

PURPOSE STATEMENT

Norwood Secondary College provides a vibrant teaching and learning environment

TERM 4
NUMBER 1
13 October, 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 4, 2023

Monday, 16 October

State Track and Field Championships
Year 12 Valedictory Dinner

Tuesday, 17 October

Year Geography Excursion
Year 7 Sport— Hockey and Cricket

Wednesday, 18 October

Year 7 Girls' Hockey

Wednesday, 25 October

Year 8 Boys' Cricket



ACTING PRINCIPAL'S REPORT

SPRING SHOW 2023

This week the College held the much anticipated, annual Arts and Technology Spring Show. This event provides a wonderful opportunity to celebrate the talents of many of our VCE students. Their detailed folios take us on a journey of creative exploration in Art Creative Practice, Media Studies, Visual Communication and Design and Product Design and Development (Wood). There was a vast array of final pieces from short films, art pieces and furniture to admire.



Thank you to the families who attended and enjoyed refreshments provided by some of our Year 11 Food Studies students. I look forward to announcing the winner of the 'People's Choice Award' when the final votes are counted. In the meantime, I am proud to announce that the winner of the Principal's Acquisition Award is Chloe Xu. One of her pieces will now be purchased by the school to hang proudly in the Administration building alongside a gallery of past winners. Congratulations Chloe.

Farewell to the 'Class of 2023'

There are many special Norwood traditions that mark the end of the secondary school years for our graduating Year 12 students. The students have been kept busy planning their celebrations, adding their handprints to their banner, writing speeches, putting the final touches on their farewell video and reminiscing with their teachers.

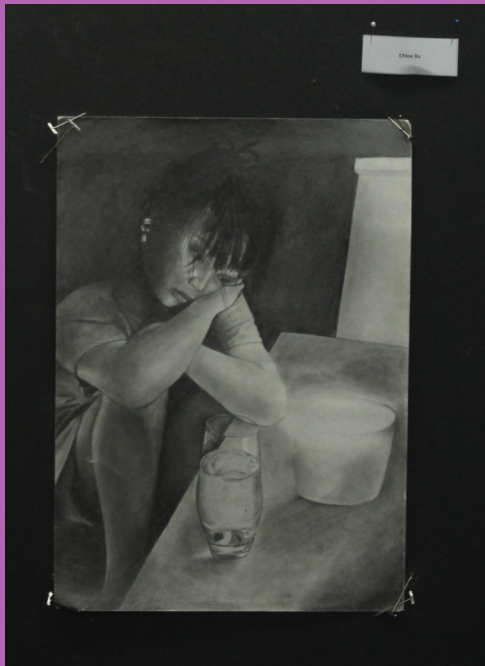
On Monday our four captains will plant their commemorative tree. In years to come, when the graduating class of 2023 drive past the school, they will notice the blossoms and remember that they are an important part of the history of Norwood. Thank you to Bunnings for your generous donation. We appreciate your annual support of this important Norwood tradition.

We now look forward to their last day and celebrating all that they have achieved with their families on Monday evening at their Valedictory Evening. After this, our students' focus will be on revision in preparation for their final exams. We expect to see students seeking extra support from teachers during this time and we would encourage and welcome students who work better at school to attend as needed. Congratulations Class of 2023.

In this issue you will read about:

- Principal Report p1-2
- Junior School Principal News p3
- Career News p3
- Student Wellbeing News p4-5
- Art & Technology News p4-5
- Library News p6
- Community News p7-8

ACTING PRINCIPAL'S REPORT CONTINUED



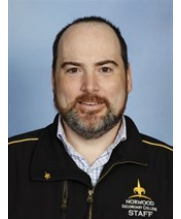
Building pictures



JUNIOR SCHOOL NEWS

NEW BUILDING UPDATE

I thought I would just share a few photos of the new building given it is very close to completion. As you can see the natural light flows into the top level where senior students are going to enjoy 6 of the 8 new classrooms. All classrooms will contain 3.6m whiteboards and 75" TVs to ensure these spaces are ready to use as soon as handover is completed. The building has been built with extraordinary acoustic foresight which is very noticeable as the sound just remains in the space you are in (even without the furniture!).



