

### DIARY DATES

#### Term Three Focus: Excellence

**September**

**Week 10**

Fri 18<sup>th</sup> – Term Three Concludes at 2:20pm

#### Term Four Focus: Faith

**October**

**Week 1**

Tues 6<sup>th</sup> – Students Commence (via Remote Learning)

Wed 7<sup>th</sup> – GAT

Thurs 8<sup>th</sup> – Primary Students Return On-site

**Week 2**

Mon 12<sup>th</sup> – All Secondary Students Return On-site

Wed 14<sup>th</sup> – School Photos

**December**

**Week 10**

Tues 8<sup>th</sup> December – Term Four Concludes

#### Casual Clothes Day

Tomorrow will be a casual clothes day to celebrate the end of Term. No gold coin is needed.

#### End of Term

Term Three concludes tomorrow at 2.20pm for students on-site and at 1.30pm for students off-site.

### Term Four Commencement – Amended Return Information

Dear Parents and Carers,

We have received updated information and advice from the State Government regarding the staggered return of students next term, due to the additional easing of restrictions in Regional Victoria, which commenced today.

Arrangements for VCE and Secondary students remain the same as advised previously, with VCE students on-site for the GAT and essential assessments, and Secondary students continuing remote learning for the first week of Term Four. All of our Secondary students will return to on-site learning on Monday 12<sup>th</sup> October.

Regional and Rural Primary schools are returning to on-site learning from October 5<sup>th</sup>. As we are a P-12 school however, the arrangements are slightly different. The commencement date for our primary students is now **Thursday 8<sup>th</sup> October**, with remote learning continuing for the 6<sup>th</sup> and 7<sup>th</sup> October only.

On-site supervision will be provided for students as required for the remaining period of Remote Learning. Additional safety measures will be in place next Term, including the compulsory wearing of face-masks for all staff and secondary students, daily temperature checking of all students, and enhanced sanitizing and cleaning protocols. Included in the newsletter today is the latest health advice for parents. Please ensure you are familiar with this advice.

We pray that you all have an enjoyable break from routine over the next two weeks and are able to take advantage of the good weather and the lifting of some of our gathering and travel restrictions.

God bless you,

Anne Marie

### Congratulations Everyone – School Holidays are Here

At the end of another challenging term it is difficult to give adequate words to our current experience of life. But I think this word is in order: **CONGRATULATIONS!** We have all done extremely well to get through this term together (but also apart). Well done to the mums, dads, grandparents and care-givers who have been juggling the roles of being supervisor, nurse, cook, mediator, motivator, worker, cleaner and family member (just to name a small selection!). Well done to the mums and dads working from home, who have answered tricky math questions in-between their own work Zoom meetings, then to only have the blessed little one tell you "That's not the way the teacher told us to do it!". We all deserve this school holiday break more than ever before. And even if you yourself must continue to work over the next two weeks, at least some of your school term roles will be removed. Well done in making it to today! We all deserve a hearty pat on the back, even if social distancing requires that we must give that pat to ourselves.

In Chapel this week we started preparing ourselves to have everyone return to onsite schooling in week one and two of Term Four. It is very exciting! But it is also yet another transition in a year full of adjustments and changes. Mixed with the excitement there will also no doubt be the presence of some nervousness and anxiety. In Chapel this week we were reminded of God's instructions to Joshua and the Israelites as they prepared for their big transition – crossing the Jordan River to enter the promised land:

***"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go." So Joshua ordered the officers of the people: "Go through the camp and tell the people, 'Get your provisions ready. Three days from now you will cross the Jordan here to go in .....'" - Joshua 1:9-11***

As you enjoy the next two weeks and prepare to 'cross over' into Term Four, take encouragement from God's word for you to be strong and courageous, to not be afraid or discouraged, as you remember that God Almighty is with you. We don't have to do this in our own strength as we draw near to God and place Him in the centre of our lives and in the centre of our situation.

## Upcoming Events

### School Photos

School Photo Day has now been rescheduled to Wednesday 14<sup>th</sup> October 2020.

Please note the following;

- If you have placed an order online earlier in the year, that order is still valid and your order will be fulfilled on photo day.
- If you have not yet placed an order and returned your form to the School, please return your order envelope to the College by Monday 12<sup>th</sup> October 2020.
- Family Photos will need to be pre-ordered. All existing orders are still valid. If you would like a Family Photo taken please return your envelope to the Office by Monday 12<sup>th</sup> October. Family photo forms are available at the Administration Office on request.

