

# CRANBOURNE SECONDARY COLLEGE COMMUNITY NEWS

Issue 6, Term 3, 2021



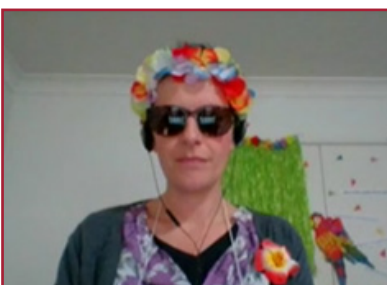
WHILE WE LIVE WE GROW

CRANBOURNE  
SECONDARY COLLEGE



## Olympic Spirit Dress Up Day

Find out more on page 21



At Cranbourne Secondary College we are **safe, respectful** and **responsible** learners.

Stawell Street, Cranbourne VIC 3977 T (03) 5996 3544 F (03) 5996 7878  
E [cranbourne.sc@education.vic.edu.au](mailto:cranbourne.sc@education.vic.edu.au) W [www.cranbournesc.vic.edu.au](http://www.cranbournesc.vic.edu.au)



# Principal's Report

## Term 3 overview

While our school year continues to be disrupted by COVID based restrictions and the movement in and out of remote and flexible learning I am pleased with how our school community has adapted and maintained resilience and a focus on student learning and wellbeing.

The work of school operations and preparations for 2022 has continued despite some of these interruptions. Central to this work was the implementation of the Zooming into Senior Studies (ZiSS) program earlier this term. This program focuses on increasing the awareness of Year 10 students on possible subject, certificate, and pathways options. Thanks to all staff and students for their active involvement in this program. Course counselling stemming from this program was undertaken by our pathways and leadership team as was the course confirmation process for current Year 11 students.

The building works have progressed well with the Performing Arts changeroom nearing completion and the shell of the new gym taking shape. This is exciting for the College and I am sure students will enjoy these facilities when they return.

## NAPLAN results

As you may have seen in the media, NAPLAN results have been shared with schools and will very soon be shared with students. Further details regarding the results of Cranbourne students can be found on our Facebook page and in this newsletter. I would like to take the opportunity to congratulate our students on their results, as well as thanking parents for their support. I am very proud of the work that our staff undertake every day at the College and I would like to extend my congratulations and gratitude for their efforts.

## Leadership additions

I am pleased to announce the appointment of the following existing staff to the new Assistant Principal roles at the College:

**Mila Milenkovich** – Years 10-12 Student engagement and Pathways

**Marney McLean** – Years 7-9 Student engagement and Transitions

## Uniform review

The College will be embarking on a review of our current uniform. This decision has come about via our School Council with input from staff and students. Our College uniform has numerous positive aspects that the review will focus on enhancing. Leading the review at the College will be Marney McLean. It is anticipated that the review will be finalized early in Term 2 of 2022. If the review recommends changes to the uniform these would be considered by School Council followed by an implementation plan for 2023. Every effort will be made to engage with students, parents and staff. Please look out for Compass newsfeed items from the College.

## Uniform Expectations

While on the topic of uniform I would like to remind students of our high expectations on current school uniform. The College has numerous ways to support families and students to be in school uniform every day. If you would like some support please contact the relevant Form Assembly Teacher, Coordinator or Sub School Leader. These supports remain in place despite students not being on site. I look forward to welcoming students back onto site, in full school uniform in the future.

Finally, thanks to all members of the school community for your support throughout Term 3. The dedication and commitment shown to learning by our staff, students and parents is inspiring. I wish you a safe and restful term break and I look forward to seeing students back on site as soon as possible.



David Caughey  
College Principal



*The first of the Gym structure was erected last week – the above image shows approximately 1 and a half days work – here's hoping for some more fine weather.*



## A Word from the Office

### Facemasks onsite

Facemasks are required and all visitors must QR code when onsite.



A fitted mask needs to be worn covering both your nose and mouth.

### On site attendance

Applications for students to attend on site are available upon request from the main office.

Please email [cranbourne.sc@education.vic.gov.au](mailto:cranbourne.sc@education.vic.gov.au) or collect a hard copy from the front office. Forms requesting on site attendance will need to be returned by 1pm on the day prior to attending.

The College remains highly committed to providing a learning environment on site for students who are: deemed vulnerable, and / or are part of the program for students with disability (PSD) and / or those students with parents / carers who are unable to provide supervision at home due to employment that is essential and that takes the parent out of the family home.

### IT requirements

Students can obtain IT supports by contacting [7747-techs@schools.vic.edu.au](mailto:7747-techs@schools.vic.edu.au)

### Access to lockers

Students who need to access their lockers can come onto site on any day during the remote and flexible period between 9am and 1pm. Access will be via the front office where standard contact tracing will be used.

## Calling for School Council Parent Representatives

### What is School Council and why is parent/guardian representation so important?

Meeting twice a term 3:30 pm - 5:30 pm, School Council plays an important role in addressing policy issues and ensuring school resources are used efficiently, and community expectations and the school's priorities reflect the needs of students.

### What is the role of a Parent Representatives?

- Participate on School Council to help set the key directions of a school
- Ensure students' best interests are priority
- Enhance the educational opportunities for students
- Contribute to the discussions of the school council
- Provide a voice of other parents and members of the community

### What is school Council and why is it so important?

- School Council are legally constituted bodies that are given powers to set the key directions of a school within state-wide guidelines
- School Council can directly influence the quality of education that the school provides for its students.

### How do I apply?

If you would like to join our School Council, please contact Linda Gadsby on 5996 3544. You can play an important role in school improvement and ensuring that parent perspective is represented.

# Message of support for our Afghan families

View the translated video from our College Principal – Mr David Caughey  
[https://www.youtube.com/watch?v=Utzc5xS\\_MWY](https://www.youtube.com/watch?v=Utzc5xS_MWY)



Dear families,

The College would like to extend our heartfelt thoughts to the many families and students who may be experiencing some distress regarding the recent events in Afghanistan. This also extends to other community groups that are experiencing distress due to recent events in the region.

It is understandable at this time that there is there is heightened anxiety for the wellbeing and safety for family and friends in Afghanistan and perhaps neighbouring countries. The College highly values the contribution that the Afghan community makes to the College and we are here to support you at this time.

On behalf of the school community, I would like to wish you the best of health, safety and wellbeing during these concerning times.

If you have any concerns regarding your child at the College please make contact with us so we can work together to find a solution.