The new Wellbeing space and Student Services are ready to go. Downstairs the lockers are going into the undercroft which will house our 2024 Year 12s and the other 2 classrooms are all ready to go. The external works are now being completed and the site offices being removed which suggests we are not far away from practical completion.

Nick Mammoliti, Junior School Principal



CAREER NEWS

UPCOMING CAREERS EVENTS

Box Hill Institute Careers Expo

Box Hill Institute is holding a Careers Expo on Wednesday, 18 October, between 4pm – 7pm at Box Hill Town Hall.

Food trucks and DJs will be on deck to ensure a fun-filled afternoon. Students can expect to meet with employers from a range of sectors including, Health, Building and Construction, Beauty and more. They will be happy to provide information and answer all your questions. Teachers and course experts will also be available to advise on the exciting study options available at Box Hill Institute.

Register now to attend this free event <https://info.boxhill.edu.au/careers-expo/>

APPRENTICESHIP AND TRAINEESHIP NIGHT

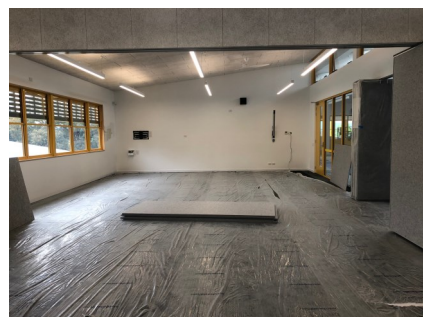
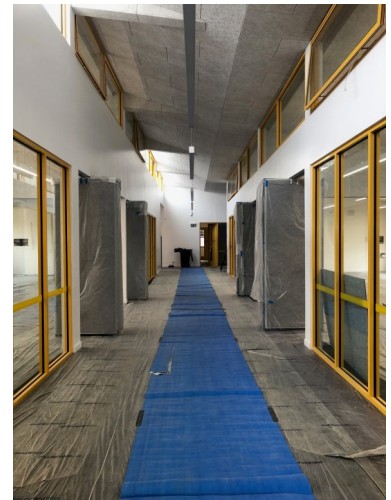
The Outer Eastern Local Learning & Employment Network are hosting an Apprenticeship and Traineeship Night on Thursday, 19 October, from 5.30pm to 7.30pm at Swinburne University of Technology, Croydon.

The Apprenticeship & Traineeship Night brings together experts from our region to provide information on how to apply for, enroll in and succeed in an apprenticeship or traineeship. Tickets are free and can be obtained by registering via this link <https://www.eventbrite.com.au/e/apprenticeship-traineeship-night-tickets-629678474267?aff=oddtcreator>

Paul Duncan Careers/Pathways Coordinator



JUNIOR SCHOOL NEWS



SPRING SHOW

On what was a lovely Spring evening on Tuesday, 10 October, the Arts and Technology KLAS had the privilege to host the 2023 Norwood Spring Show exhibition, in the College Library. It was an inspirational exhibition of work from students in Visual Communication Design, Art Creative Practice, Media and Product Design Technology Studies. The students welcomed friends, family and teachers to view and be amazed by their folio work and final presentations. The evening was very well attended and everyone enjoyed the array of delicious food planned, prepared, cooked and served by students from the Unit 2 Food Technology classes.

A lovely community atmosphere prevailed as the sun set and the pride and confidence of our graduates permeated the Library/gallery space. The pride in the students' work was only surpassed by that of their teachers, Ms Cherry (Art Creative Practice), Ms Guerra (Media), Mr Cusack (Product Design Technology) and myself (Visual Communication Design.)

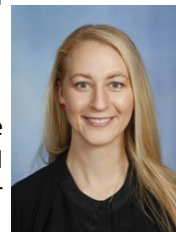
The exhibition was a lovely way to pay homage to their creative journeys and admire the students emerging talents. During the week classes from other year levels have been visiting and hopefully being motivated by their peers' hard work and talent. I would like to thank everyone who helped make the exhibition such a great success and wish all our VCE students all the best for their upcoming exams. I look forward to seeing what they create in the future as they graduate from Norwood.

