



Point Cook Senior

TERM 3 Newsletter

**MADE FOR THE COMMUNITY,
BY THE STUDENTS**



5th Edition
13th August 2020

address: Cnr Boardwalk Boulevard & Bergamot Drive, Point Cook, Vic, 3030
postal: PO Box 6520, Point Cook, Vic, 3030

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

Looking After Your Child's Mental Health

Changes in your child's mood and behaviour are a normal part of growing up.

While you know your child better than anyone, it can sometimes be difficult to know the difference between normal behaviour and potential mental health concerns. No one expects you to be an expert in mental health but there are things you might notice that could indicate that extra support is needed.

NOTICE CHANGES

There might be changes in your child's emotions, behaviour and thinking that indicate they may need some extra help. You might notice:

- feelings of fear, anxiety and sadness and/or angry bursts
- withdrawal from friends, family and activities
- being low in energy
- difficulty going to sleep
- changes in appetite
- trouble concentrating
- negative thoughts that won't go away
- other changes in behaviour such as being more emotional or temper tantrums in younger children.

Headspace provides a comprehensive list of things you might notice about your child's mental health. For more information, visit: [How To Talk To Your Child About Mental Health](#)

Some other things to think about are:

- How long have the emotions and behaviour lasted? If it has been longer than two weeks, it might be time to seek help.
- How strong are the emotions? Are they there all the time or do they come and go?
- How much of an impact are the emotions and behaviour having on your child's schoolwork, physical health, relationships and enjoyment of everyday activities?

Principal's Report (cont.)

TALK TO YOUR CHILD

It can be hard to talk about mental health. Sometimes we are worried it might be upsetting or that we might make things worse. There is not a perfect way to start the conversation. What you say will depend on your child's age and their understanding.

Try to use "I" statements like these:

- I've noticed that you seem to have a lot on your mind lately. I'm happy to talk or listen and see if I can help.
- It seems like you [haven't been yourself lately/have been up and down], how are things?
- You seem [anxious/sad], what is happening for you? We can work it out together.
- It's ok if you don't want to talk to me, you could talk to [trusted/known adult]. I will keep letting you know I love you and am concerned.

If your child opens to you:

- reassure them everything will be okay and that you're glad they are talking to you
- acknowledge that talking about personal thoughts and feelings can be hard
- ask what they need from you (although they might not know what they need) offer to help them find information and support.

For more tips on talking to your child, visit:

- **Raising Children Network:** [What Can I Say To Start a Conversation With My Young Person About Their Mental Health?](#)
- **Safe Minds:** [Inquire Tip Sheet for Families](#)
- **ReachOut:** [How to Have a Great Conversation](#)

GET SUPPORT

If you have concerns about your child's mental health, start by talking to your child's school. They can help you access a range of supports offered by the Department.

Your family General Practitioner (GP) is also a good person to talk to about your concerns.

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healthy school*

achievement
program



Principal's Report (cont.)

SERVICES

There are services you can access to help you decide if your child needs more support.

- [Parentline](#) – an anonymous and confidential phone service for parents and carers of children from birth to 18 years old.
- [Lifeline](#) – 24-hour crisis support and suicide prevention strategies.
- [Beyond Blue](#) – confidential one on one counselling, tools and resources to look after your mental health.

INFORMATION

- **Raising Children's Network's** [Mental health and wellbeing for children](#) (suitable for 0 - 8 years old) and [Mental health and wellbeing for teens](#).
- [Headspace: For Friends & Family](#) – includes information on how to support a family member, tips for a healthy headspace, understanding adolescence and how to start the conversation.
- [ReachOut: Self-Help Content](#) – provides advice and resources to assist your child with mental health concerns, everyday issues, wellbeing, connecting and communicating.
- [Black Dog Institute](#) – self-tools and apps, advice on when and where to seek help, information on mental health conditions and support groups.

TOOLS

- [Beyond Blue - Child Mental Health Checklist](#) (suitable for 4 – 16 years old) – asks questions about how your child has been thinking, feeling and behaving. It can help you decide if your child needs professional support. The checklist is confidential.