Available community supports can be found on the College website. If you would like any advice or further information please email the college or call us direct. If you would like to call using an interpreting service please use the following number: 5996 3544.

Kind regards,

David Caughey  
College Principal





## Additional Supports available

### Foundation House

Phone 9389 8900 or click on the link for their website - <https://foundationhouse.org.au/>. Foundation House provides specialised supports for refugee families. Their mission is to advance the health, wellbeing and human rights of people from refugee backgrounds who have experienced torture and trauma. Foundation House offers a range of services to students and families, such as those below. You can self-refer your child and/or you or your entire family to Foundation House.

### Support for young people:

- Orygen: [orygen.org.au/](https://orygen.org.au/)
- Heartchat: [heartchat.com.au](https://heartchat.com.au) (online chat)
- Lifeline on 131 450 (24/7) or [lifeline.org.au/language-support/](https://lifeline.org.au/language-support/)

### Support for young people and their families in south-east Melbourne:

- Komak: [unitingvictas.org.au/services/multicultural-services/social-support-inclusion/komak/](https://unitingvictas.org.au/services/multicultural-services/social-support-inclusion/komak/)

### Additional supports:

- Embrace: [embracementalhealth.org.au](https://embracementalhealth.org.au)
- Spectrum Victoria: [spectrumvic.org.au](https://spectrumvic.org.au)
- Asylum Seeker Resource Centre (ASRC): [asrc.org.au/home/our-services/how-we-help/justice/health/](https://asrc.org.au/home/our-services/how-we-help/justice/health/)
- Afghan Association of Victoria: <https://afghanassociation.org.au/>

## For people impacted by the crisis in Afghanistan

A Visa Information Session was held on 30 August. The session covered information for people currently living in Australia who need information for family members currently living in Afghanistan who wish to seek asylum. The session took place on Zoom, with a Dari speaking interpreter.

### People heard information from:

- Sanmati Verma
- Jessica Williamson
- Clothier Anderson
- WLW
- Immigration Lawyers
- Migration Lawyers

## VISA INFORMATION SESSION - Recording

View the recording of the Visa Information Session held 30 August - [https://www.smls.com.au/#section\\_2](https://www.smls.com.au/#section_2)

This video is provided by Springvale Monash Legal Services.

## Visa Information Session

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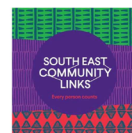
Monday 30th August  
6:30 PM - 7:30 PM

[https://monash.zoom.us/j/87553378893?](https://monash.zoom.us/j/87553378893?pwd=cDVhN3JzUEExVMEExVdIMVZOQU9Odz09)  
[pwd=cDVhN3JzUEExVMEExVdIMVZOQU9Odz09](https://monash.zoom.us/j/87553378893?pwd=cDVhN3JzUEExVMEExVdIMVZOQU9Odz09)

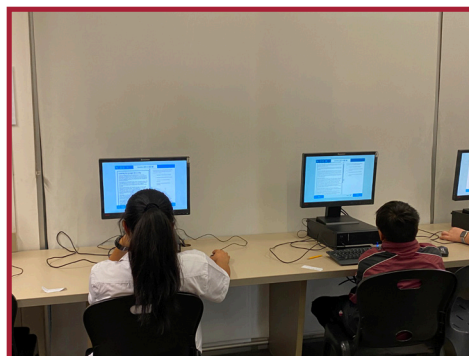
Organised by:



**SPRINGVALE MONASH  
LEGAL SERVICE** Inc.  
CASEY & CARDINIA



For more information please contact Ashleigh: 9038 8002





## Whole School Assembly online

The College SRC is your active student led group in the school community involving students from all year levels. The SRC aims to promote an inclusive school culture and most of all, provide a voice for all students.

The SRC hosted an online school assembly on Thursday 2 September during period 2. All classes were engaged in the assembly and was broadcast via the Library MS Team.

The students organised an event that captures elements of our school experiences this term.



## Remote Learning Talent Display

The SRC included a “what have you have been doing during lockdown to make it through the journey” video section in our Whole School Online Assembly on Thursday 2 September.

Students submitted their videos and images of their skills/ passion/ interest during remote learning.

**Students were in the running for a prize!**



Cranbourne Secondary College SRC Team





## Fancy Dress Day

On Friday 13 August, a number of staff participated in a 'Tropical Themed Fancy Dress Friday'.

During recess, a video call was held where the students and teachers could interact and comment on their costumes.

This was an attempt to not only brighten up the teachers' day, but to brighten up the day of the students they were working with online.



## Work Experience Week CANCELLED

Due to the lockdown the College has decided to cancel the Work Experience Week for Year 10.

Please contact Ms. Pook in Pathways on 5996 3544 if you require further information.



## Online orders and contactless Click & Collect information

All online orders placed by 11pm on Monday evenings will be processed and ready for despatch and/or Click & Collect from our stores between 1pm and 5pm on Tuesdays only. Delivery delays should be expected.

If you miss your collection time, the next availability will be the following Tuesday.

Please wait for email or SMS confirmation before heading to your store for collection of goods.

\*Ballarat & Geelong stores are open for regular trade.

\*\*Kingsford (NSW) remains closed for all trade.

[www.psw.com.au](http://www.psw.com.au)

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# UPDATED YEAR 12 VCE INFORMATION

*By Tim Bray*

This year like 2020 has been a challenging and testing year for all. Despite this it is pleasing to see the growth and dedication displayed by our current year 12 VCE student cohort.

We are closing in on the end of the 2021 academic school year and for most of you the end of your senior school journey. It is therefore essential that we maximize the time that we have left together in preparation for the VCAA External Examinations which commence in October/November.

## Consideration of Educational Disadvantage

The Department of Education and Training (DET) have made a significant announcement late last week regarding the assessment of student learning in relation to the calculation of the Australian Tertiary Admissions Ranking (ATAR).

The announcement indicates that like in 2020 VCAA will reintroduce the **Consideration of Educational Disadvantage** for VCE or scored VCE VET Unit 3-4 in recognition of the disruptions to learning caused by coronavirus (COVID-19) and the differing levels of impact at the school and individual student level.

This process will require schools to provide VCAA with information on all students and school circumstances to help calculate their study scores. To ensure the fairness of final results, the VCAA will consider all available information, including the GAT and appropriate comparisons of performance across all assessments and schools. Based on this analysis, disadvantage will be factored into students' final scores, which will then contribute to the study score calculation and ultimately the students ATAR.