If you would like to check and confirm if your form has been returned, please call the office on 5445 2600 or email [janelle@vcc.vic.edu.au](mailto:janelle@vcc.vic.edu.au).

This year, current recommendations would suggest the most appropriate format for school photos will be a composite style as pictured above. Each student will be photographed individually, with the group created digitally as a composite. This will eliminate the need for students to be grouped together in close contact with either themselves, or our staff.

### Primary PE – Bike Ed

During the first five weeks of Term Four, students in Years Three to Six, will participate in a Bike Education Program and Years One/Two students will participate in a Scooter Safety Program. If families could please have bikes, scooters and helmets checked over the holidays, for any mechanical or safety issues. If any parents wish to help out in the Bike Education program, or you require any further details, please contact Mr. Murphy.



### Library Books

A reminder to parents to please return all borrowed books to the Library by tomorrow, 18<sup>th</sup> September. Books can be returned via drop off at the Administration Office. This will ensure students have no overdue items and are able to borrow new books at the commencement of Term Four.

### Noone Uniform Shop

Noone Uniform Shop have now resumed their normal trading hours; 9am-5pm Monday-Friday and 10am-1pm on Saturday.

### Winter to Summer Uniform Transition

A reminder to parents that the summer uniform transition will occur in Weeks One and Two of Term Four. Full Summer Uniform is expected to be worn from Monday 19<sup>th</sup> October. Hats are also compulsory next term and are available for purchase from Noones and from the College Administration Office. Our Uniform Policy and Guidelines can be found on our website: [Uniform Policy](#)

### Pick up and Drop Off

Staggered dismissal times will continue in Term Four, with pick-up for Prep to Year Four at 3.00pm, and Year Five to Twelve at 3.20pm. We ask that parents don't arrive for the 3.20pm pick-up until 3.15pm to reduce congestion in the carpark. School busses will be departing the College at normal time. We also ask that parents minimise contact with other adults on-site and do not congregate when waiting for their children.

## Students in Focus

### Student Birthdays

Happy Birthday to all students who celebrated their birthdays this week!

Bronte Kelly, Georgia Harrison, Hannah Schultz, Ainslie Furs, Sammy O'Grady, Sienna Horne, Claire Salt, Michael Hodson-Clark, Evalee Royston, Lacey Boxshall, Georgia Stephen, Isaiah Kumar, Noah Harvey and Faith Hancock.

### Students of the Week

Congratulations to our Students of the Week:

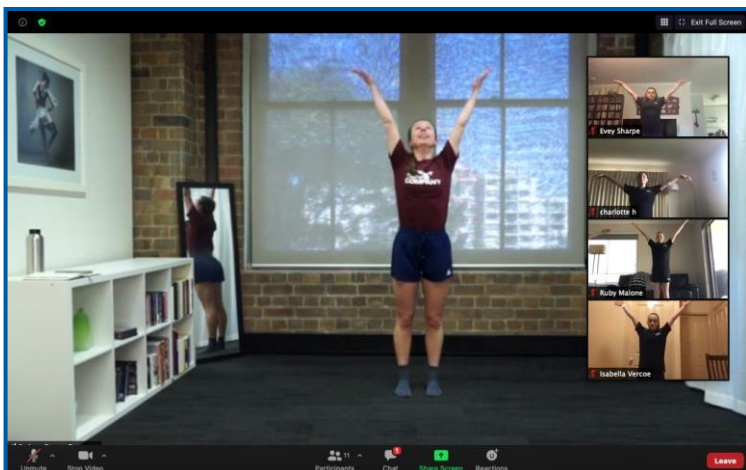
Nash Jacobs, Jobe Morrissey, Tobin Stosic, Reyansh Kulkarni, William Byrne, Lahni Cope, Ryan Syed, Oscar Lord, Deklyn Pauwels, Reuben Reynolds, Riley Anderson, Keila Bimenyimana, Michael Hodson-Clark, Clara Lancaster, Katie Ceveri, Adam Rowden and Jim Moore.

Some of the qualities that were recognised this week include: Putting in a consistently strong effort, encouraging others, focusing diligently on schoolwork, showing increased effort, fantastic leadership, perseverance when completing work and looking out for others.

