

PURPOSE STATEMENT

Norwood Secondary College provides a vibrant teaching and learning environment

TERM 4
NUMBER 3
10 November, 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, 13 Nov— Friday, 17 Nov

Wellbeing Week

Monday, 13 - 15 November 2023

Cathedral Ranges Camp Outdoor Rec

Tuesday, 14 November 2023

Year 7 Transition Evening, 6pm

Thursday, 16 November 2023

Junior Band VSMF Excursion

Friday, 17 November 2023

Pupil Free Day

Monday, 20—24 November 2023

Year 11 Exams

Tuesday, 21— 24 November 2023

Year 10 Exams



ACTING PRINCIPAL'S REPORT

On the one hand, it seems like Term 4 has just begun, however, by next Wednesday the Year 12 examination period will be over and we will find ourselves racing towards the final year exams for Years 9 – 11. The external exam supervisors have been very impressed by the positivity and hardworking approach of our Year 12 students. It will soon be time for our Year 12s to enjoy a well-deserved break from study. We look forward to the release of their results on 11 December.



It would be fair to say that nobody expected an enforced lockdown on Wednesday. Whilst schools are diligent in rehearsing for unforeseen events, it is only when you are actually tested, that you really know how well prepared you are. We hope that parents and carers understand that when schools are placed into lockdown, very little information can be shared at the time. The safety of all members of the school community is the primary concern and must take priority. Fortunately, as it turned out, there was no danger to the school, however, police must investigate all potential threats.

We have received high praise from Victoria Police, regarding our staff and students, in managing a prompt and efficient lockdown. They have shared some information with us, and will offer us a debrief opportunity in the coming days.

We understand that this event may have caused distress for some students and families and would encourage anyone requiring support to reach out. Our highly experienced Wellbeing Staff are always ready and willing to support our students, as required. Students should feel comfortable with seeking their assistance or discussing concerns with one of their trusted teachers.

I would finally like to thank all staff for your professionalism and care during this time. Thank you to the students for your cooperation, care of each other and patience during this time. To our parents and carers, thank you for your support and trust in the school. It is very much appreciated.

In this issue you will read about:

- Principal Report p1-2
- Junior School Principal News p2
- Library News p2
- Music News p3
- Student Wellbeing News p4
- Sports News p5
- Community News p6-9

LIBRARY NEWS

FAREWELL TO MRS REDDY

On Friday, 3 November Norwood farewelled Ms Sashi Reddy, the Librarian/Resource Centre Manager for the last 2 years. We thank Sashi for her dedication and commitment and wish her all the best in her new role.

Ms Linda Mill has been appointed as the new Librarian/Resource Centre Manager.



REMEMBRANCE DAY POPPIES

With the help of staff and students, the Library has been busily creating Remembrance Day poppies for students to wear on Friday, 10 November. These will be available in the Library, free for students to take in anticipation of Remembrance Day on Saturday, 11 November.



Instagram

Just a reminder that you can follow the Library on Instagram. Find us @norwoodlibrary. Look out for competitions, book recommendations, behind-the-scenes in the library, and much more.

Linda Mill, Librarian/Resource Centre Manager

As we look towards the end of the year, we are looking forward to meeting our new Year 7 families on our upcoming Transition Evening and welcoming our new Year 7s on Orientation Day Friday, 12 December. We know that all students will now be working hard, preparing for final assessments and exams. Monday, 27 November until Friday, 1 December is the highly anticipated VCE Transition Program, where current students step up into their 2024 VCE classes. Please remember that Friday, 17 November is a Pupil Free Day, where staff will be preparing for this valuable program.

Jackie Harris, Acting Principal

JUNIOR SCHOOL PRINCIPAL NEWS

MOVE IN TIME!

It's an exciting time for the school with the new building coming to a completion. All things going smoothly on Monday, our Wellbeing team will be working out of the new "M" Block. Their new space has been furnished and is looking fantastic. Entry for students will be from the top of the school close to the STEM centre. This is still pending the occupancy certificate coming through.



Over the next few weeks, we will gradually open spaces as they become available with the end goal to run the Transition Program in the new classrooms during the week of 27 November.

The school has been waiting for this moment since the Master Plan was put into place way back in 2020 and the anticipation feels like Christmas Eve for our staff.

RUBBISH IN THE SCHOOL YARD:

Just a quick reminder to please do your best to not send students to school with single-use plastic, we are still finding it is an issue in the school yard. We will continue to support students in demonstrating respect for the environment and are working hard to rectify.