## Student Support

I would like to acknowledge the dedicated work by staff to support, motivate and inspire students during these challenging times. I also understand there will be some students who have been impacted, despite the mitigation strategies employed by our school and the best efforts of students and their families.

Members of our leadership team will be reaching out to all of our VCE students over the next couple of weeks over Microsoft Teams to offer additional guidance and support.

During S.T.E.P classes over the next 4 weeks our VCE students will also engage in some online workshops and hear from guest presenters on the following topics:

- **Be Your Best**  
Re-engagement through routines  
Motivation 5 second rule
- **Exams Success Strategies**  
Exam strategies  
Iso Strategies
- **Reset your mindset**  
Growth Mindset
- **Level Up Your Game**  
Review Notes  
Consolidation  
Grit

Please also remember that our College's Wellbeing Team are active and available during these testing times. Students are encouraged to reach out directly or contact their Year Level Engagement Coordinator.

## Assessment

VCAA and College assessment processes remain in place with adjustments in light of the remote setting. These changes have been shared with students in an assembly on Friday 27th August. A further update with specific information regarding the VCAA External Examinations will sent out in the last week of this term to ensure all students, parents and families are kept informed.

If you have any questions, queries or concerns, about your son or daughters senior school program in 2021, please don't hesitate to contact one of our leadership staff here at the College to discuss further.

### Key Senior School Dates:

ITEM	Term 3	Date	Additional Information
Last day of term 3	Week 10	Friday Sept 17th	
ITEM	Term 4	Date	Additional Information
GAT – General Achievement Test	Week 1	Tuesday October 5th	No classes held. Students dismissed once GAT completed (all Year 12 students and Year 11 students undertaking a VCE Unit 3&4 subject)
VCE English & EAL Practice Exam	Week 1	Friday October 8th	No classes held. Students dismissed once exam completed
Practice Exam Week	Weeks 1 and 2	Friday October 8th to Thursday October 14th	Students expected to be onsite for the entire exam period (all day)
VCAA Oral & Performance Exams	Weeks 1 to 5	Monday Oct 4th to Sunday Nov 8th	Information distributed to those students effected (external languages)
Normal classes on site	Week 2	Friday October 15th	All Students to attend
Last day to submit work for assessment	Week 2	Friday October 15th	
Exam revision & review of trial exams	Week 3	Monday Oct 18th to Wednesday Oct 20th	
Last day for Year 12 students	Week 3	Thursday Oct 21st	
Exam preparation (Off Campus)	Weeks 3 and 4	Friday Oct 22nd to Tuesday Oct 26th	No classes
Melbourne Cup Public Holiday	Week 5	Tuesday Nov 2nd	No Exams
VCAA External Examinations	Weeks 4 to 7	Wednesday Oct 27th to Wednesday Nov 17th	All examinations held at school



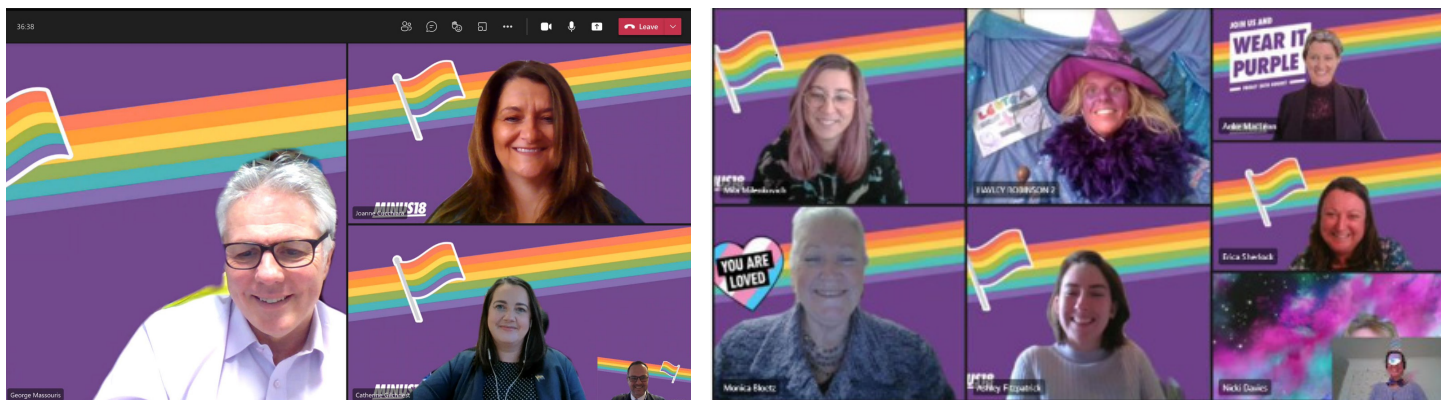


## Wear it Purple Day



Wear it Purple Day 2021's theme is focused on the important and necessary conversations we have in our daily life; that centred around sexual orientation and gender identity. It aims to remind people that the issues we reflect on Wear it Purple Day should not only be considered on that particular day... but every day.

Wear It Purple strives to foster supportive, safe, empowering and inclusive environments for rainbow young people.



*Our teachers and staff got involved on the day by wearing something purple and celebrating with an MS Teams wallpaper background.*

# Wellbeing News

The Student Wellbeing Team are excited to be able to offer our group programs online. Students who were allocated to these programs onsite at school, can now participate in them online via MS Teams.

I have included an outline below of some of the fantastic student wellbeing programs we are currently running;

## **RAISE Mentoring – Year 8**

The year 8 RAISE Mentoring program has transitioned to online for selected students, students are able to access the program via MS Teams during remote and flexible learning. The students have enjoyed being able to stay connected with their mentor online, this has allowed them to continue to build their relationship with their mentor and share activities with their peers. They have enjoyed some great online sessions and engaged in some fun activities with their mentors. The benefits of mentoring are many, with the primary one being that students often greatly benefit from having a neutral positive role model to talk to who is an adult, but who is not connected to the school or family.

We are thankful to all of our mentees who continue to remember to join mentoring each week. The mentoring program will resume onsite face to face once we return from remote and flexible learning. The mentoring program takes place on a Wednesday during period two and four.

Please note that all mentors have been screened through appropriate Working with Children Security Clearances.

## **MAT (Martial Arts Therapy) Program – Year 9**

The year 9 MAT (Martial Arts Therapy) program is also online for selected year 9 students, students meet weekly on a Tuesday during period four. Our facilitator Darek has adapted the program so that he can facilitate it via our MS Teams platform.

