
- Don't spend the day collecting printed information only. Use the opportunity to speak directly with academics before applications close.
- Introduce yourself to selection officers if you feel it is appropriate, but don't be pushy.
- Check out the residential colleges, if this is something you may require. After all, it is you that will be living there.
- Walk around the campus, join a tour if they are being offered. Have a good look! See what sporting facilities and other services are available.
- Enjoy the visit.

Paul Duncan, Careers Coordinator



MUSIC NEWS

MUSIC CAMP

This week, 94 fabulous Music students attended the annual 3 day Music Camp. Students participated in extended rehearsals, team building activities including high ropes, candle-making and archery... and eating yummy food!



The progress made by each ensemble was remarkable and the mentoring which occurred across Years 7-12 was extremely valuable. Highlights included the DJ Disco and the Trivia Night led by the senior students. Our musical items will be performed at the upcoming "Showcase" concert on Wednesday, 13 September. Please put this date in your calendar. Congratulations to all our students for an outstanding camp!

AMEB Success (Australian Music Examination Board)

Congratulations to these students for excellent results at the recent AMEB exams:

Caleb S-F - Horn

Heather F - Trumpet

Sapphire A - Flute

Hayley T - Trumpet

Zetara B -Tuba

Thanks to Rebecca Smith for accompanying our students.

Jo Dema, Music 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

Navigate to **SHOP** in toolbar

Click - Norwood Secondary College Logo

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Jenny McKenzie,

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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

PRODUCTION NEWS

ANASTASIA THE MUSICAL

Buy your tickets now and join the cast of *Anastasia the Musical* on their 'Journey to the Past'!

With opening night just over three weeks away and tickets selling fast, the cast and crew of this year's Production are bursting with song, dance and excitement, and we can't wait to show you all what we have achieved.



Over the next few weeks, the focus of our rehearsals will shift from learning songs and blocking and choreographing scenes to incorporating the technical, set and orchestral elements: the set and prop pieces, constructed by the Year 12 VCAL/VM students under the guidance of Rod Mitchell, are nearing completion and looking schmicko; our backstage ninjas are practising their stealth and invisibility; and, we can't wait to get the band together and give some of our outstanding music students the opportunity to play with professional instrumentalists in a live orchestra!

The Norwood Secondary Production of *Anastasia the Musical* opens at Karralyka Theatre on Thursday 17 August.

Tickets are on sale now via the Karralyka Theatre Centre website: <https://www.karralyka.com.au/Buy-tickets>

Lucy Filor, Production Director





New coding, circuit, and robotic equipment in the library!

Staff will be around who can help with the science of electronics or the language of coding if you think you need a hand getting started.

Lego club members might be interested in adding motors or sensors onto their creations and making their equipment automated.

Every Tuesday and Thursday at Lunchtime

A purple poster for a book launch event. At the top, the text 'I AM COMING TO YOUR SCHOOL' is written in white, bold, capital letters. Below this is a central photograph of a smiling woman with blonde hair, wearing a blue sweater. To her left is the book cover for 'Grace Notes' by Karen Comer, and to her right is the book cover for 'Sunshine on Vinegar Street' by Karen Comer. Below the photo, the text 'Wednesday 9th August' and '1.15pm - 2pm' is displayed. Further down, it says 'Bookings required. Please see your teacher or speak to the library staff.' At the bottom, a small paragraph of text provides background on the author, Karen Comer.

I AM COMING TO YOUR SCHOOL

Grace Notes by Karen Comer

Sunshine on Vinegar Street by Karen Comer

Wednesday 9th August
1.15pm - 2pm

Bookings required. Please see your teacher or speak to the library staff.

Karen Comer is the author of *Grace Notes*, a young adult verse novel, and *Sunshine on Vinegar Street*, a middle-grade verse novel. She's a freelance editor and presents writing workshops to children and adults. Earlier in her career, she worked in educational publishing and was the editor for children's art magazine BIG. She lives in Melbourne with her family.

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Have your say on Maroondah's Bicycle Network review



Have your
say by **Friday
11 August**

Do you ride, walk or run in Maroondah?

Share your experience with
our bike lanes, trails and shared
user paths to help inform a review
the Maroondah Bicycle Network.

For more information

Visit [www.yoursay.maroondah.vic.gov.au/
bicycle-network-review](http://www.yoursay.maroondah.vic.gov.au/bicycle-network-review) or scan the QR code
to find out more and provide your feedback.



1300 88 22 33 or 9298 4598
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TINTERN  GRAMMAR

TINTERN GRAMMAR INVITES PARENTS AND CARERS TO

Connected Parenting The Resilience Project Parent Seminar

Parents and carers will learn fundamental principles
of Connection and Compassion with their families.

PRESENTED BY

Lael Stone Author and TEDx Speaker

WHEN:

Monday 7 August 2023

6:15pm for a 6:30pm start - 8:00pm

WHERE:

Tintern Grammar

CM Wood Performance Centre

Enter Gate 7

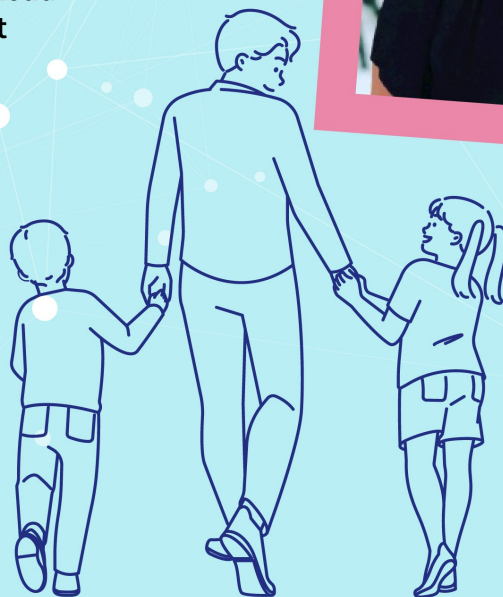
55 Alexandra Road

Ringwood East

BOOKINGS:



LAEL STONE AUTHOR AND TEDx SPEAKER



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