

TERM 1 NEWSLETTER

**Made for the Community,
By the Students**

SCS

**2ND Edition
27th March 2020**

Principal's Report

Respect Effort Responsibility

School Vision: Every student will be supported through high quality teaching and learning practices in achieving successful outcomes and a pathway of their choice.

Strive for Success – Attend Today Achieve Tomorrow

We are all facing challenging and uncertain times, COVID-19 (Coronavirus) has dominated conversations for the last term and impacted on the way we interact with each other. Principals have been receiving updates from the DET and DHHS with guidelines and protocols regarding the virus and preparations for school closures.

I have been briefing staff regularly and over the last two weeks keeping the college community updated via Compass, the college website and alerting families to this information through the Facebook page.

The impact on college programs has been quite substantial: all sporting activities, excursions, Harmony Week activities and camps were cancelled but classes proceeded as normal until it was announced that all schools be closed on Tuesday the 24th.

You will no doubt be aware of the situation facing Victorians in light of the COVID-19 virus. Without wanting to cause unnecessary alarm, the Department of Education and Training has issued initial advice for school communities in accordance with guidelines issued by the Department of Health and Human Services and other health authorities. Many people who contract COVID-19 will suffer only mild symptoms.

However early indications are that the elderly and people with pre-existing medical conditions are more at risk of experiencing severe symptoms.

The most common symptoms reported include fever, breathing difficulties, cough, sore throat, fatigue or tiredness.

If you are concerned that you may have COVID-19 symptoms, or you have been in close contact with a confirmed case, seek medical advice or call the dedicated Hotline on 1800 675 398 and please also advise the college.

According to health authorities 'close contact' is defined as having within the last 14 days at least 15 minutes of face-to-face contact or the sharing of a closed space for more than two hours with someone who has been tested and confirmed as having COVID-19.

There is no need to self-isolate unless you have been identified by health authorities as being in close contact with someone who has a confirmed case of COVID-19.

Principal's Report (cont.)

PCSSC is following the advice of health authorities and monitoring regular updates from the Department of Education and Training and will respond quickly and appropriately if the need arises. The safety of the college community is paramount.

Prevention

Right now there are many things we can do as a college community to reduce the risk to students and staff, the most important being good respiratory hygiene practices:

- Cover your nose and mouth with a tissue when coughing or sneezing.
- Dispose of tissues in a bin and wash your hands with soap and water.
- Cough or sneeze into your elbow if you don't have a tissue.
- Wash your hands regularly, after using the toilet and before eating. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.
- Avoid close contact with people who are sick.
- Stay home if you are sick.
- Familiarise yourself with infection prevention information:
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

Some definitions we all need to be familiar with:

- **Self-isolate** – remain at home and restrict contact with others for 14 days because you've either been confirmed with the virus or you have come into contact with someone who has tested positive for COVID-19, or you have returned from overseas.
- **Self-distancing** – maintaining a distance between yourself and others to minimise the risk of contracting the virus, with a suggested distance of 1.5 metres. This includes limiting physical contact with others.
- **Close contact** – having, within the last 14 days, at least 15 minutes of face-to-face contact or the sharing of a closed space for more than two hours with someone who has been tested and confirmed as having COVID-19.

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healthy school*

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Principal's Report (cont.)

1. An important step all of us should be taking to help stop the spread of any disease is to practice good hygiene: cover your mouth or nose when coughing or sneezing, wash your hands thoroughly with soap and water on a regular basis (particularly before eating and after using the toilet), avoid close contact with people who are sick and avoid touching your nose, eyes and mouth. Self distancing is also good practice, particularly if there are confirmed cases of the COVID-19 in the community.

2. The symptoms of the coronavirus include fever, breathing difficulties, cough, sore throat, fatigue or tiredness. Having a cough or sniffle doesn't mean that you've got the coronavirus. One of the distinguishing features of the virus in comparison with a common cold or flu is breathing difficulties. For future reference, you are unwell with the symptoms above you should stay at home. We are a school, not a medical service and we are not equipped to provide support to students who develop illness during the day. If you are not well enough to be in class you should not be at school.

If students present with these symptoms we will do what we do with any illness: we will call parents or emergency contacts and we expect the student to be collected from school as soon as possible. We have students and staff who have medical conditions which compromise their immunity, placing them at great risk if they contract the coronavirus.

3. There seems to be some confusion and concern about the need for people to self-isolate if they perceive a risk through contact with someone who is being tested for the coronavirus. The government advice on this is clear: you only need to self-isolate if you have been in contact with someone who has been confirmed as having the coronavirus.

4. The college has been forced to close. Access to offsite VET classes in the Hobsons Bay cluster has been suspended for a period of time. Work placements for students have also been cancelled. The period of closure may be lengthened at any time as part of a broader campaign to prevent the spread of the virus.