The program aims to:

- Work on goal setting and problem solving
- Learn new skills to manage life challenges
- Engage young people in fun and fitness
- Improve communication and social skills
- Develop positive relationships
- Develop new skills for mind and body

This program is designed to be a stimulating, challenging and fun experience. It uses elements of traditional martial arts to develop life skills. It is designed to help young people regulate their thoughts, actions and behaviours. The program content will cover topics such as feeling good about themselves, making good choices, respect and responsibility, managing strong emotions, managing anger and conflict, social skills training and growing positive futures.

We will be offering the MAT program to year 7's in term four.

## **Year 7 Mpower Girls Program**

The Wellbeing team have been facilitating a year 7 Mpower girls group program. This program has also moved to online and is being offered via MS Teams. Students who were allocated to this program onsite will now be able to attend weekly session on a Thursday during period one online. This is the first time we have offered Mpower girls at Cranbourne Secondary College, the feedback has been excellent so we hope to offer another group of students the opportunity to participate in term four.

The purpose of the Mpower girls' group is to:

- Improve their communication and social skills
- More effectively manage bullying
- Develop positive relationships
- Learn new skills for mind and body
- Enhance self-discovery



## Year 7 & 8 Belonging and Connectedness Program – Expression of Interest

The wellbeing team will be offering year 7&8 students the opportunity to participate in an online Belonging and Connectedness group program. The Belonging and Connectedness group program aims to give students the opportunity to form new relationships and to express and explore how hard it is to maintain social connections throughout the COVID-19 pandemic. The program will enable students to feel connected to each other and gain the strategies and resources to cope with the reduction in social contact during lockdown. There will also be a focus on how to connect with your community with activities dedicated to this.



The program will run for the final 3 weeks of Term 3 (1st September to the 16th September) and will involve a mixture of small group discussions, larger group sharing and activities.

For more information there will be a video posted to COMPASS, and **if you're interested in your child participating please read, sign and email back the consent form via Compass.** If you have any questions please feel free to email [7747-wellbeing@schools.vic.edu.au](mailto:7747-wellbeing@schools.vic.edu.au).

### Free webinar: Tips to help families cope during lockdowns

The Faculty of Medicine, Dentistry and Health Sciences at the University of Melbourne are presenting a live webinar for families: Tips to help families cope during Lockdowns, on August 30, 8pm to 9pm.

<https://events.unimelb.edu.au/event/11736-tips-to-help-families-cope-during-lockdowns>

The panel includes adolescent and family health experts from the University of Melbourne, Royal Children's Hospital and private practice along with a parent who will share their insights and tips on tackling the mental health challenges so many Australian parents and kids are facing right now. There will be a chance for audience questions at the end of the panel discussion.

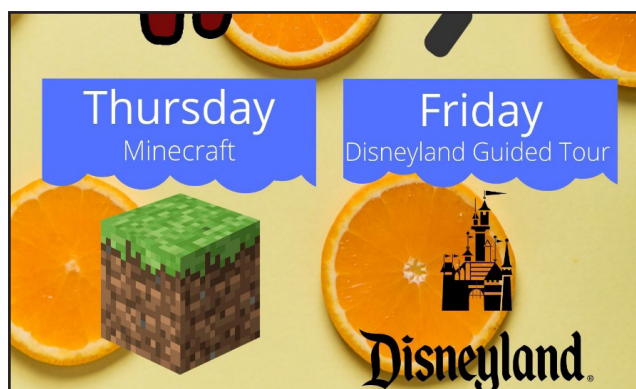
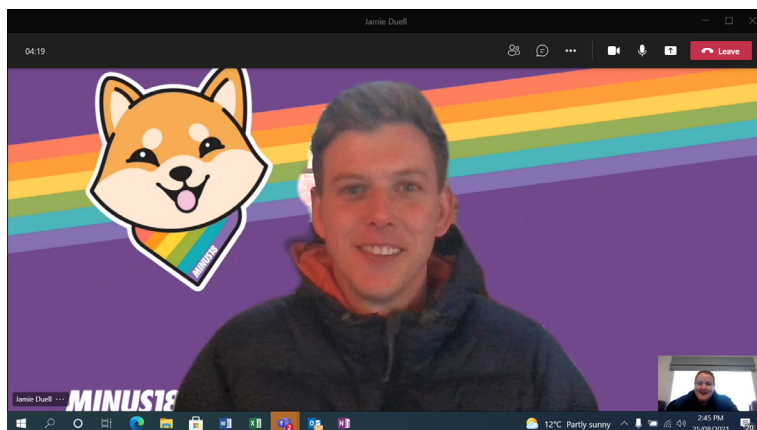
It is appropriate for families with kids in both primary and secondary schools.

Event details and bookings are listed <https://events.unimelb.edu.au/event/11736-tips-to-help-families-cope-during-lockdowns>

### Online Lunchtime Activities

During remote and flexible learning our Youth Worker Jamie offers online student engagement activities at lunchtime. Students meet online via MS Teams and they are able to play games with their peers, participate in quizzes, scavenger hunts and complete tours of different parts of the world. The lunchtime activities are proving to be a great success, if you would like your child to participate, please encourage them to join the Library channel at lunchtime.

Please see the below flyer that lists what activities take place on what days.



## Wellbeing News cont.

It can be challenging to process and manage changes to routines and the uncertainty that comes with COVID-19 and related restrictions – including moving in and out of remote and flexible learning.

To support our school community during this time, resources and support are available for parents, carers and families. These resources will help to support the mental health and wellbeing of our students and the young people in our care during this time.

I encourage everyone in our community to access these resources and take care of themselves during this time.

### Services and support for students and their families

Supporting the mental health and wellbeing of our students remains our priority this year, especially during the continued COVID-19 pandemic and while students are learning from home during the current circuit breaker restrictions. For students, the guide includes resources to support their own mental health and wellbeing.