Ms Joyce Hughes, Arts KLA Leader



NAVIGATING ADOLESCENCE: UNDERSTANDING COMMON STRESSORS AND COPING STRATEGIES

Adolescence is a transformative period in our lives, full of self-discovery, growth, and new experiences. However, it can also be a time of increased stress and anxiety as teenagers face numerous challenges unique to this stage of life. The good news is there are strategies that can help you navigate through these stressors.



PEER PRESSURE

Navigating friendships and social circles can be challenging. Adolescents often feel the need to fit in and conform to social norms. Here's how to handle peer pressure:

Be True to Yourself: Remember your values and do not compromise them for others.

Find Supportive Friends: Surround yourself with friends who respect and support you.

Assertiveness: Learn to say no when necessary and express your thoughts and feelings honestly.

BODY IMAGE AND SELF-ESTEEM

Adolescents often grapple with body image issues and self-esteem. It is crucial to build a healthy self-image:

Practice Self-Compassion: Be kind to yourself and avoid negative self-talk.

Physical Activity: Engage in activities you enjoy to boost self-confidence.

Limit Media Influence: Be critical of unrealistic beauty standards in the media.

ACADEMIC PRESSURE

One of the most prevalent stressors for high school students is academic pressure. Balancing coursework, assignments, tests, and College preparations can be overwhelming. Here are some strategies to cope with academic stress:

Time Management: Create a study schedule and prioritise tasks.

Seek Help: Do not be afraid to ask teachers or peers for assistance when needed.

Mindfulness: Incorporate relaxation techniques into your routine to reduce anxiety.

FAMILY DYNAMICS

Changes in family dynamics, such as increased independence and conflicts, can cause stress. Strategies for dealing with family-related stress include:

Open Communication: Talk to your parents or guardians about your concern.

Compromise: Work together to find solutions that benefit everyone.

Set Boundaries: Establish clear boundaries and expectations at home.

UNCERTAINTY ABOUT THE FUTURE

The transition to adulthood can bring uncertainty about career paths, tertiary study choices, and general life after high school. Coping strategies for this stressor include:

Explore Interests: Explore various interests to discover your passions.

Seek Guidance: Talk to the Career/Pathways advisor, teachers, or mentors for advice.

Break it Down: Break down long-term goals into smaller, manageable steps.

ART AND TECHNOLOGY NEWS



STUDENT WELLBEING NEWS CONTINUED

BALANCING CO-CURRICULAR ACTIVITIES

While co-curricular activities are essential for personal development, overcommitting can lead to stress. Balance is key:

Prioritise Activities: Choose a few activities you are passionate about.

Time Management: Plan your schedule to allow for rest and relaxation.

Learn to Say No: Do not overextend yourself by taking on too much.

Remember, it is normal to experience stress during adolescence, but it is essential to address it in healthy ways. Seeking support from trusted adults, such as parents, teachers, or the Wellbeing team, can make a significant difference. By using these strategies and building resilience, you can thrive during these transformative years.

COMMUNITY PROGRAMS AND SUPPORT AVAILABLE

ParentZone:

In Term 4, ParentZone are offering the following 6-week parenting programs, as always FREE of charge!

- Talking Teens
- Dad's Matter
- Parenting Anxious Children
- Tuning into Kids

Living with ADHD/ADD

Parents and carers are connecting and supporting each other in the Strengthening Parent Support Program's, which are offered both online and face to face for parents who have a child with a disability or developmental delay (diagnosis not necessary).