We advise students and parents be updated via our usual means of communication – Compass, text message, email, website and Facebook. Please be monitoring these closely over the coming weeks.

5. Closure of the college does not mean that students or staff need to go into self isolation (unless they are known to have been in close contact with a confirmed coronavirus case). Students and staff would be free to involve themselves in normal activities at home or in the community, and they should practice safe behaviours in doing so.

6. The college is developing a plan to support continuation of learning during the closure. It will include work being provided online via Compass and other means that teachers and students are accustomed to using. I expect many of our teachers will be quite creative! Staff have advised students on how to download resources from Compass so that they have access via their device and are not entirely reliant on an internet connection. Obviously practical activities are impossible but there is a great deal that can be done and we expect students will engage in this diligently. There will be adjustments to SAC arrangements as needed, most likely involving a delay of the dates of assessment. Further details will be provided and much of the critical advice about learning activities and assessment will come from individual teachers to their students.

7. As students are working from home, they should try to maintain their study for classes at the normal times shown on the timetable where possible to help maintain a routine. Students can expect that teachers will be available to be contacted during those times via Google Classroom or other means that the teacher advises.

Principal's Report (cont.)

Because a school closure does not mean students are in self-isolation, anyone without internet access at home is advised to seek access via a public facility such as the local library, mall or through a friend.

The Department of Education and Training (DET) and the Victorian Curriculum and Assessment Authority (VCAA) have been clear in their advice that **no student undertaking a Unit 3&4 VCE subject will be disadvantaged in terms of their subject study score or ATAR as a result of school closures.** There are existing processes to recognise disadvantage caused by exceptional circumstances and in the event of widespread closures this would affect all or most of the students across the state. We will provide further advice on this if needed.

Due to the current concerns we have assessed all of our upcoming college events and we can advise you that:

- We cannot proceed with our Anzac Service assembly as planned, we have cancelled all school assemblies until further notice.
- The College Athletics Carnival planned for Thursday April 16 has also been cancelled as have all interschool sports until further notice.
- All camps and most excursions have also been cancelled until further notice.
- At this stage Parent Teacher interviews scheduled for March 26 and 27 have been cancelled and online methods of communication through Compass have been set up to communicate with parents/guardians who have made P/T interview appointments.

There will no doubt be more information we need to share in the coming days and weeks. In the meantime, I encourage everyone to remain alert to the risks, to monitor advice through the media and from the college and to practice safe behaviours to prevent the spread of the virus.

Please inform the college if your personal circumstances change in relation to COVID-19.

I hope you all stay safe and well.

Chris Mooney

Leadership Framework & Talent Management

PCSSC is committed to professional growth and the development of leaders at all levels of the system. The Leadership Framework formalises the school's approach to leadership development and provides an overview of the support and opportunities available to all staff.

To complement the school's Leadership Framework, the school has adopted Bastow's Talent Management Framework, endorsed by DET. Under this framework staff recognised as High Potential Leaders in the school have access to individualised and specialised leadership development. Staff are able to nominate or self-nominate themselves for the program and are selected by a Nomination Review Committee (NRC) that is made up of Principal Class, teaching and community members.

We are pleased to announce that the following staff have been identified as the 2020 Talent Management Framework High Potential Leaders:

- **Jessica Gruer**
- **Jessica D'Lima**
- **Michelle Foot**

Please note that the NRC puts great thought into the selection of these candidates and is committed to selecting candidates into the program who represent the wide demographic at the college. The candidates selected are from a range of learning areas with vastly different levels of leadership experience. Unfortunately, the program did not receive any male applicants this year; this is an area we hope to address in coming years.

Each successful candidate is allocated a Principal Class mentor who will work with them to develop their individual High Potential Development Plan which will include:

- Carefully selected leadership professional development
- A stretch initiative which targets whole school improvement
- Mentoring, shadowing or job swap opportunities
- Formalised networking opportunities

The school is extremely enthusiastic about the Leadership Framework and TMF and looks forward to seeing the school improvement that is brought about by investing in staff development.

A thank you to all staff who put forward applications for TMF and congratulations to those staff selected.

Principal Class

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achievement program



For the Community



The Health & Physical Education Team are excited about the Premier's Active April program. Obviously, at this time community and sporting events are affected by some restrictions, but the Active April program provides participants with videos to guide you through a series of workouts; some with equipment and some without, that you can do at home.

**To join the Point Cook Senior
Secondary College team head to
activeapril.vic.gov.au
and sign up using the team id:
point-cook-senior**

We are very grateful for your support.