### Victory Dance Team

Sydney Dance Company recently offered three free workshops to regional secondary schools and Victory Dance Team was lucky enough to fit into their program.

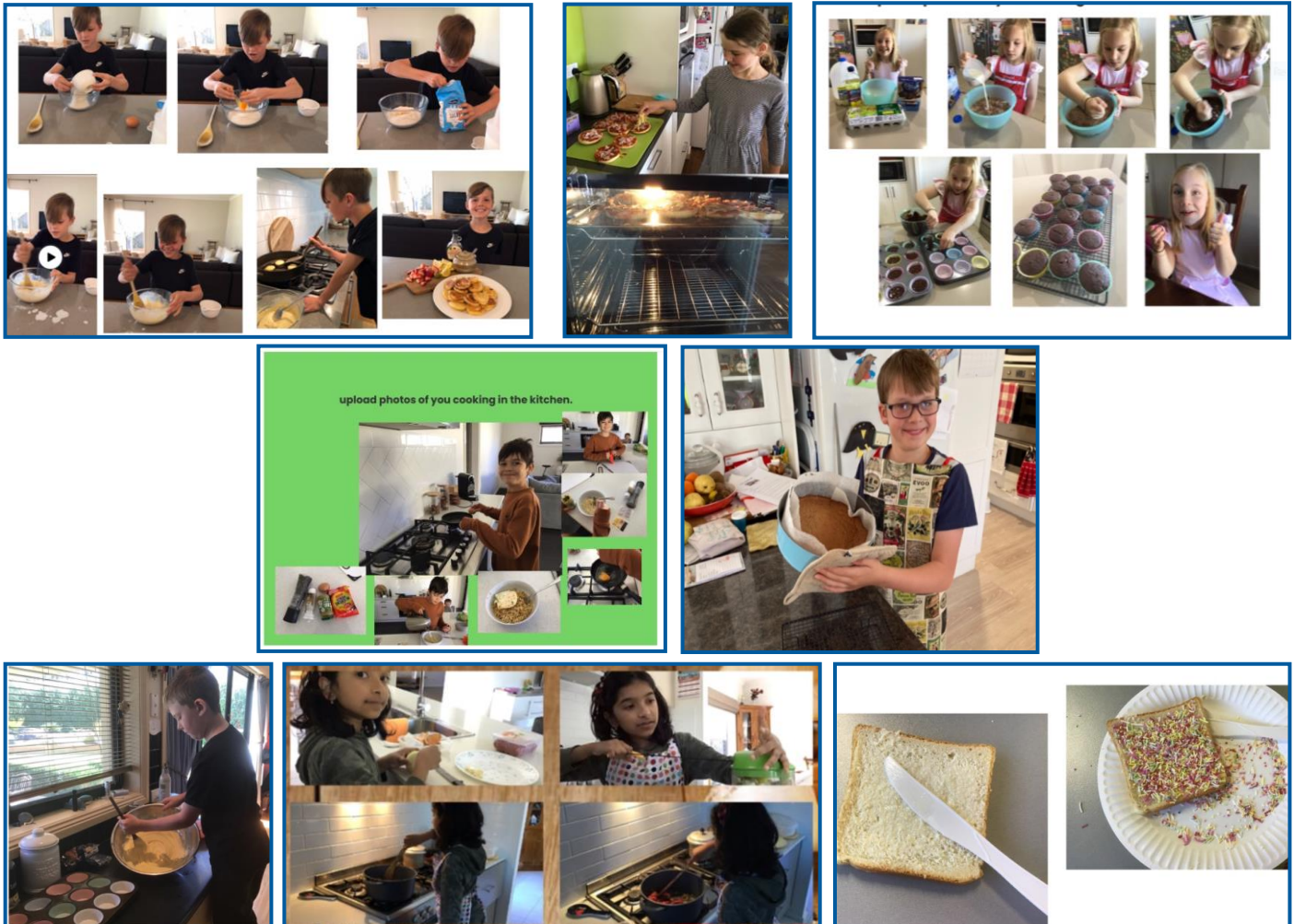
Our Years Seven and Eight dance students participated in a virtual contemporary workshop, whilst Years Nine and Ten dance students learned different techniques through 'Creative Processing' learning. The sessions were a lot of fun and very refreshing.





## Year 3/4 Procedure Writing

Students in Year Three/Four have been working through the process of writing a procedure. They followed a recipe or designed their own unique foods. Students on site had the opportunity to make fairy bread and write up the procedure including the goal, method (steps), ingredients and a conclusion. They produced some delicious looking creations!