SERVICES AND INFORMATION FOR YOUR CHILD

As well as support from your child's school and the family GP, there are services that your child can access from home:

- [Free One-On-One Counselling](#) – the Department's partnership with Headspace allows Victorian Government secondary school students to access telephone and video counselling services.
- [Kids Helpline](#) – a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.
- [Headspace](#) or [eHeadspace](#) – professional online and phone mental health support services to young people aged 12 – 25 years old.
- [ReachOut](#) – an online mental health organisation for young people and their parents. This offers practical support, tools and tips to help young people get through anything from everyday issues to tough times

IN AN EMERGENCY

If you think your child is in immediate danger, call 000 or take your child to the hospital emergency department.

Download the advice on this page as a [PDF \(343.81kb\)](#) or as an [accessible document \(64.87kb\)](#)

Principal's Report (cont.)

CAN \$500 HELP WITH SCHOOL EXPENSES?

Need some help getting your finances back on track?

Saver Plus is a program that teaches people good savings habits and provides money management tools.

Eligible families save \$50/month over ten months and also complete a short money management program online, at home in your own time.

At the end of the program, ANZ provides \$500 in matched funding for school and extracurricular expenses, like uniform, iPads, swimming lessons, school photos and more.

The program has been running for 17 years and has many fantastic outcomes, including helping and encouraging parents to talk to children about money from a young age – as early as preschool and primary school, right through the high school years.

When parents role model good money behaviours and have open conversations about the household budget, it helps children be better equipped to manage their money as they grow and can help establish good money habits for life.

To be eligible, you must have a current Health Care card or concession card, be receiving Centrelink benefits, have children at school or studying yourself, have regular income (either you or your partner) or be receiving child support payments.

Our local co-ordinator is Tina McElligott.

Contact her at 0439 585 702, or [visit the website](#) for more information.

Yours sincerely,
Christopher J Mooney
Principal

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Could \$500 help you with high-school costs?

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

-  laptops & tablets
-  uniforms & shoes
-  sports fees & gear
-  specialist subjects
-  books & supplies
-  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.

FREE RESOURCES

HERE'S SOME WAYS TO KEEP YOURSELF GOING DURING LOCKDOWN

Stage 4 Restrictions can be challenging at the best of times, but when you are cooped up in the house all day and night, it can take a toll on our mental and physical health.

Below are some free resources to help get you moving and to make the most of the time with your family.



THE FREE FIND YOUR 30 CHALLENGE FROM WYNDHAM CITY & WYNACTIVE IS BACK!

The next 4-Week Challenge kicks off from Monday 3rd August to 30th August 2020, but you can join at any time. You can register individually or as a family and join together as a team to achieve the goal of 30 minutes of physical activity across five days during the week at home. Do it your way!

To help you find your 30, we have put together three fitness focus areas to help you and your family find activities you enjoy most and stay active at home during Stage 4 restrictions.

The three focus areas include:

- **Fitness at Home:** Sessions that can be done in the comfort of your own home with no to minimal equipment varying in style and intensity.
- **Active Kids:** Fun fitness and sport sessions designed for all kids and families to get up and moving at home from the WynActive team and a variety of Wyndham sporting partners for different age groups: 3-6yrs, 7-12yrs and 13-18yrs.
- **Walking & Riding:** Get the most out of your neighbourhood walk or ride during Stage 4 restrictions. For all ages and fitness levels.

We will also have a wide range of sport and fitness activities to support people living with a disability find their weekly physical activity.

You will get personalised advice from WynActive Fitness Coaches, online workouts and tips, a daily activity planner for home and tailored weekly eNewsletters with practical tips and inspiration to keep you moving.

[Register For Free Here](#)

ACTIVITIES FOR THE LITTLE ONES

If you have little ones at home, these restrictions can be even more challenging. I know it has been for me with my two at home – 4y/o and 2y/o.

Some things that have worked well for me:

- Blow up a balloon and play “keepy uppy”; with the aim of the game being to not let the balloon touch the ground. This has been great fun on those gloomy, rainy days and everyone can get involved regardless of age or ability.
- On the nicer days, the opportunity to get out and go for a walk has been too hard to pass up! Sometimes my 2y/o insists on walking and refuses to get in the pram, so it’s a slow and steady event but it’s still just as nice to be outside.
- The other thing that has been great for my girls is to work out with me. You can find some really fun family exercises on Pinterest.
- Playdough has been a saviour for me as well. My girls just use cookie cutters and other kitchen gadgets to channel their creativity.