Also, if you are finding yourself slightly frustrated with the closure of fitness facilities head to movemyway.com.au where they also have a range of fitness and exercise videos that you can follow.

"Move My Way is a physical activity program that gives you the option to choose when and where you move. Move My Way is low intensity and is designed to prepare your body for more challenging physical activity. The 6 online videos give you the option to exercise in your own home, in your lunch break at work or during a trip to the park with the kids."



On behalf of the Health & Physical Education team, I would like to wish everyone a happy and healthy break.

Jessica D'Lima

Health & Physical Education Key Learning Area Leader

WE'RE DOING PREMIER'S ACTIVE APRIL!

HELP US WIN REBEL SPORT VOUCHERS AND VISITS FROM HIGH PROFILE ATHLETES



NEW IN 2020 – SYNC YOUR FITBIT TO THE ACTIVE APRIL APP

The all-new Fitbit integration makes it even easier to track your activity throughout April. Register now to win great prizes that will help you move more!



FEATURED OFFERS:

IT'S FUN & IT'S FREE!

Move more with Premier's Active April and help our school win great prizes*

JOIN OUR TEAM!

Step 1: Register online for Active April

Step 2: Request to join our team using the Team ID below

TEAM ID: point-cook-senior

Register today – activeapril.vic.gov.au

YMCA

10 free visit pass



Fitbit

20% off watches and trackers



Run Melbourne

15% off event entry



Cardio Tennis

One free trial of Cardio Tennis



28 by Sam Wood

50% off online training program



Around the Bay

10% off event entry



Follow us on:

*Terms and conditions for all prizes and offers apply. Visit activeapril.vic.gov.au for details. Authorised by the Victorian Government, 1 Treasury Place, Melbourne.



Recognising Achievement

EARTHWATCH SCHOLAR

Congratulations to Jasmine Thomas on being awarded an Earthwatch Student Challenge scholarship.

Jasmine will attend a fully funded expedition to study the ecosystems of the Murray River and Mallee alongside scientists from Australia's leading universities.

One of the exciting research projects will be trapping small animals such as lizards, identifying and photographing the species caught and recording basic statistics on the animals (e.g. weight and sex) before releasing them back into the wild.

This is an incredible opportunity and we are very excited for Jasmine.



SENIOR SWIMMING

Term 1 has been an exciting term for the swimmers at Point Cook Senior.

Following the school trials, it was the Division event which was held at Werribee Outdoor Pool in March.

The school had 11 students who represented their college proudly across a wide range of events. These students are commended for their participation, excellent behaviour and sportsmanship shown on the day.

The stand-out performers on the day were Sophia Potter and the Boys Relay Team who won their events and will progress to the Western Metro round.

Sophia Potter won all 5 of her events, these victories ensured her a place at the Western Metropolitan Regional event held at Kardinia Aquatic Centre in Geelong at a future date to be announced.

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Year 12 Media Excursion



The 12th of March was a cold Thursday. I wore my jacket in order to maintain warmth during the day. The entirety of the Year 12 VCE Media class were all headed to Top Screen in the city, which is a festival held every year to showcase and celebrate the work of VCE Media students. This meant that we were all headed into the city to watch the best handpicked VCE Media productions in the Capitol Theatre.

Ms Doh had planned this excursion to allow the VCE Media students to learn more about the production process and to generate ideas for their productions as it contributes 40% to the study score in Media, which is a lot so it's pretty important.

After taking time to discuss the excursion with other Media students, the general consensus was that the excursion was highly enjoyable and very educational. I think the most interesting part of the excursion was the productions themselves, so I am gonna break them down for you on the next page.

Overall the experience was great and we all got to see lots of interesting films that sparked ideas in all of us and even inspired some of the Year 12 VCE Media students to aim for getting their movie into Top Screen.

Hopefully we see a student from Point Cook Senior presenting their film in Top Screen next year!

- Written by Damian Lazaervski, 12A

Damian's Reviews

'Serotonin' by Siena Bonnici (Music Video)

It was an enjoyable music video about the final days of summer featuring a Super 8 style film camera, so that's always a win. If I was to offer a rating, I would give it a 4/7.

'The Hitchhiker' by Angus Molden (Short film)

So this short film is about this guy who is a hitchhiker and he gets into this guys car and he is picking up the hitchhiker and then we really think that the guy driving is 'the hitchhiker' and then we find out that the hitchhiker is the real 'the hitchhiker' and he ends up killing the guy who we thought was 'the hitchhiker'. 12/14.

One Plan(et) by Jeremy Njegac (Short film)

This short film revolves around a guy monologuing about the effects of global warming and he is in the future and is reflecting on how things could have been different. It features a bunch of stock footage of people walking and stuff and people wearing gas masks to avoid the global warming toxins. Eig(ht)/9.