- **Advice and resources for students** about ways to adapt their learning during COVID-19, to look after themselves and where to get help - <https://www.coronavirus.vic.gov.au/students?Redirect=1>
- **Wellbeing activities featuring AFL and AFLW players** with tips on managing stress, staying active and gratitude - <https://www.education.vic.gov.au/about/programs/bullystoppers/Pages/MFC-wellbeing.aspx>
- **Smiling Mind mindfulness** activities for senior secondary school students, including short videos, online tip sheets and meditations - <https://www.smilingmind.com.au/secondary-school-program-feeling-it>

The guide also includes resources and supports for parents and carers to help them build their child's physical and mental health and wellbeing. This includes:

- wellbeing activities and conversation starters for **parents of parents of primary school-aged children** and **parents of secondary school-aged children** - <https://www.education.vic.gov.au/Documents/parents/family-health/parents-wellbeing-activities-primary.pdf> or <https://www.education.vic.gov.au/Documents/parents/family-health/parents-wellbeing-activities-secondary.pdf>
- **Raising Learners podcast** series - <https://raisingchildren.net.au/guides/podcasts-and-webinars/podcasts>
- how to **talk to your child** about COVID-19 - <https://www.coronavirus.vic.gov.au/talking-your-child-about-coronavirus-covid-19?Redirect=1>

Wellbeing guidance for parents and carers is also available:

- on the Department's website - <https://www.education.vic.gov.au/parents/Pages/default.aspx>
- headspace has created a video providing tips to support parents and carers during lockdown
- through the confidential parent support hotline, Parentline, available 8am to midnight, seven days a week  
Phone: 13 22 89.
- If you have any questions about COVID-19 or learning from home, call our advise phone line for parents  
1800 338 663.

Headspace is running FREE webinars for parents and carers about offering support when they are concerned about a young person's mental health.

- **Connecting & Communicating with your young person: Parent/Carer Webinar Dandenong**  
Monday 20th September, 2021  
FREE  
<https://www.eventbrite.com.au/e/connecting-communicating-with-your-young-person-parent-webinar-dandenong-registration-168372949023?aff=ebdsoporgprofile>
- **Accessing mental health support services: Parent/Carer Webinar Dandenong**  
Monday 27th September, 2021  
FREE  
<https://www.eventbrite.com.au/e/accessing-mental-health-support-services-parentcarer-webinar-dandenong-registration-168373384325?aff=ebdsoporgprofile>



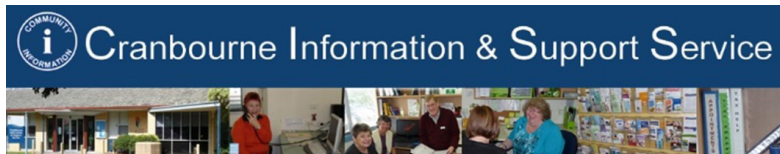
# Support for Parents during COVID-19

Please find a list of services and contact information that can assist you during COVID-19. These services provide assistance with food vouchers, food delivery and emotional and wellbeing support.

## **Cranbourne Information and Support Services**

**Phone:** (03) 5996 3333

Due to the current advice regarding the COVID-19 virus and limiting social contact, CISS will be providing a **phone only** service until further notice.



All Emergency Relief interviews, counselling and financial counselling support will be delivered via phone or email.

If you require ANY assistance or support, please phone on 5996 3333 between 9:30am and 4:00pm Monday to Friday. It is likely we will be busy, so please be patient as we continue to provide our services in a slightly different way.

**Cranbourne Information & Support Service can assist in providing Coles and Woolworths vouchers that can be used for either groceries or petrol. Due to them currently providing a phone only service vouchers will be emailed or posted to families.**

## **Corona Virus Hotline – Mandatory Isolation**

If you are in mandatory isolation and you have no family or friends to assist you with delivering food, please call 1800 675 398.



## **The Salvation Army Cranbourne Corps Church**

**Phone:** (03) 5995 1433

1 New Holland Drive

The Salvo's in Cranbourne can provide families with food assistance. Families are welcome to pop in, they will need to provide their Medicare card and proof of address.

They service up to Western Port Highway and Baxter Tooradin Road. They do service Hampton Park however they do not service Narre Warren South. They are still allowing drop-ins.

Hours of operation are **Mon – Fri 9.30am-12.45pm and then from 1.30pm-3pm.**

\*This information is correct as of 3pm 21/07/2021, please be mindful given our current climate things might change.

## **Sikh Volunteers Australia**

**Phone:** 0423 359 279

Providing delivery of free freshly cooked vegetarian meals to the south eastern suburbs. Orders must be placed by 12PM (Noon) on the day of delivery.

Order your free meals by SMS / TEXT ONLY, delivery is between 5pm – 7pm daily.



## Support for Parents during COVID-19 cont.



**24/7 Mental Health Services**

<b>Beyond Blue</b> <i>Anyone feeling anxious or depressed</i> <a href="https://beyondblue.org.au">beyondblue.org.au</a> 1300 22 4636	<b>Kids Helpline</b> <i>Counselling for young people aged 5 to 25</i> <a href="https://kidshelpline.com.au">kidshelpline.com.au</a> 1800 55 1800	<b>MensLine Australia</b> <i>Men with emotional or relationship concerns</i> <a href="https://mensline.org.au">mensline.org.au</a> 1300 78 99 78
<b>Open Arms</b> <i>Veterans and families counselling</i> <a href="https://openarms.gov.au">openarms.gov.au</a> 1800 011 046	<b>Lifeline</b> <i>Anyone having a personal crisis</i> <a href="https://lifeline.org.au">lifeline.org.au</a> 13 11 14	<b>Suicide Call Back Service</b> <i>Anyone thinking about suicide</i> <a href="https://suicidecallbackservice.org.au">suicidecallbackservice.org.au</a> 1300 659 467

**Is it an emergency?**

If you or someone you know is at immediate risk of harm, call triple zero (000)

## Free apps to support emotional wellbeing

1 Giant Mind - <https://www.1giantmind.com/>  
 Aura - <https://www.aurahealth.io/>  
 Breathr: Mindful Moments - <https://kellymentalhealth.ca/breathr>  
 Calm - <https://www.calm.com/>  
 Calm Harm - <https://calmharm.co.uk/>  
 Clear Fear - <https://www.clearfear.co.uk/>  
 DARE - <https://dareresponse.com/>  
 e-Couch - [https://ecouch.anu.edu.au/new\\_users/welcome03](https://ecouch.anu.edu.au/new_users/welcome03)  
 Happify - <https://www.happify.com/>  
 Headspace - <https://www.headspace.com/>  
 Health Tap - <https://au.reachout.com/tools-and-apps/health-tap>  
 Insight timer - <https://insighttimer.com/>  
 Mental Stillness - <http://www.mentalstillness.org/>  
 Mind Cleanse: Sleep Hypnosis - <http://www.mindcleanse.co.uk/app.html>  
 Mindshift CBT - <https://www.anxietycanada.com/resources/mindshift-cbt/>  
 MoodMission - <http://moodmission.com/>  
 Reach Out - <https://au.reachout.com/tools-and-apps>  
 Reach Out Breathe - <https://au.reachout.com/tools-and-apps/reachout-breathe>  
 Reach Out Worry Time - <https://au.reachout.com/tools-and-apps/reachout-worrytime>  
 Reflectly - <https://reflectly.app/>  
 Relax Meditation - <https://apps.apple.com/us/app/relax-meditation-guided-mind/id367506176>