For information on the events above, as well as parenting events and support programs in the East please check out: <https://www.anglicarevic.org.au/>

Jackie Landy, Miranda Maginness & Jason Boyce, The Wellbeing Team

ART AND TECHNOLOGY NEWS CONTINUED



LIBRARY NEWS

YEAR 12 LIBRARY BOOKS

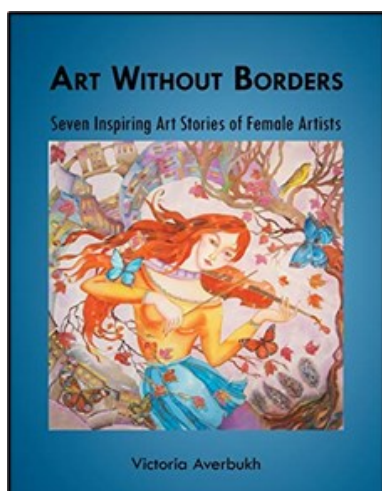
The Library Team wishes our Year 12s all the best in their upcoming exams. We remind all Year 12s who have books on loan from the Library, if they are not needed for your exams, then it's time to return them.



Thank you

NEW BOOKS IN THE LIBRARY!

We thought we would showcase some new Non-Fiction books in the library.

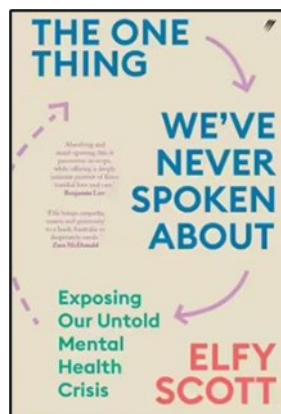


ART WITHOUT BORDERS: SEVEN INSPIRING ART STORIES OF FEMALE ARTISTS BY VICTORIA AVERBUKH.

Art is the great connector, as proven here in the stories these seven Eastern European female artists share about their work, their immigration experiences, and their acclimation into American culture.

These seven artists all work in different mediums. Their work could not be more different; however, their shared experiences create a common thread, weaving their Eastern European roots into their American lifestyles. Their work on a whole is vibrant, colourful, and passionate.

LIBRARY NEWS CONTINUED

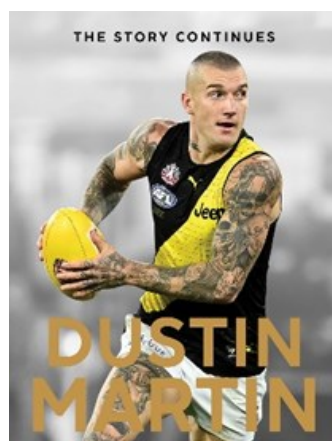


THE ONE THING WE'VE NEVER SPOKEN ABOUT BY ELFY SCOTT.

An investigation into the failings of Australia's mental healthcare system, grounded in a personal story of a mother-daughter relationship.

Journalist Elfy Scott grew up in a household where her mother's Schizophrenia was rarely, if ever, spoken about.

This timely, compelling book is informed by hope and courage, breaking down taboos and asking big questions about vulnerability, justice and duty of care in modern Australia.



DUSTIN MARTIN: THE STORY CONTINUES BY DUSTIN MARTIN.

In this fully authorised edition, you will be able to experience Dusty's rise to the very top of AFL football and his position in the pantheon of great Australian players.

Find out all about Dusty's childhood, his career at the Richmond Football Club, and behind-the-scenes stories from those he spends his time with. From the President to the trainers, this book will reveal the high esteem in which he is held at the club and in the wider world of AFL football.

AVAILABLE NOW TO BORROW FROM THE LIBRARY.

Sashi Reddy, Librarian

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

DOBSONS
 Look smart

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

**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 Robel

**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

RINGWOOD CHURCH
 OF CHRIST

Community Market

For adults - for children - for everyone!



Saturday 14 October 9am - 2pm

13 Bedford Rd, Ringwood

ringwoodchurch.org.au

COMMUNITY AND BUSINESS ADVERTISEMENTS

The Department of Education does not endorse the products or services of any private advertiser. No responsibility is accepted by the Department of Education for accuracy or information contained in advertisements or claims made by them.



- Location:** Whitehorse Civic Centre Precinct, Nunawading
- Date:** Sunday, 15 October 2023, 10am–4pm
- Access:** Street parking will be limited. There will be limited parking available at the Nunawading Civic Centre & Walker Park.