'Lies' by Ivy Windred-Wornes (Music Video)

'Lies' features incredible costumes reminiscent of an eighteen century style. When asked how she got access to the beautiful house it was filmed in, Ivy responded, 'My friend had a house so I used it.'. Cool house.

'Sallie Jones: An Australian Farmer' by Henry Johnston (Documentary)

A very introspective documentary covering the life of Sallie Jones going into her hardships giving a very positive message to all of us about mental health. Beautiful.

'Deja Vu' by Callum Pritchard (Music Video)

Out of all the Media productions 'Deja Vu' featured the most beautiful confusing story out of all of them. Through its simplicity we find confusion in what is actually happening. A girl is looking at photos and then experiences what happens in the photos, and she like finds a body at the beach, psychological thriller at its finest. Thank you.

'Kobold' by Jasper Margaritis (Animated film)

Super cool animations in this film definitely the best animated film, incredibly drawn, super funny and cute. 7/10.

'Tamagotchi' by Hugo Di Mattina (Short film)

This short film features some actually really cool animations that should have definitely been used more. There is a cool dream sequence in which the protagonist is surrounded by this animated character, and he can't stop seeing it and it put us all on edge. There weren't any Tamagotchi's in the film.

'Three in the Night' by Joshua Wong (Short film)

Clearly the fan favourite and rightfully so, the best film that was shown featuring quality acting and film making. 2/10.

'Call You Up' by Jared Halden-Cornish (Music Video)

Jared had decided to use the song from a band that had tragically died in a car crash in 2016 to commemorate them it was lovely to see it and he definitely did them service.

'Organic Food' by Max Straume-Tsai (Stop motion)

The only stop motion film at Top Screen and although everyone was sceptical when they had seen it was a stop motion filmed it had turned out to be a beautiful depiction of the disgusting reality of fast food and its unhealthy nature. The pickles were beer lids.

'Memento Mori' by William Penfold (Short film)

A science fiction film depicting a man digging a hole to take a plant out of the ground and the struggles- oh it's not about digging a hole? Right that just happened to be 50% of the film. Memento Mori is about a man digging a plant from a dystopian Earth to turn in some kind of bounty to receive money as plants are rare I think? Flower Digging.

'Time Well Spent' by Griffin O'Neill (Short film)

'Time Well Spent' is an absurdist comedy about a dog that has a mouth on it and a man playing golf and hitting the ball across the country. It is literally about both of these things. I'm serious.

'where are you going?' by Owen Morfitt (Short film)

The lower case title makes it sadder.

'Wing Man' by Kate Keenan (Animated film)

Hilarious animated film commenting on men buying tampons and pads for girls and the stigma surrounding it.

THE BREAKFAST everyone is welcome CLUB

Our Breakfast Program has supporting students in need for 9 years now!

Not only does our program provide students with a fulfilling breakfast to start their day with, but it also improves student wellbeing, supporting their outcomes.

Everyone is welcome to attend and enjoy a free breakfast and a carefree environment to start their school day.



Join us and build positive relationships with staff and students!

where? Room 312
When? Fridays 8:00am - 8:30am

Year 12 English Assembly

In Week 5, three former high achieving Point Cook Senior alumni attended the school and spoke to our current Year 12 VCE cohort. The goal was to provide students with tips and strategies for how to achieve a high score in English at Year 12, as English is the only pre-requisite study for all university courses.



A huge thank you to Zakhi, William and Rose for coming back to visit us and sharing their wisdom.

They both scared and enlightened our students with how dedicated and hard-working they were in their own Year 12 studies.



Year 10 History Excursion



On the 2nd March, Year 10 History students had the opportunity to visit the Shrine of Remembrance and the Music Vault in order to collect information for their history assignment.

The Year 10s visited the Shrine of Remembrance as a way to gather additional information for their History SAC. They were split into two groups and guided through the Shrine by two volunteers who work at the Shrine, who helped the cohort further understand and expand their knowledge of the Second World War.



The Music Vault, located in the Arts Centre, Melbourne, is an interactive exhibition which the public can learn about Australian music and artists. The Year 10s had a blast listening to music and using the interactive activities to learn about the pop culture of Australia.

The Music vault showcased original items from iconic moments in Australian music history such as costumes worn by significant music figures.

- Written by Aron Santos, 10F

Outdoor & Environmental Studies



On the 11th of March, the Year 11 and 12 Outdoor and Environmental Studies class went to the Eumeralla Scout Camp in Anglesea to investigate how Australians have understood and interacted with outdoor environments in the Geelong area over time.

We had the opportunity to visit places with cultural and historical significance such as the Geelong Wool Museum and paper mills. We also participated in a range of recreational activities including a coastal walk, surfing, kayaking, and educational talks at the Narana Education Centre.