Here's a great, easy, quick homemade Playdough recipe:

INGREDIENTS

- 1 cup all-purpose flour
- 1 cup water
- 2 teaspoons cream of tartar
- 1/3 cup salt
- 1 tablespoon vegetable oil
- food colouring

INSTRUCTIONS

1. Mix together all the ingredients in a 2-quart saucepan.
2. Cook over low/medium heat, stirring.
3. Continue stirring until the mixture is thickened and begins to gather around the spoon.
4. Remove the dough onto wax paper or a plate to cool.
5. Cool completely before storing in a ziplock bag or sealed container.

[Find the online recipe here](#)

Free Resources (cont.)

Stay Home &
Keep your body moving

Online-Facebook Classes
Yoga-Monday 9.30am
Fitness-Wednesday 9.30am

JOIN IN FREE WEEKLY FITNESS CLASSES WITH THE GRANGE COMMUNITY CENTRE ON FACEBOOK

These online sessions are suitable for all ages and fitness levels. All you need is a mat, towel or carpeted area.

If you can't make it at 9.30am, you can come back at anytime during the day to view on their Facebook page.

For more information visit their website:

www.grangecommunity.org.au

The Health & Physical Education Team hope you are able to find new, fun ways to stay physically active over the next few weeks of restrictions. If you have any health and physical activity items of interest you would like shared to our Point Cook Senior community, please email them to: jessica.dlima@education.vic.gov.au

In It For Autism

AN UPDATE FROM THE YEAR 12 VCAL FUNDRAISER

Throughout semester 2 our year 12 VCAL students took part in a [cooking website project](#) that was used as a fundraising tool for Autism Australia.

Students shared roles throughout the project and were split into teams of their choice to contribute to different needs of the project. Each student also provided a recipe page and video of their cooking.

The site was shared to the Point Cook Senior Community and was able to raise \$1500 for Autism Australia. The money raised goes toward school related financial relief for families with children with Autism. The link can be found below.

www.initforautism.org.au/fundraisers/baileydeal/pds-year-12-food-fundraiser

To learn more, see the following resources:

Learn more about Autism Australia:

www.initforautism.org.au/about

Read fundraising case studies:

www.autismspectrum.org.au/get-involved/donate/stories

Learn about people's stories:

www.autismspectrum.org.au/get-involved/donate/stories/sienna



Point Cook Senior PDS class of 2020
Raised \$1,500

You're helping to provide opportunities for people of all ages on the autism spectrum so they can participate, engage and thrive in the world around them.

Jacqui Borland

Jacqui Borland
Chief Executive Officer



Meet Sunny, Our New Chaplain

Hi there! My name is Sunny and I have just started in the position of Chaplain at PCSSC.

I am really excited to join a great community and get to know you all!

I don't really have a footy team but I love tennis and Rafa is definitely my favourite!

Music is one of my passions, rock and metal are my go-to, but I also enjoy some rap, pop and acoustic stuff too.

My role includes:

- assisting the team to care for the social, emotional, intellectual, spiritual and educational well-being of our school
- supporting students to pursue their personal and educational goals
- helping to facilitate programs to tackle issues within the school
- promote school events to celebrate and/or raise awareness around different topics/issues

I'll be looking to you guys to help me out! I will also be available for one on one mentoring and support for students needing that, or if you just want to have a chat!

Looking forward to working with all of you, say hi if you see me around! I'm here Monday to Thursday and I'll be out in the yard or at my desk in the 600s.

~Sunny 😊

PS: These times have been quite stressful, something that I find helpful is some quiet mindfulness time to relax and de-stress! Check out the free [Smiling Minds iPhone/Android App](#) for some guided mindfulness sessions.

Wyndham YouthCast

Wyndham Youth Services has a new podcast!
We'll be having some great interviews, advice,
local content & more.

The first season is now all out and you can give
it a listen on Spotify: bit.ly/YouthCastSpotify or
where ever you can listen to your podcasts!

**Find it on Spotify, Apple Podcasts, Buzzsprout,
Overcast, Castro, Pocket Casts, Castbox and
more!**



VCAL Senior Literacy Cooking

As part of the VCAL Senior Literacy instructional writing unit, Miss Foot's class went into the food room to put some instructions into practice.

Half the class chose to make pizza scrolls and the other half made chocolate chip cookies.

Students evaluated the recipe instructions to look for instructional vocabulary and improvements that could be made to the clarity of the instructions.