We are just custodians of the school space and therefore have a responsibility to ensure we maintain it as best we can.

STUDYING FOR EXAMS:

Our Year 9 students have been working on many assessment tasks over the past week and should begin to revise for their upcoming exams. Simple things like going back over exercises for Maths, creating mind-maps about the key concepts for Humanities and Science and re-reading the English novel is what we expect of our aspirational students. If you don't see much studying happening, a gentle nudge in the right direction would be appreciated.

The structure of the Year 9 exams will be slightly different to previous years with a late start and early finish to give students time to revise to mimic what we do with our senior students. Details will be out from Mr Given in the coming days.

FUNFIELDS:

The Funfields excursion is ready for payment on Compass, this is a wonderful day for all students and teachers to come together and celebrate a successful years work. The price does include a Sausage Sizzle that is cooked by the school. Fingers crossed we get better weather than last year!

Nick Mammoliti, Junior School Principal

MUSIC NEWS

YEAR 10 MUSIC RECORDING STUDIO DAY

Part of the Year 10 course involves preparing and recording music. The class spent a day at Soggy Dog Recording Studio in Upwey. We can't wait to hear the mixed tracks from these excellent Year 10 Musicians.

Comment from the director of the studio

"Another very satisfying day with the most wonderfully prepared music students from Norwood Secondary College. How exciting it was to capture these performances."



MUSIC NEWS

ROOKIE BAND DAY

A group of our Junior Band students attended a special Junior Band workshop at Lilydale High School recently. The students had sectional rehearsals with other students and then worked together as a large Concert Band. Many thanks to the parents who kindly assisted with transport and who attended the performance.



STRING SOIREE

Congratulations to all string students who participated in the string soiree who last Tuesday evening in front of parents and friends. The program was varied with items from Year 7, Year 8, Year 9, Year 10 students, small ensemble items and the whole orchestra.



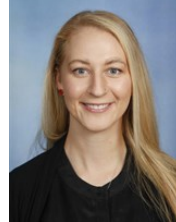
Jo Dema, Music Coordinator

A select few of our Year 8 students have been participating in the Raise Youth Mentoring Program every Friday since Term 2. The students or 'mentees' were assigned a mentor at the start of the program, and each week, together they have discussed a range of different topics. The students have really enjoyed this program and have built great connections with their mentors.


Their last session was held on Friday, 27 October with students attending a graduation ceremony as a celebration of their participation in the program. Graduating students have followed the Raise Youth Mentoring Curriculum for over 20 weeks and have focused on building resilience, school belonging, asking for help and goal setting, all positive skills for a bright future.



As we find ourselves at the midway point of term, it is not uncommon to experience what many students refer to as the “mid-term slump”. This is a phase in the academic year when motivation can wane, stress can creep in, and the excitement of the new term may start to fade. We want to assure you that you are not alone in feeling this way, and there are strategies to help you get through it.



The mid-term slump can manifest in various ways, such as:

1. **Decreased Motivation:** You may find it harder to stay motivated for your classes, assignments, or cocurricular activities.
 2. **Fatigue:** The daily grind of schoolwork and other responsibilities can leave you feeling physically and mentally exhausted.
 3. **Anxiety:** The mounting workload and upcoming exams can lead to increased stress and anxiety.
 4. **Distraction:** Concentrating on your tasks might become more challenging as distractions seem more appealing.
- 

The good news is that the mid-term slump is a phase that can be overcome. Here are some strategies to help you recharge and reenergize:

1. **Break Tasks into Smaller Steps:** Divide your assignments and study goals into smaller, manageable tasks. This makes your workload seem less daunting.
2. **Stay Organised:** Use planners, to-do lists, or digital tools to keep track of your responsibilities and deadlines.
3. **Take Breaks:** Do not forget to schedule short breaks between study sessions to clear your mind and prevent burnout.
4. **Reach Out for Support:** Talk to teachers, wellbeing team, family, or friends if you are feeling overwhelmed. They can offer guidance, understanding, and support.
5. **Prioritise Self-Care:** Make time for self-care activities like exercise, listening to music, and relaxation to boost your well-being.
6. **Try Something New:** Introduce variety into your routine to keep things fresh and exciting. Join a club, explore a new hobby, or try out a different study method.
7. **Set Realistic Expectations:** It is okay to acknowledge that you can not be perfect all the time. Set realistic expectations for yourself and understand that setbacks are a part of growth.
8. **Celebrate Achievements:** Recognise and celebrate your small victories along the way, whether it is completing an assignment or mastering a challenging topic.