At the camp we stayed in cabins and had a big community hall where all the activities were held. On the first night, both year levels mixed up and had a trivia night with topics including Disney, music, food and geography. The second night was a laid back night where we were able to watch a movie and relax.

Overall, the camp was a fun and interactive way to successfully understand the way that previous Australians have been able to interact with our outdoor environments. Through this camp, we were able to develop a greater appreciation for spending time outside.

By Kirsten and Zuzanna, 12A



VET Student Profile

Congratulations to Ethan Lord, Ishan Bansal and Laura Puronpaa for displaying our values of Respect, Effort & Responsibility during Term 1. All three students have completed their first term of VET and have shown excellent progress in VCAL. Here is Ethan describing his VET studies.

ETHAN LORD'S VET STUDENT PROFILE

Course/Field: Building & Construction

Attendance: Every Thursday 9:00am - 4:30pm

Uniform Requirements: High Vis safety wear, steel cap work boots, work trousers

Transportation: 498 Bus to Hoppers Crossing Station - Catch the train to Newport station - 167 Bus to Hansen St - Walk 5 min to Bayside College

Absences: 3rd time attending my VET course. I felt sick on the train and had to return home and get some rest.

New Friends: Jack, Bailey, Michael

Determined students that are very helpful and fun to hang around in VET.

Whenever I need a helping hand they are always willing to pause what they are doing and offer their help. They have helped me realise that I need to be patient with myself and that rushing your projects is not a good idea - quality over quantity. I am an impatient person by nature and they have really helped me change my perspective on how I approach my tasks.

Teacher: Daniel Craig

good teacher, knows how to engage his students and make theory interesting and appealing. Also knows how to joke around at appropriate times and is good with discipline and maintaining a safe work environment. Daniel has a unique teaching style, often implementing cheesy and sarcastic jokes into his lessons, keeping his class engaged and entertained while also learning and applying relevant information on Building & Construction. His lessons rarely get interrupted by noisy students due to the fact that his lessons are always so lively and energetic.

More about my journey in VET:

I have the option to become an A-grade carpenter - salary can be up to \$50,000-100,000 per year depending on your designated job.

Depending on how I perform in my VET this year, I will then be able to determine what I want to do with my career in the future. So far I am enjoying my VET and having fun experimenting and learning about the building & construction industry. I have always enjoyed hands-on jobs and I am thoroughly having a good time while at my VET.

My overall attitude towards my VET is positive and really look forward to seeing how everything will turn out. I try not to think too hard about the future because I'm not really that kind of person.

I enjoy surprises and taking risks. For me, that makes life more exciting and unpredictable.

My VET course is quite important to me, in my VET course I feel responsible and mature, preparing myself for the workforce in the future.

VET is a great place for me to get an overall feel of what the building and work industry will be like. The school doesn't teach that very well so for me, the VET is very important. VET has taught me much about how I should treat and what to expect from myself. It's helped me realise that I'm not always going to be naturally good at everything I do, and that patience is a very valuable trait to have not just in VET, but life in general. Being patient and realistic with yourself helps to avoid unnecessary feelings or worthlessness and or hopelessness. Being patient with yourself, as I have come to learn, is an essential aspect of life.

(see next page for stories, challenges and future goals)

VET Student Profile (cont.)

ETHAN LORD'S VET STUDENT PROFILE

Future Goals

In Semester 2 I hope to have increased in my skill with hand tools and also power tools in the construction industry. I also want to be much more motivated and patient with myself, being a supportive friend and a helper to those who are also finding it difficult.

STORIES

- 1.** Nearly missed the bus on the first day of VET, 498 bus had delays and major congestion on Sneydes Rd. Ended up late on the first day however the teacher said it was ok, just make sure to catch an earlier bus in the future.
Daniel told me that he would excuse today's tardiness but that he doesn't want it to happen again. One of Daniel's rules is that he does not want to see students late to the class, no matter what excuse.
"If you are going to be late, contact me personally and let me know."
- 2.** First day on the VET course, I already cut my fingers twice in the span of 2 hours despite the teacher giving us safety instructions beforehand on hand tools. Although wearing proper protective equipment, I was being clumsy and lazy, not completely focusing on the task I was doing, and obviously, my hands slipped and the chisel I was working with cut my index finger. Not serious, just very inconvenient as blood went all over my project, ruining it completely. The teacher had to report it, and write a detailed document about the injury and what led up to it.
- 3.** 3rd time going to the VET course, I was feeling ill but still decided to go anyway. I got onto the train and fell asleep, I ended up catching the train all the way to Flinders St. I called mum and told her what happened, she told me it's better to just come home and rest than forcing your body to work while you're sick.