## Year 8 PE

Our on-site Year Eight PE class looked a little different last week, with only one on-site student. Jim Moore and Mr Murphy spent the lesson battling it out doing shuttle runs, with 10kg bags. Mr Murphy certainly gave Jim a run for his money!



## Year Prep – 2 Nature walk

On Wednesday, as part of their PE lesson, Prep – Year Two students went on a nature walk around the school precinct. Students spent their time looking at stones and birds and even got to see an orphaned baby duckling. They talked about the different things they saw on their walk, what outdoor activities can be done in the bush, walking, riding, camping and safety, particularly around campfires. Students also enjoyed a special morning tea of campfire damper, cooked by Adrian.



## Student Leaders Message

Be sure to keep your eye on the College Facebook Page tomorrow. Our Student Leaders have a video message of hope and encouragement for you.





# Mental Health Wellbeing

Mental Health is so important. Your thoughts drive everything – how you see life, how you make sense of the world around you, your relationships with others, your choices, your ability to enjoy life, and it even effects the physical health of your body. - Steve Emonson Chaplain

## 1. Signs/symptoms that your mental health may be suffering:

- Withdrawing from people – becoming more detached.
- Appetite change. Can be eating more or eating less.
- Sleep change. Can be sleeping more, less or interruptive waking. Feel often tired.
- Prolonged mood change.
- Loss of enjoyment of usual things.
- New worries.
- Poor concentration.
- Poor motivation.
- Headaches.
- Chest pain.
- Shortness of breath.
- Tremors.
- Repetitive behaviors or rituals (eg. – having to clean something repeatedly)
- Thoughts of death or dying.
- Impulsiveness/mania (extreme high energy and mood, exaggerated self-confidence).
- Hallucinations – you see or hear things that others do not.

## 2. Helpful strategies to keep you mentally healthy:

- Pray. Check out God's promise in Philippians 4:6-7.
- Journal your thoughts.
- Positive activity planning – do something you enjoy every day.
- Practice Gratitude. Be thankful for 3 things every day. Play the "Glad Game".
- Identify activities that make you worse – avoid and minimize.
- Talk to someone 'safe', that you trust about how you are going/feeling/thinking.
- Avoid overuse and reliance on screens to cope (TV, iPad, video games, movies).
- Go outside to get fresh air and enjoy nature.
- Exercise every day.
- Eat healthy and drink water (your brain is 70% water).
- Set some goals/projects that you enjoy (ie – build/plant/write/create something).
- Check out helpful online support services:
  - ReachOut.com
  - Mood Gym
  - My Compass
  - The Brave Program (anxiety)
  - Headspace

## 3. If you are doing it tough, seek help:

- Tell a trusted and safe adult who can help you (eg. – parent or teacher)
- Seek help from a professional:
  - Visit your family GP (when making the appointment, ask for a "mental health appointment" – most will give you more time!)
  - Talk to a Counsellor, Psychologist, Pastor, School Counsellor or Chaplain.
  - Use an online/phone support service, such as:
    - Kid's Helpline Ph: 1800 551 800
    - Lifeline Ph: 13 11 14
    - Beyond Blue Ph: 1300 224 636
    - Headspace Ph: 1800 650 890

HOLIDAY  
CLUB

The **only** place  
to organise a  
**playdate** this spring,  
is at

# Holiday Club

With showcase experiences like **Ready, Steady, Bake**, **Giant Games Tournament** and **Magic Bean Garden**, and a fully customised program of activities to complement, it's no wonder that children across Victoria love hanging out with friends at **Holiday Club**.



## Don't miss out!

Book now at  
[www.campaustralia.com.au/holidayclubs](http://www.campaustralia.com.au/holidayclubs)

Rest assured, hygiene and safety is an absolute priority for us. We've implemented processes and measures so that your children can enjoy their school holidays, and you can have a well-earned break.



### Lockdown is hard.

We are all experiencing ups and downs with our mental health, but if you are struggling, **don't wait to get help.**

headspace centres in Victoria are still open and able to offer appointments to young people via phone and online services.



### Find your closest centre

headspace centres are still here for you. In response to COVID-19, headspace centres across the country are operating a combination of in-person, online and phone services – depending on the situation in their local communities.