The class was so well behaved that they were welcomed to come back every week.

Thanks to Leanne and Jeanette for their help on the day.



Yr 11 PDS Habitat Project

GREAT NEWS FOR OUR SCHOOL'S INDIGENOUS HABITAT GARDEN PROJECT



In Year 11 PDS this term, we've been running our Indigenous Habitat Garden Project.

The curriculum surrounds Aboriginal Indigenous Habitat Horticulture and educates our students on the history and culture of Aboriginal traditions. The project is funded by a big grant from the Australian Government that our school was awarded.

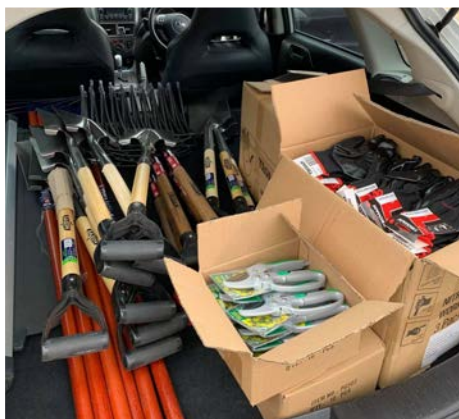
We reached out to Bunnings Victoria recently to see if we could possibly receive any donations of equipment for our shed and garden that all students could use across all subjects at school.

Happy to say that the school was given:

- 90 Pairs of Gardening Gloves
- 20 sets of Secateurs
- 10 Shovels
- 6 Garden Rakes
- 5 Garden Forks

This added up to just over \$1000 worth of free gardening equipment for our school.

Happy Gardening Point Cook Students!





The Hon James Merlino MP

Deputy Premier
Minister for Education

1 Treasury Place
East Melbourne Victoria 3002
Telephone: +61 3 9651 1222

Dear Year 12 student,

I'm writing to thank you all for your extraordinary efforts and patience as we grapple with coronavirus (COVID-19) and the challenges it brings.

You have done an amazing job in adapting to these strange and difficult times. I'd also like to take this opportunity to thank your parents, carers and families – for being your support squad, all while dealing with the effects the pandemic has had on their own lives.

I recognise that this has been a school year like no other, and the disruptions have been profound. This is especially the case for you as part of the Victorian Certificate of Education (VCE) Class of 2020.

Victorian students, and their parents and carers, are rightly concerned about how the pandemic will affect your VCE results and Australian Tertiary Admission Rank (ATAR).

I completely understand any stress and anxiety you might be feeling, and want you to know that the Victorian Government is taking significant measures to ensure all our VCE students are treated fairly.

I'm pleased to advise you that every Victorian student will be assessed and VCE scores and ATAR ranks adjusted as necessary, to account for any impact this pandemic has on your results.

This means no VCE student will be disadvantaged by the effects of coronavirus (COVID-19).

The Victorian Curriculum and Assessment Authority (VCAA) will introduce a new Consideration of Educational Disadvantage process to calculate VCE scores.

This will take into account any disruptions to your learning caused by the coronavirus pandemic.

The VCAA will consider a range of data, including:

- information provided by schools about students' expected achievement levels
- school assessments completed prior to remote and flexible learning
- the General Achievement Test (GAT).

This information will then be considered with your exam results, and the impact of coronavirus (COVID-19) on each student, to calculate your final VCE scores and ATAR.

This may include significant impacts such as:

- school closures
- long absences
- dealing with substantial extra responsibilities at home
- impacts on student health and wellbeing and/or your immediate family
- ongoing issues with remote learning

- mental health challenges.

These measures will mean that you, and every VCE student, can go into your exams with confidence knowing you won't be disadvantaged, and that your final scores will take into account both your exam performance and your individual circumstances.

This new process will be in addition to important steps already taken by VCAA, such as:

- reducing course content and assessments for Unit 4
- rescheduling the GAT
- extending Term 4 for VCE students with exams to be held later in the year.

The VCE exam timetable will not change and the VCE and VCAL results will still be released on 30 December. This means students eligible for an ATAR will receive their scores by the end of the year.

I know that you will continue working hard, and trust this brings you some peace of mind which will allow you to focus on and put your best efforts into your exams ahead. We will be supporting you the entire way.

Thank you again for persevering in these challenging times.

Take care, stay safe, and good luck.