CHALLENGES

- 1.** Waking up on time and making sure I catch the bus earlier just in case there is any congestion or delays. I'm not the early bird type, I quite enjoy my sleep-ins and staying up late bingeing Netflix and TV shows.
On Wednesday nights, however, I am no longer able to do this as I have to wake up at 6:35 am in order to get ready, eat, and then catch the bus on time.
- 2.** Performing said tasks in an acceptable way: I found it very difficult to do the things the teacher asked me to do at times. Often ended up upset and frustrated because it looked like other students were getting it first try. I regularly compared myself to other students and their work, putting myself down if I never met their standards.
I usually set high expectations of myself which is often a good thing, but for something I have no experience in, it is quite unrealistic and unfair to myself. I have had to learn to be patient with myself and understand that I am different from everyone else.
- 3.** Using the tools effectively and safely: For the first few weeks of my VET, all students will be learning how to use hand tools in an effective and safe manner. This is very hard for me because as mentioned before, I can be very impatient with myself.
Most if not all hand tools require patience and skill in order to achieve the results my teacher was expecting. It's a tedious and particular task that I found challenging. However, with more practice and determination I'm sure that I'll be able to meet those requirements.

Tips for young people

Keep it real

We are getting information about the situation from friends, family, and the media constantly.

It can be helpful to limit how much we listen to all of these sources, and instead look at factual information such as **Australian Government's** health alert: <https://www.health.gov.au/news/health-alerts>. This can help us sort out the fact from the fiction and stay aware without being alarmed.

Keep it in perspective

Often under stress, our brain can take us to the worst-case scenario. It can be useful to:

- **Remind** ourselves that the definition of *'coping'* is to *struggle successfully - we are all currently coping.*
- **Reflect** on all of the tough situations in our life that we have made it through, and think about what parts of us helped us get through the uncertainty
- **Remember** that the number of confirmed cases of COVID-19 in Australia are extremely low, and that most people have recovered without the need for specialised treatment.
- **Know** you can get in touch with our counselling team for counselling sessions by calling 8734 1355 to make a referral or email us at youthcounselling@wyndham.vic.gov.au

Keep it clean

One practical thing we can do is follow some basic hygiene principles to do our bit to keep the community healthy.

The World Health Organisation (WHO) says we can all help out by doing the following:

- Washing our hands frequently
- Avoiding touching our eyes, nose and mouth
- Staying home if we feel unwell, until fully recovered
- Seeking medical support if we have a fever, cough, or experience breathing difficulties

You are probably thinking, "but I do most of these things anyway?" That's right! For a lot of us, the best thing to do is to keep doing what we normally would consider to be good health hygiene.

Tips for family members and caregivers

The adult sets the emotional tone

It can be useful to remember that as adults, we communicate with our non-verbal behaviour whether we are 'safe' or 'unsafe' to young people. Think about your tone of voice, facial expression, and body language when communicating with young people. We set the emotional tone about how worried or not worried they should be in the current climate.

How to talk to young people and children about COVID-19

If your child or young person wants to ask questions or talk to you about COVID-19, be open to having those conversations.

- Consider **what story will be told about COVID-19** and how you want that story to be told within your network – consistency between adult family members and a sense of calm is important.
- **Ask what they already know about COVID-19** – this gives you an opportunity to correct any false information they might have been told.
- Provide them education about the **importance of hygiene** – these are good life skills!
- Explain **it is normal to feel worried**, and you will support them no matter what happens in the future – give the message that you as the adult have "got this".
- **Limit exposure** to media reports and unnecessary conversations about the topic – if you can't, be available to address any concerns or questions they might have as a result.

More information

Australian Government Department of Health

The Department of Health has developed a collection of resources for the general public, health professionals and industry about COVID-19, including translated resources.

<https://bit.ly/380OwHe>

Centres for Disease Control and Prevention

The Centres for Disease Control and Prevention provides reliable information about the COVID-19 including symptoms, steps to take to protect yourself, and what to do if affected.

<https://bit.ly/39MEml8>

World Health Organization

The World Health Organization provides information and guidance regarding the current outbreak of COVID-19 disease.

<https://bit.ly/3cQUwCw>

Road Safety

MONDAY 2ND MARCH

Mr. Flannery organised a Police Talk in school for VCAL students about Road Safety in Victoria. In the presentation, the policeman told us how they secure our roads in Victoria. However, he mentioned that deaths on the road are still prevalent. He further explained most of these accidents are by young drivers because of their lack of familiarity to the road rules and their general flaunting attitude on the road. Senior Constable Matt Harris also explained that the P1 license drivers are mostly prone to accidents rather than those with learners' licenses because learners always have with an experienced driver who is guiding them all the time. **Written by Ishan Bansal**

Senior Constable Matt Harris showed us the different items he used on the daily, like his ticket book, radar speed gun and much more. Senior Matt Harris also showed us the different types of fines like speeding and how many demerit points you lose for committing those offences. He explained to us that Learners only get 5 demerit points and driving is not a right, it's a privilege. He showed us many videos from the TAC (Transport Accident Commission) which elaborated further on points he made.