Relax Melodies: Sleep Sounds - <https://www.relaxmelodies.com/>  
 Rootd – Panic Attack Relief - <https://www.rootd.io/>  
 SAM – Self Help for Anxiety Management - <https://au.reachout.com/tools-and-apps/self-help-for-anxiety-management>  
 Sanvello - <https://www.sanvello.com/>  
 Sleep Time - <https://www.sanvello.com/>  
 Smiling Mind - <http://Smiling Mind>  
 Stop, Breathe & Think - <https://www.stopbreathethink.com/>  
 Super Better - <https://www.superbetter.com/>  
 Think Ladder - <https://web.thinkladder.com/>  
 What's Up - <https://www.thewhatsupapp.co.uk/>  
 Youper - <https://www.youper.ai/>

Speak to your local General Practitioner (GP) - <https://headspace.org.au/young-people/what-is-a-gp-and-what-to-expect/>.  
 Or you can search for a health service and GP on healthdirect - <https://www.healthdirect.gov.au/>

## Additional family support

The College has food parcels and other items available to support families. Please contact the College on 5996 3544 if you would like access to one of these packs.



# Indigenous Resources



Please find below some useful Indigenous resources:

- 24-hour telephone support services - <https://www.vacca.org/page/covid-19-support/telephone-support>
- Testing & Vaccinations - VAHS Contact page - <https://www.vahs.org.au/contact/>
- Victorian Aboriginal Community Controlled Organisations - [https://www.deadlystore.com/page/service-directory?query=&sd\\_type=Cultural+%26+Language&sd\\_state=](https://www.deadlystore.com/page/service-directory?query=&sd_type=Cultural+%26+Language&sd_state=)
- If you live outside of the Melbourne Metropolitan area, reach out to your local ACCO & find out what testing & vaccination services are on offer. Follow the link above.
- 10 August Census Information Guides - [https://www.deadlystore.com/page/culture/events-calendar/other/Census\\_Australia\\_2021](https://www.deadlystore.com/page/culture/events-calendar/other/Census_Australia_2021)
- *"Census data helps Cultural groups to keep language and Culture alive"*

## Articles for Youth

Stories about the creation of community organisations to represent the interests of Community.

### New organisations are formed to fight for Aboriginal rights

[https://www.deadlystore.com/page/culture/history/New\\_organisations\\_are\\_formed\\_to\\_fight\\_for\\_Aboriginal\\_rights](https://www.deadlystore.com/page/culture/history/New_organisations_are_formed_to_fight_for_Aboriginal_rights)

Learning about the key leaders and organisations that formed in the 1920's and 1930's.

### Aboriginal services founded

[https://www.deadlystore.com/page/culture/history/Creation\\_of\\_Aboriginal\\_services](https://www.deadlystore.com/page/culture/history/Creation_of_Aboriginal_services)

Self-determination is about being in charge of your future and being able to make decisions for yourself.

### Tent Embassy formed

[https://www.deadlystore.com/page/culture/history/Tent\\_Embassy\\_formed](https://www.deadlystore.com/page/culture/history/Tent_Embassy_formed)

It was originally a simple beach umbrella and tent that became a hub and meeting place for Aboriginal land rights and sovereignty activism.

### Koorie Youth Council established

[https://www.deadlystore.com/page/culture/history/Koorie\\_Youth\\_Council\\_established](https://www.deadlystore.com/page/culture/history/Koorie_Youth_Council_established)

The Council is led by an Executive of 15 young Aboriginal and Torres Strait Islander people from across Victoria and state-wide members.

### More History Articles

<https://www.deadlystore.com/page/culture/history>

Understanding where we come from helps us shape a better future

## Media

### Movie - Mabo (streaming iView)

<https://iview.abc.net.au/show/mabo>

The remarkable life story of Eddie 'Koiki' Mabo; a Torres Strait Islander who left school at the age of 15, yet spearheaded the High Court challenge that overthrew the fiction of terra nullius. Starring Deborah Mailman, Jimi Bani, Ewen Leslie.

### Mini-Series - Bangarra's World

<https://iview.abc.net.au/show/bangarra-s-world>

Join the dancers and creatives during Bangarra Dance Theatre's 30th anniversary as they travel Australia; stage major dance works and show us what it's like to inhabit some of the most iconic roles in Australian dance. (5 episodes, each approx. 8 mins)



### Mini-Series - Right Wrongs: 50th Anniversary Of The 1967 Referendum

<https://iview.abc.net.au/show/right-wrongs-50th-anniversary-of-the-1967-referendum/series/1/video/RA1705H009S00>

Right Wrongs commemorates the 50th anniversary of the referendum on 27 May 1967, exploring how the 1967 referendum happened, and the ripple effects of the past 50 years.



### Music - In Concert Together

<https://iview.abc.net.au/show/in-concert-together>

Christine Anu, with Reconciliation Australia, present an hour of deadly music as part of National Reconciliation Week, featuring Busby Marou, Alice Skye and Jimblah.

### Podcast - Stacie NichoPiper Presents the WILAM BIik Exhibition (22mins)

<https://www.3knd.org.au/podcast/episode/9277e838/stacie-nichopiper-presents-the-wilam-biik-exhibition>

Stacie NichoPiper is a Wurunderji descendant of Aboriginal leader, artist and activist William Barak whose artworks lent from other Institutions will be brought back for the first time to Barak's home country.

### Podcast - Catherine Liddle Speaks on National Aboriginal & Torres Islander Children's Day (14mins)

<https://www.3knd.org.au/podcast/episode/9176c2b4/catherine-liddle-speaks-on-national-aboriginal-and-torres-strait-islander-childrens-day>

Catherine Liddle is an Arrernte/Luritja woman from Central Australia. Catherine joined SNAICC as CEO with a strong background in senior management positions with First Nations organisations.