Yours sincerely



The Hon James Merlino MP
Deputy Premier
Minister for Education

Motivating Your Teen - ReachOut

SCHOOL HAS BEEN THE LAST THING ON YOUR TEEN'S MIND. HERE'S HOW TO HELP FROM THE TEAM AT REACHOUT.COM

In recent months, many teenagers have found focusing on their studies difficult without the regularity of their normal school schedule. For some young people, the lockdown measures have worsened existing issues they have with school, such as social anxiety or motivation. On top of this, with so much uncertainty, many teenagers are thinking 'What's the point?' when faced with assignments, exams and changing routines.

*"[My teenager is] anxious, confused [and] fearful ... of the unknown, [of] what lies ahead."
- Single mum, VIC Metro*

Here is our guide to supporting your teenager to get motivated again for school.

HAVE A CONVERSATION ABOUT THE ISSUE

Having an open and honest conversation about this topic can often bring up new and important feelings.

You might want to start by asking your teen if it's a good time to chat. If it's not, schedule a time to talk later. Ask them lots of open-ended questions, like 'Why do you think that is?' or 'How can I/we and your teachers help you with that?' to encourage them to open up.

Here are a few things your teen might be feeling:

- A sense of 'doom and gloom' around COVID-19 and fear that their family might become sick.
- Fear that there will be another lockdown, making school, home and work challenging for even longer.
- A sense that 'school doesn't feel important', especially when the world feels so chaotic and unpredictable.
- If they felt some of the pressure to work being lifted recently, they might fear that it will return.
- Social anxiety around school and returning to it, especially when the lockdown period felt like a relief from this.
- Stress and pressure at home if there have been family issues going on in recent months.

*"I'm doing the assigned work, but I feel like I'm not learning anything."
- Male, 17, Point Cook*

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Motivating Your Teen (cont.)

TALK ABOUT THE POSITIVES

It's easy to get bogged down in talking about problems.

One of the best ways to re-engage your teenager with school is to talk about the parts they enjoy and find meaningful.

These might be:

- their favourite subjects
- teacher they connect with best
- certain spaces at school where they feel comfortable
- activities, sports or
- extracurricular activities they enjoy.

GET IN CONTACT WITH SOMEONE AT SCHOOL

It can be a good idea to have a chat with the staff at your teenager's school to explore whether they're able to help.

Start by explaining that your teen is finding it hard to get motivated to re-engage with school.

It's likely that this is an issue they've dealt with before, and they should be able to talk through some options with you.

Some examples might include:

- an adjusted school schedule that emphasises subjects and teachers your teen enjoys
- arranging for a teacher or staff member your teenager feels comfortable with to act as a 'mentor'
- identifying a special space for them to study and relax
- one-on-one tutoring
- counselling, or referrals to appropriate services
- information on the legal requirements around school attendance.

WORK OUT A PLAN AND TAKE SMALL STEPS

Once you know why your teenager isn't feeling motivated and you have some options around the help that's available, try to work out a clear plan. Young people value and benefit from consistency and regularity in their lives. Over the past few months, this may have been lost.

That's why it's often best to start small and give your teenager time to adjust before trying to solve the whole problem and getting them back to 'normal'.

Some examples include:

- If your teenager hasn't finished an assignment that's due, you could suggest they start by writing just 100 words a day.
- If they're attending school but can't get motivated to complete their homework, choose one simple task that they can do quickly as soon as they get home.
- If they've been taking a lot of sick days, see if you can arrange for them to have shortened days for a week or two.

Motivating Your Teen (cont.)

'ME TIME' AND BALANCE ARE BOTH IMPORTANT

Although many young people around the country are loving the opportunity to return to school, where they can see their teachers and friends, others feel differently. For many teens, the lockdown might have been their first experience of learning independently and at their own pace. Others might have enjoyed heaps of free time, in lieu of busy schedules and extracurricular activities. If your teenager was able to discover new things about themselves and how they learn, that's probably a good thing. Think about how you might be able to help your child work some of these learnings into their schedule.

IF SOCIAL ANXIETY IS A PROBLEM

After a long period of not being in regular social situations, your teenager may have some anxiety around seeing people again. If they are avoiding school because of this, here are a few ways you can support them:

- You might want to remind them that we often overestimate how much other people think about us. Even if people notice that we're anxious, they might not think that's a bad thing.
- Teenagers often find it difficult to talk about social issues with their parents, so don't be afraid to suggest that they talk with another adult they trust.
- If you think they might benefit from professional help, do some research with them and help them book their first appointment.