Written by Aandjraya-Marie Huhu-Robin

Senior Constable Harris also relayed multiple stories to us, some of which were his own personal experiences with deaths on the road. The entire presentation helped spread awareness to young drivers about how to stay safe on the road, especially drivers that are on their L's or P's.

Anyone of our lives can change in the blink of an eye if we neglect for our own life and the lives of others. Senior Constable Harris wanted to emphasize that driving is not someone's right; it's a privilege, the ability to drive should not be taken for granted nor; should it be taken as a joke. Death is not a joke, and an all too realistic situation that people fall victim to every day across the world. One minute you're on your way home, the next you're dead on the asphalt with your head split in two. It can happen that quickly. These scenarios are not to dissuade young drivers from starting their driving lessons, instead it is to help young drivers see that driving is a very serious matter which you must be responsible for every single time you enter a car. **Written by Ethan Lord**



TUESDAY 3RD MARCH

Mr. Flannery organised a trip for VCAL students about the "ROAD TO ZERO" experience. We met at Williams landing station and headed together to Parliament Station. From there we walked to the Melbourne Museum and discovered lots of different things about road safety for example how people get distracted on the road and what they need to ensure that others themselves and others are safe.



People who told us about road safety gave us a touch card to record everything we did there. The most amazing thing we did there is the "ROAD SAFETY CAMPAIGN". We were given 45 minutes to create a 60 second video. **Written by Ishan Bansal**

"ROAD TO ZERO" is an educational centre that provides students with an engaging and personalised learning experience, this program was developed by the TAC, partnering with the Melbourne Museum. Continuing on, we went into the Virtual Reality Experience Room and discovered the science behind crashes.

We interacted with touch screens and used Virtual Reality headsets. This gave us a new dimension on why humans weren't built to survive huge/major impacts from crashes.

They taught us how TAC helped to ensure these types of accidents don't happen using road designs. Later on we went into a room where we made a video on pedestrian safety. We added different types of elements and texts to the video, with music to match. Our videos were then sent to our emails and submitted to the TAC.

Written by Aandjraya-Marie Huhu-Robin

We learned about the risks that come with walking as a pedestrian, cycling with other vehicles and general dangers that driving can entail. My favourite part of the experience room was participating in VR, it was like driving your own car. After break we came straight back to work and got into groups of 5, in our groups we made a slogan about road safety and a video that expanded on the topic we chose. To finish off the day we went and got lunch at Melbourne Central then headed back on the train back to Williams Landing.

Written by Shae Moran

Borneo, Here We Come

December 2021

This term we will be teaming up with Camps International to bring an amazing, meaningful and challenging experience to our 10 and 11 students to travel aboard on a service learning expedition to the wonderful island of Borneo, in South East Asia.

Camps International operates across four continents and shares a common goal: solving global problems on a local scale. They have embedded themselves at the heart of local communities.

They are part of their culture, and as a result, get to work with some of the most interesting, exciting and innovative people, cultures and environments.

Above all, they are impact. With Camps International, you can rest assured that a school trip benefits more than just your child.



Join us and together Point Cook Senior Secondary can be part of the solution in Borneo.

This will be an amazing experience for you, combining travel with meaningful impact, volunteering project work and cultural exchange. Whilst on expedition you will take part in conservation and wildlife initiatives, help with community development projects and assisting at local schools; reading books or playing sports.

It's not just project work either, an adventure awaits! You'll embark on a 4-5 day trek through the jungle surrounded by exotic wildlife sleeping in hammocks beneath a jungle canopy in one of the world's most stunning natural gardens.

An expedition to Borneo wouldn't be complete without a visit to the world-renowned Sepilok Orangutan Sanctuary where you'll be introduced to orphaned and injured Orangutans before they're released back into the wild. This will certainly be an experience you will never forget. We look forward to welcoming Rhys Carman and Will Slater from Camps International to present this amazing opportunity alongside Mr Flannery.

Keep an ear and eye out for more details to come!