### Podcast - Senator Lidia Thorpe Victoria's First Aboriginal Senator (13mins)

<https://www.3knd.org.au/podcast/episode/920d3945/senator-lidia-thorpe-victorias-first-aboriginal-senator>

Senator Lidia Thorpe is a proud Gunnai, Gunditjmara and Djab Wurrung woman, lifelong activist and fighter for human rights, social justice and the environment.

### Podcast - Our Youth, Our Way (18 mins)

<https://www.3knd.org.au/podcast/episode/91104a5a/our-youth-our-way-commissioner-for-aboriginal-children-and-young-people-justin-mohamed>

Justin Mohamed is a Gooreng Gooreng man from Bundaberg in Queensland who is currently the Commissioner for Aboriginal Children and Young People of Victoria.

## Activity Hubs

### create - Activities, Arts & Craft

[https://www.deadlystory.com/page/culture/COVID-19\\_Support/Keeping\\_Culture/Activity\\_Pages](https://www.deadlystory.com/page/culture/COVID-19_Support/Keeping_Culture/Activity_Pages)

Downloadable activity sheets.

### engage - Cultural Activity Hub

<https://www.vacca.org/cultural-hub>

A place to celebrate who we are with a collection of activities and resources to get creative and grow in knowledge.

### engage - Koorie Heritage Trust Online Activities

<https://koorieheritagetrust.com.au/whats-on/kht-online/>

KHT Online will enable us to share our unique programs and services while ensuring the health and safety of our community remains our top priority.

### play - Yulunga Traditional Indigenous Games

[https://www.sportaus.gov.au/yulunga?result\\_704748\\_result\\_page=1](https://www.sportaus.gov.au/yulunga?result_704748_result_page=1)

Suitable for children and adults of all ages, abilities and backgrounds

# Cranbourne Secondary College Minecraft Olympics

By Paul Evans

Lockdown or no lockdown, we will be holding our Cranbourne Secondary College Olympics over four consecutive Thursdays at the end of Term 3 and into the start of Term 4, beginning on Thursday 2 September.

Our Cranbourne Secondary College Minecraft Olympics will be mainly located in the wonderful cyber world of Microsoft Teams, but we will also be utilizing some W Block rooms and the Library if the lockdown finishes.

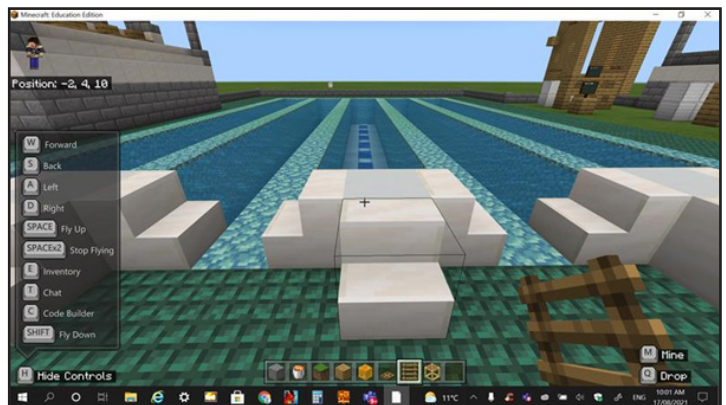
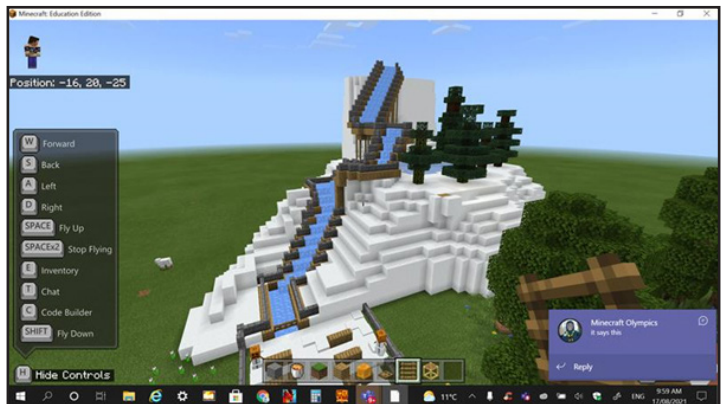
This educational value of this task is not just the event. It is the rich learning and collaborative interaction of students creating, preparing, planning and problem solving.

A team of talented and intrepid Year 7s are at the heart of this event.

Year 7 students Oscar Moore, Willow Moore, Seth Cooke, Connor Blackmore, Joshua Hewitson, Adil Ghani, Brock Marsh, Suhas Vashisht and Nathan Woods have spent countless hours in our virtual Teams BreakOut Rooms creating the virtual world that will be the home to our school's online Olympics event.

While having fun and working hard, they have also been enriching and enhancing the skills we want students to develop at our school. These students have been using higher order thinking skills, collaborative learning skills, communication skills and creative problem solving techniques.

We hope many students, teachers and members of our school community can join in the fun and experience the magnificent virtual world these talented students have created.





# Library News



Mrs Cousins  
Library Leader



Ms Roberts  
Library Assistant



Mr Ratcliffe  
Library Assistant /  
Compass School  
Manager Technician



Ms Scott  
Library Technician

## Our College Library has been busy during lock down with some inspirational events

The focus in the past few weeks has been on the following:

- Library Olympic Games winners (Week 7)
- Olympic Spirit dress up (Week 7)
- Wellbeing Audio & E books (Week 6)
- CBCA Book Week - staff book readings (Azaria & Zen Pencils) (Week 6/7)
- Wear it Purple Day (Week 7) - display & E books

### Live Book Readings

#### AZARIA

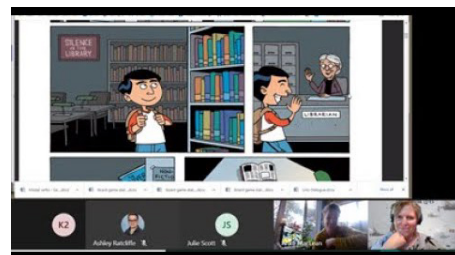
Students enjoyed a live reading of the book Azaria by Maree Cooteby. View our College Library Leader Mrs Cousins reading to our students at the following link - <https://www.youtube.com/watch?v=3A283BJZfhw>



#### ZEN PENCILS

Students also had the opportunity to hear from Ms MacLean, who conducted a live reading of the book Zen Pencils by Gavin Aung Than.

View the reading at the following link - <https://youtu.be/wN90KDqkSKg>



### Click & Collect

The Library has introduced 'Click & Collect' for some Spring lock down relief!