CULTIVATING HEALTHY MEDIA HABITS

With a recent overload of time at home and on the computer, many teens have formed unhealthy relationships with digital media. Constant exposure to news and information about the pandemic might have led to a sense of doom and gloom about the world and their future, so some balance might be healthy.

*"Screen time has always been a battle and I have always tried to control it, but it seems that I am more flexible with the COVID situation because the options are limited at home. They cannot go across the road to the park anymore."
- (Single mum, VIC Metro)*

Here are some tips if you're finding it hard to get your teenager into healthy digital habits:

- Take regular breaks from social media each day
- Focus on an example of something positive each day when you check-in with them.
- Many phones now have 'digital wellbeing' features that allow the user to monitor their own app usage, give them reminders when they exceed certain time limits, or restrain their app usage entirely.

**Remember that building a better and more engaged relationship with school is something that takes time.
Progress, not perfection, is the key.
- ReachOut.com**

Novel Coronavirus (COVID-19)

how to cope with stress related to COVID-19

It can feel stressful and overwhelming during an event like the outbreak of the Novel Coronavirus (COVID-19) and we can all be affected differently.

You might feel overwhelmed by the information, conversations and the increased levels of stress in your community. It can be hard to know what information to trust especially in a situation where things are changing so quickly. It can be helpful to keep up-to-date but it's also okay to switch off from the 24 hour media cycle if this is getting too much.

During this time some things in your life may be affected by attempts to contain the spread of the virus. You may have been looking forward to a gig or a trip that's been cancelled. You may be affected by school, uni or your workplace temporarily closing. Or you may have a loved one who is directly affected by the virus.

It's important to find the right level or type of support for you. And keep in mind that the type of support you may need can change as time passes. For many people staying connected to family and friends/loved ones is important.

Tips to maintain a healthy headspace during this time

- 1** Be mindful of exposure to information through stories, traditional and social media. It can be helpful to take a break from the 24-hour news cycle
- 2** Do things that make you feel safe and connected, and be with those who are helpful to your wellbeing
- 3** Engage in activities that promote a sense of calm and feeling grounded (use of alcohol and other drugs can be counterproductive with this)
- 4** Our [7 tips for a healthy headspace](#) demonstrate simple and effective things that can help people to create and maintain a healthy headspace, irrespective of whether they have been affected by COVID-19 or not
- 5** It can help to talk with a trusted adult if it all feels a bit much.

Please note

The latest medical information is changing on a daily basis. If you suspect you are at risk, or would simply like to understand COVID-19 more, please visit the Department of Health's website.

health.gov.au

Common reactions

Fear and anxiety

At this time you might experience feelings of fear or anxiety. You might be worried about the virus and how it might affect you, your loved ones or your life.

Anger, frustration and confusion

It can be difficult to understand what to do in these situations because of the volume of different information available. This might feel confusing and frustrating, this is normal. Events like these can reduce the things we normally do in our days and that can seem unfair. This might make you feel frustrated or angry.

Sadness

If you've been asked to stay at home or stop your normal activities you might feel disconnected from important people or things in your life. This might make you feel sad or bored.

Denial

When bad things are happening, some people might prefer not to think about them at all. This might be helpful to start with, but our feelings can catch us by surprise later on. It's OK to distract yourself, but also find some time to think about what is happening and how you're going.

If you start to notice that you are experiencing these things, it is important to remember that these are normal reactions to a not normal time. During this time it is important as best as possible to keep engaged with the activities that support your wellbeing. You might need to get creative in how you continue to do them.

When should I get help?

If you ever feel unable to cope because of overwhelming or intense emotions, or if you have any thoughts of harming yourself, then ask for help immediately.

National 24/7 crisis services

- **Lifeline:** 13 11 14 or lifeline.org.au
- **Suicide Call Back Service:** 1300 659 467 or suicidecallbackservice.org.au
- **beyondblue:** 1300 224 636 or beyondblue.org.au

Additional youth support services

- **headspace:** visit headspace.org.au for eheadspace or more information
- **Kids Helpline:** 1800 55 1800 or kidshelpline.com.au
- **ReachOut:** reachout.com
- **SANE Australia:** 1800 187 263 or sane.org

Talk with a trusted adult, such as a parent, teacher, school counsellor or find out if there is a headspace centre near you.