The Mid-Term Slump is a natural phase of the academic year, and it is an opportunity for personal growth and resilience. By taking proactive steps and seeking support when needed, you can navigate through this period and emerge on the other side even stronger than before.

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

SPORTS NEWS

YEAR 7 GIRLS' CRICKET PREMIERS 2023

Congratulations to the 16 girls comprising our enthusiastic squad. The team-oriented girls won the 2023 Premiership Pennant by defeating Ringwood in the Final.



Capably led by well organised and passionate co-captains Grace M and Jade F, along with focussed and supportive co-vice-captains Taylah S and Paige F, we were invited to bowl first on the Ringwood College oval and after the allocated 15 overs, Ringwood had accumulated 33 runs for the loss of 6 wickets. All 6 bowlers employed: Grace, Lara Y, Paige, Taylah, Remi S and Mackenzie W were affective and were supported by our rotation of all 16 fielders. Everyone was excited when Mackenzie with her first ball surprized Ringwood's skilled captain, bowling her for 10. And we all admired the accurate pace bowling of Grace, Paige and Remi S. There were only 5 runs off Grace's 3 overs and a miserly 3 off Remi's 3. Paige was also damaging, finishing with the fine figures of 2 wickets for 5 runs off her 3. In addition, there were 3 valuable runouts- one from Lara at backward square leg to keeper Jade; one by Mackenzie off her own bowling and a brilliant direct hit from Trinity at mid wicket to the keeper's end.

As the boys' match was to follow ours, our batting concluded after only 13 overs. Grace 7*, Taylah 5* and Remy B 2* after giving us a positive start, generously retired to give others an opportunity to wield the willow. Jade, Sienna P-D, Ruby M, Mia P and Blair Y all had a hit before our time ran out. We totalled 53 runs, only losing 3 wickets. Those who did not bat on this occasion, Leah T, Paige, Lara, Remi S, Aliyah K, Trinity, Mackenzie and Olivia H were waiting in the wings and were most vociferous in their encouraging and supporting to those out in the centre throughout our innings.

It had been a fun filled day with much talent and friendly team work on display, and it resulted in our earning the right to progress to the Eastern Region competition.

Training for region continued in earnest, but unfortunately with a different format from T-20 hard ball, we were only allowed 7 players, all of whom had to bat and bowl, with the option of 2 extra fielders. Fortunately, the whole squad was allowed to attend.

Our quarter final against Koonung resulted in a spirited victory. We scored 84 runs off the 7 overs and with our 9 wickets taken, we totalled 120. Koonung hit 43 runs and with their 3 wickets they totalled 55.

Progressing to the second semi, we played most positively, but found Vermont had a little more experience with their many club cricketers who guided them to a 105 to 83 victory.

A very strong Balwyn then defeated Vermont in the final by 40 runs and go on to represent Eastern Metro in the state competition.

Once again, we had experienced a fun day and had progressed in our skills and understanding of the game. We are very much looking forward to next February's District competition and will start training in 2 weeks.

HISTORICAL FACT:

By winning the District final over Ringwood, our Year 7 Girls have been involved in the last 33 Premierships, having won every game in the competition since 1991. It was fantastic that 3 of this year's team's mothers played in those victories in the 90s! May the tradition continue!

Michael Wilson, Cricket Coach



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

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

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

Join us!



Saturday 18th November
10am - 2pm

Venue: 1-3 Bowmore Avenue, Park Orchards



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.

Yarra Ranges Council

Transition from primary to secondary school

**A free information session for
parents and carers in Yarra Ranges
and Maroondah**

Transitioning from primary to secondary school is a significant time of change in the lives of young people. Come along to a free online session and learn some tips and tricks to help your child prepare and make a positive and smooth transition to secondary school.

When: Wednesday 22nd November

Time: 7.00pm – 8.30pm

The information session will be facilitated by Kate Wilde from the Human Development Workshop and will cover:

- The basic information – routines, public transport, homework and more
- The "tricky" stuff – friends, bullying and anxiety
- Managing technology, anxiety and supporting your child's mental health and resilience

Free Booking. Registration is essential.

Scan to
register



For more information

Emily Vining, Yarra Ranges Council
e.vining@yarraranges.vic.gov.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.