You can find your closest centre at [headspace.org.au/centres](https://headspace.org.au/centres)



### Create a headspace account

Just by visiting the headspace website at [headspace.org.au](https://headspace.org.au) and creating an account, you can access lots of great mental health resources including group chats, online communities, interactive resources and 1:1 direct support with professionals.



### Free headspace counselling in regional schools

If your school is more than 60km from a headspace centre, you may be eligible to access the headspace regional phone counselling service.

Secondary students living in regional Victoria who cannot easily access face-to-face counselling can step away from their class and speak to a professional counsellor.

To find out more, speak to your school's wellbeing support team.

**[headspace.org.au](https://headspace.org.au)**

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health





## Managing illness in schools and early childhood services during the coronavirus (COVID-19) pandemic

One of the most important things we can do to slow the spread of coronavirus (COVID-19) in our community is to stay at home when we are unwell, even when we have the mildest of symptoms.

### What you need to know

#### 1. If a child is unwell, even with the mildest of symptoms, they must stay at home

If a child becomes unwell during the day, they must be collected from school/early childhood education and care (ECEC) as soon as possible.

#### 2. If a child has any of the symptoms of coronavirus (COVID-19) outlined below, however mild, they should get tested and they must remain at home until they receive their results:

- fever
- chills or sweats
- cough
- sore throat
- shortness of breath
- runny nose
- loss of sense of smell or taste.

In certain circumstances headache, muscle soreness, stuffy nose, nausea, vomiting and diarrhoea may also be considered symptoms.

For further advice:

- call the 24-hour coronavirus (COVID-19) hotline 1800 675 398
- call a general practitioner
- use the Department of Health and Human Services (DHHS) [online self-assessment tool](#).

Visit: [Where to get tested](#).

#### 3. A child must stay at home until they are symptom free, even if their coronavirus (COVID-19) test is negative

If a person has tested positive for coronavirus (COVID-19) they must isolate until they receive clearance from the Department of Health and Human Services. Read the [What to do if you've tested positive for coronavirus \(COVID-19\) factsheet](#) (PDF) for more information.

If a person is a close contact of someone who has tested positive for coronavirus (COVID-19) the Department of Health and Human Services will get in contact to tell them they are a close contact of a person who is confirmed to have coronavirus (COVID-19). A close contact must quarantine at home. Read the [What to do if you have been in close contact with someone with coronavirus \(COVID-19\) factsheet](#) (Word) for more information.

For information on the minimum periods students and children need to stay at home for other conditions, refer to the [DHHS school exclusion table](#).

#### 4. Children do NOT need a medical certificate before returning to school/ECEC

Once symptoms have cleared, there is no requirement from the Department of Education and Training or DHHS for children/students to have a medical certificate before they return to school/ECEC.

**Thank you for your support in following these steps, together we can all stay safe.**



This advice has been prepared by the Department of Education and Training, Safer Care Victoria and the Department of Health and Human Services



### "LET'S HIT COVID FOR SIX"

OUR CHANCE TO FINALLY GET BACK OUT THERE TO BE ACTIVE THIS SUMMER & participate in a team sport that has measures to comply with distancing... All current, previous and new players are most welcome. All going well, we are working on a start date 31<sup>st</sup> Oct.

Register On-line via the following link:

<http://www.playcricket.com.au/club-finder/club-details?ld=2728&postcode=3551>

At present, registrations will be accepted for the Master Blaster (u.10), U.11, 12, 14, 16 and 18 age groups. After a successful year with the introduction of our U16 junior girls & Women's Open age teams we welcome & encourage our younger girls along to who may wish to follow in the footsteps of our current girls currently playing. Try something new.

We are awaiting further advice from Cricket Vic on the format to be re our Jenny's ELC Junior Blaster Program for those aged 5 to 7 years.

TO ALL OUR LADIES, Sunday morning 10am-1pm in November is an ideal time to come & have some well-deserved fun in trying something totally new. Why not, after a tough 6 months you deserve it, our ladies had a great time last year. Please send an email if you may be interested, would love to hear from you. A fun social & active outing. One game, two or 5, the choice is yours.

Requiring further details, please contact the Jets Junior Co-ordinator Brent Yates via email at [strathfieldsayejets@gmail.com](mailto:strathfieldsayejets@gmail.com) or by phone on 0434 730 711.

"Live local, Play local" –

Brent Yates – Jets Junior Co-Ordinator