Speak to your local doctor or General Practitioner (GP) and help make a plan for your recovery. Or you can search for a health service and GP on healthdirect.



headspace

THE BREAKFAST everyone is welcome CLUB

Our Breakfast Program has been 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

REMINDERS

KEY DATES SEMESTER 2

20 Aug	Curriculum Day	16-20 Nov	Year 11 - Year 12 Orientation (VCE & VCAL)
21 Aug	Course Selection Forms Due for Year 9 into Year 10	23-27 Nov	Year 11 - Year 12 Orientation (VCE) Year 10 Revision Week
31 Aug	GAT Assembly for all students studying a Unit 3/4 subject	30 Nov-4 Dec	Year 10 Exam Week
18 Sept	Term 3 Ends	03-04 Dec	Year 9 - Year 10 Orientation
05 Oct	Term 4 Commences	07-11 Dec	Year 10 - Year 11 Orientation Week
05-09 Oct	Year 12 Practice Exams	18 Dec	Last Day of School
7 Oct	GAT (General Achievement Test)		
26-30 Oct	MadFest Online		
30 Oct	Year 12 Celebration Day		
02-06 Nov	Year 11 Revision Week		
03 Nov	Melbourne Cup Day		
09 Nov	Year 12 Exams Begin		
09-13 Nov	Year 11 Exam Week Year 11 VCAL Journeys		

Please note that due to COVID-19, these dates are likely to change.

We ask that you stay updated through Compass reminders.

together we are creating a healthy school

achievement
program



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

***Attend Today,
Achieve Tomorrow***



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: 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.



Community health centres

Information, referral, counselling and support groups

cohealth 9377 7100
(North/West/CBD) cohealth.org.au

Djerriwarrh Health 5367 2000
(Bacchus Marsh, Melton djhs.org.au
Caroline Springs)

IPC Health 9296 1200
(Brimbank, ipchealth.com.au
Wyndham, Hobsons Bay)

Income support

Ring Centrelink on **136 150** and ask for an appointment with a social worker

Emergency accommodation

Crisis Contact Centre **1800 627 727**

Yarra Community Housing **1800 825 955**

Melbourne Youth Support **9614 3688**

Support for victims/survivors of sexual assault

WestCASA 9687 5811

CASA House 9635 3610

Victims of Crime 1800 819 817

Support for men who want to change their behaviour

Men's Referral Service 1300 766 491

MensLine Australia 1300 789 978

LifeWorks 1300 543 396

Other useful services

WIRE 1300 134 130

Kids HelpLine 1800 551 800

Parentline 13 22 89

Relationships Australia 8311 9222



Women's Health West

P 9689 9588

E info@whwest.org.au

W www.whwest.org.au

Current as at July 2016

Life without family violence



English

If you need an interpreter

First ring the Telephone Interpreter Service

13 14 50 (24 hours)

24 HOUR

EMERGENCY NUMBERS

POLICE - 000

SAFE STEPS FAMILY VIOLENCE RESPONSE CENTRE

1800 015 188

SEXUAL ASSAULT CRISIS AND COUNSELLING LINE

1800 806 292

These services may be able to help you

Family violence support services

Women's Health West provides information, counselling, crisis and court support for women and children affected by family violence

P: 9689 9588

W: whwest.org.au

inTouch Multicultural Centre Against

Family Violence supports women from diverse backgrounds who are experiencing family violence

P: 1800 755 988

W: intouch.asn.au

Elizabeth Morgan House Aboriginal

Women's Services provides support for Aboriginal women in relation to family violence

P: 9482 5744

W: emhaws.org.au

Community legal services

communitylaw.org.au

Brimbank 8312 2000

Flemington/Kensington 9376 4355

Footscray 9689 8444

Melbourne 9328 1885

Melton 9747 5240

Moonee Valley 9376 7929

Werribee 9749 7720

Magistrates courts

Broadmeadows 9221 8900

Melbourne 9628 7777

Sunshine 9300 6200

Werribee 9974 9300

Other legal services

Aboriginal Family Violence Prevention & Legal Service

1800 105 303

Women's Legal Service **8622 0600**

Court Network **1800 681 614**

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**





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*



* 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.

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

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