Transition from primary to secondary

A free information session for parents and carers

Tuesday 28 November

7pm – 8.30pm

Online Zoom event

**Guest speaker - Rod Dungan,
Director of Thriving Youth Australia**

Transitioning from primary to secondary school may be a significant change for students. The adjustment can feel full of possibilities and yet, fraught with unknown trials. Although most students (and parents) will have a sense of optimism, some may feel a sense of anxiety; and it is a journey of change that can be made positive - with preparation, planning and ongoing support.

What will be covered:

The basic information - routines, public transport and homework

The “tricky” stuff - friends, bullying and anxiety

The important information - workload, getting help and working with your child’s personal and learning strengths

The complex information - managing technology, anxiety, school refusal and supporting your child’s mental health and flourishing in school.

For more information

Michelle Pascoe, Knox Youth Services
9298 8000
michelle.pascoe@knox.vic.gov.au



Bookings essential, scan the code or visit

https://knox-vic-gov-au.zoom.us/webinar/register/WN_5UHgn_DYR6ipUvOm5Gj42w

knox



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.



Book your immunisations online!

A free immunisation service for babies, children, adolescents and adults, based on the National Immunisation Program.

We are dedicated to providing a safe and reliable service to Maroondah residents and the wider community.

We are committed to protecting the community from vaccine-preventable diseases.

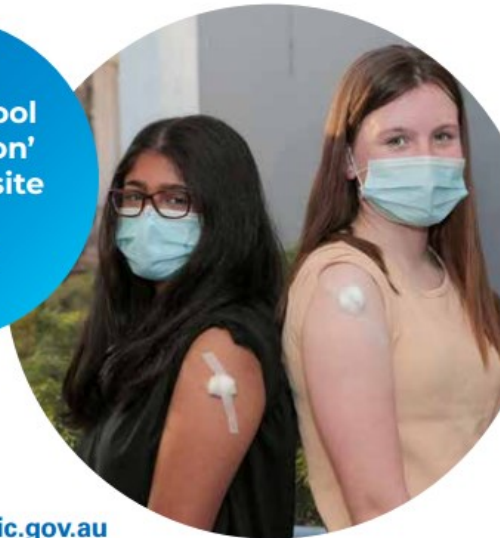


Book an appointment at www.maroondah.vic.gov.au/immunisation or scan the QR code



Translating and Interpreting Service (TIS)
131 450

Search 'school immunisation' on our website for more information



1300 88 22 33 or 9298 4598 www.maroondah.vic.gov.au



Maroondah City Council



CityofMaroondah



maroondahcitycouncil



Maroondah City Council

Important immunisation information

Please contact Council's Immunisation Services team prior to making a booking online if you have been immunised overseas or missed vaccinations and require a catch-up schedule.



Book your session

Book online at www.maroondah.vic.gov.au/immunisation by choosing a session and time that suits you.

On the day

Please remember to wear a fitted face mask.

After immunisation

- Please remain at the venue for 15 minutes following your vaccination for observation.
- For significant or unexpected side effects: Please contact your GP or nearest hospital.
- Notify Council and/or report the reaction to SAEFVIC (Surveillance of Adverse Events Following Vaccination in the Community) on 1300 882 924 (choose option 1).

Important vaccine age limitations

Adolescent vaccinations are funded for:

12 to 13 years (Year 7)

- 1 dose – Diphtheria, Tetanus and Pertussis Vaccine (Boostrix)
- 2 doses – Human Papilloma Virus (Gardasil) (Each dose is 6 month apart)

14 to 16 years (Year 10)

- 1 dose Meningococcal ACWY (Menactra)

Missed adolescent vaccinations are free up to 19 years

Search "school immunisation" on our website for further information.

Travel vaccinations

Council does not provide travel vaccinations or advice on travel vaccines. Please contact your GP or travel clinic.

Additional vaccines

Council provides the following vaccines to non-funded age groups at a cost:

- Diphtheria/Tetanus/Pertussis
- Chickenpox
- Hepatitis B
- Meningococcal B
- Seasonal Influenza

Please advise if these vaccines are required when booking to ensure availability.

Payment must be made by eftpos **at the session.**

You can receive a copy of your child's immunisation history statement using the methods below:

- Log into Medicare Online account through myGov website
- Express Plus Medicare mobile app
- Phone the Australian Immunisation Register on 1800 653 809
- Visit your local Medicare or Centrelink office
- Council - request a copy by completing an online form at www.maroondah.vic.gov.au/iHistory

For further information on immunisation, please call Council's Immunisation Services on 1300 88 22 33 or email immunisation@maroondah.vic.gov.au