REMINDERS

KEY DATES

SEMESTER 1

- 15 April** Term 2 Commences*
- 17 April** Year 11 English Incursion
Cosi
- 22 April** Year 10 Immunisation Day
- 04 May** Hobsons Bay Division Cross Country
- 14 May** Senior Winter 1 Interschool Sports
- 22 May** Mabo Day
- 27 May** GAT Assembly All Students
Doing Units 3/4
- 01 - 05 June** Year 10 & Year 11
Revision Week
- 08 June** Queens Birthday Public Holiday
- 05 - 12 June** Year 10 & Year 11
Mid-Year Exams
- 10 June** GAT For All Students Enrolled
In Unit 3/4
- 16 June** Intermediate Winter 1
Interschool Sports

- 17 June** Girls Football & Boys Netball
Interschool Sport
- 18 June** Western Metro Cross Country
- 22 June** Whole School Assembly
- 25 June** Senior Winter 2 Interschool Sports
- 26 June** Year 12 English Orals
(No Classes for Year 12 students)
Term 2 Ends

**Please note that due to COVID-19 it is highly likely that events will be cancelled.
Dates will be privy to change**

*may be subject to change.
We ask that you remain updated through the school's Compass reminders.

RESPECT
EFFORT
RESPONSIBILITY

REMINDERS

ATTENDANCE

Student attendance information is available on Compass, including the option to approve absences and input requests to leave early for an appointment.

Late Arrival to School

Students are requested to use the Compass card to sign in at the Compass Kiosk at the front of the school.

Students who do not have cards can report to the attendance office.

Early Leave

Parent approval is required for any student requesting to leave early. This can be done either by having parents enter approval on Compass or contacting the attendance office.

Students are required to provide a medical certificate when absent from a VCE class or assessment.

together we are creating a healthy school

achievement
program



Attend Today, Achieve Tomorrow



Compass

Majority of our communication with parents at PCSSC are made through the Compass Parent Portal.

All parents have a portal account that provides access to:

- reports
- attendance information
- absence requests and approvals
- school photo ordering, teacher email contact
- booking for parent-teacher interviews
- calendar of events
- excursion consent/permissions and
- news items to keep you updated with what is going on.

If you are a CSEF (Camps, Sports & Excursions Fund) recipient, please contact the school before consenting to any event so that we can adjust the costing.

To access your account:

1. go to the College's homepage www.pointcooksenior.vic.edu.au
2. click on the Compass Portal icon.

OR directly go to Compass login:

<https://pointcooksenior.vic.jdlf.com.au/Login.aspx>

If you are having trouble accessing your account,

click on the "Can't access your account" and follow the prompts to access it using your username, email address or mobile number.

If you need guidance on how to navigate the Compass Portal,

please contact the school or see the 'Compass Help' page on the school website.





Ten ways to reduce your risk of coronavirus

- **WASH** hands often with soap and running water, for at least 20 seconds. DRY with paper towel or hand dryer.
- **TRY** not to touch your eyes, nose or mouth.
- **COVER** your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue cough or sneeze into your upper sleeve or elbow.
- **ISOLATE** yourself at home if you feel sick. If you take medication ensure you have adequate supplies.
- **PHONE** your GP first if you need medical attention. They will tell you what to do.
- **CONTINUE** healthy habits: exercise, drink water, get plenty of sleep, and now is the time to quit smoking. Call the Quitline 137 848.
- **DON'T** wear a face mask if you are well.
- **BUY** an alcohol-based hand sanitiser with over 60 per cent alcohol.
- **GET** the flu shot (available April).
- **SHAKING HANDS** is optional!



Find out more
www.dhhs.vic.gov.au/coronavirus

If you are concerned, call the
Coronavirus hotline 1800 675 398 (24 hours)
Please keep Triple Zero (000) for emergencies only



Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

-  laptops & tablets
-  lessons & activities
-  uniforms & shoes
-  books & supplies
-  sports fees & gear
-  camps & excursions

To join Saver Plus, you must be at least 18 years or over, have a child at school or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment*



Contact

your local Saver Plus Coordinator

Phone or SMS

your name and postcode to 1300 610 355

Email

WerribeeSP@thesmithfamily.com.au

Online

saverplus.org.au

Find us on Facebook 



* many Centrelink payments are eligible, please contact your local Coordinator for more information.

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

RE-CYCLE YOUR CYCLE



Bicycle Donations Needed

**DO YOU HAVE AN OLD,
UNWANTED BICYCLE YOU
NO LONGER NEED OR USE?**

Preserve the environment and donate it to the **West Metro Community Work Team's Fix the Cycle Program!**

In the program young offenders are taught to repair, refurbish and overhaul old and disused bikes. Once completed, **the bicycles are donated to community members who most benefit** from a sustainable method of free private transport, such as teenagers coming from disadvantaged backgrounds and refugee families who are newly settled in Australia.

**For donations contact
the CW Team on:
1300 389 518**

Westmetro.communitywork@justice.vic.gov.au