Book requests are to be sent to us via email: [barbara.cousens@education.vic.gov.au](mailto:barbara.cousens@education.vic.gov.au) or on our Library Team Book Club channel.

Our Library Team will have your requested books ready at the front office window for you to collect. Overdue books are to be returned first. Thank you





## Library News cont.



OLYMPIC SPIRIT DRESS UP DAY

Mrs Davies and Mrs Cousens celebrated Olympic Spirit Dress Up Day

**LGBTQI+ WEAR IT PURPLE DAY**

**with E-books**

**Friday 27th August**

Click on the (STAR) icon on Compass  
Choose E-Books Platform  
Click SIGN IN  
Students use Compass username and password  
Staff use Compass username and Staff1 for password

**what if? GAY...LESBIAN**

**START THE CONVERSATION KEEP IT GOING!**



## WELLNESS FROM ePlatform

For a limited time our Library has 200+ FREE Wellness Audio and E Books

So jump on line and



### HOW TO E-BOOKS

- Click on the ★ icon on Compass
- Choose E-Books Platform
- Click SIGN IN
- Students use Compass username and password
- Staff use Compass username and Staff1 for password



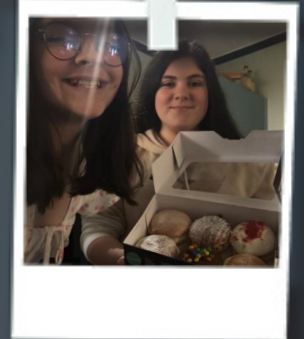


# Scavenger Hunt

Cranbourne Secondary College students were invited to join in a Scavenger Hunt on Wednesday 25 August. Winners were awarded six Daniel's Donuts delivered to their door! Congratulations to our winners!

Thanks to everyone who got involved!

Scavenger Hunt winners enjoying their prizes!

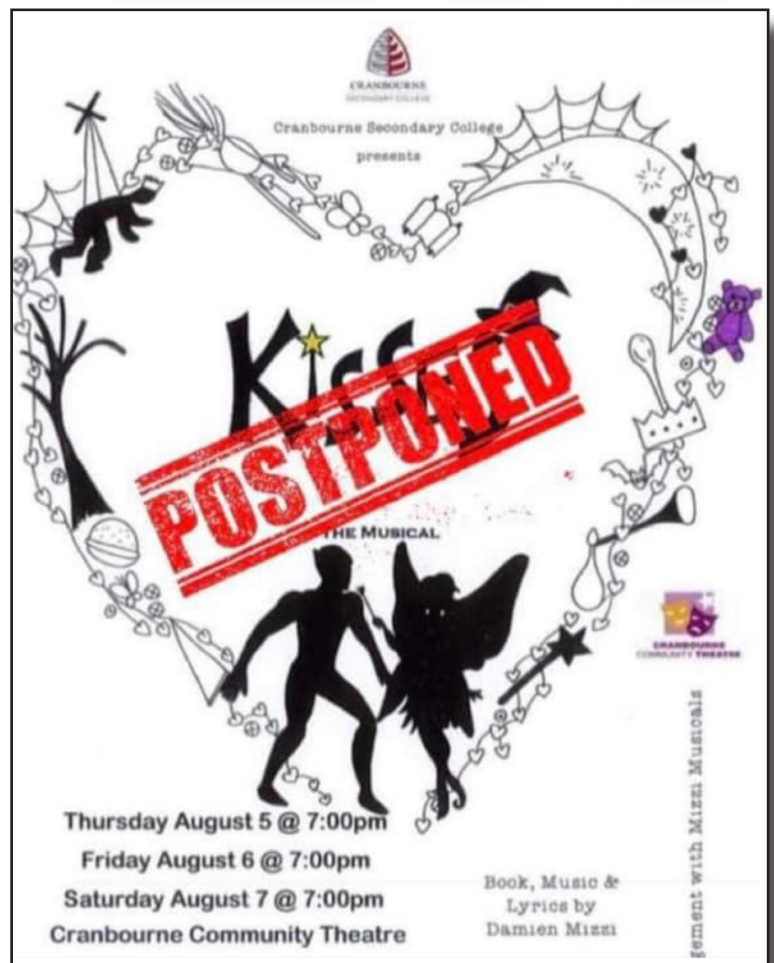


## Kisses Postponed

In light of the extension of lockdown 6.0 the Production Team has decided to postpone the College Production until later in the year.

Specific dates and details will be communicated shortly with students, parents, staff and the College community.

In the meantime if you have any questions regarding the rehearsal schedule or ticketing - please contact Linda McGloin.





## Get Active Kids Voucher Program – Round two

The Get Active Kids Voucher Program helps eligible families get their kids involved in organised sport and recreation activities by reimbursing the cost of membership and registration fees, uniforms and equipment. Eligible children may be able to receive up to \$200 each.



### How to Apply

Children must be aged 4 to 18 and named on a valid Health Care Card or Pensioner Concession Card and Medicare card to be eligible. Find out if you can apply, what costs are covered and how much can be reimbursed.

View the link to find out how to apply - <https://www.getactive.vic.gov.au/vouchers/how-to-apply/>

### Activities

Vouchers are available for eligible activities provided by certain organisations. Find out if your local club is included.

View the list of activities - <https://www.getactive.vic.gov.au/vouchers/activities/>

## VicRoads Learner Permit Test Online (LPTO)

All prospective learners from across the state are now able to sign up and enrol in the new Learner Permit Test Online (LPTO).

### About the LPTO

The Learner Permit Test Online (LPTO) is a 4-6-hour interactive course and assessment that teaches new drivers about the road rules to follow when driving in Victoria and important ways to develop safe driving behaviours. Applicants can self-enrol and complete the course online using any compatible device.

The LPTO is a competency-based course focusing on road safety (including safe systems, vehicles, speed, routes, drink and drug driving, seatbelts, fatigue and distractions) and road rules (including parking, hazardous situations, giving way, road signs, road markings, licence sanctions and sharing the road with others).

The new test includes a mix of theory, interactive videos and visual graphics to reinforce road safety messages. Applicants move through 'gated' topics by reading road safety information and answering mini quizzes to check their understanding of the topic before they progress through to the final assessment.

Outside of COVID-19 restriction periods, learners can still sit the Learner Permit Test in person at their nearest VicRoads Customer Service Centres. Learners requiring interpreter services support will need to attend the test in-person at a Customer Service Centre.

Find out more - <https://www.vicroads.vic.gov.au/licences/your-ls/learner-permit-test-online>

