



Point Cook Senior

TERM 3 Newsletter

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



6th Edition
17th September 2021

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

COVID VACCINE FAQs

WHEN IS THE COVID-19 VACCINE BECOMING AVAILABLE TO STUDENTS?

All students 16 years and over are now eligible to receive the Pfizer COVID-19 vaccine and are encouraged to book as soon as possible. The Victorian Government aims for **all final year students** (all Victorian Certificate of Education (VCE) Units 3 and 4 students, final year Victorian Certificate of Applied Learning (VCAL) and International Baccalaureate (IB) students) to have their first vaccination dose by the time they sit their end-of-year exams.

In addition to everyone 16 years and over, **young people aged 12 -15 years** are currently eligible to book if they:

- have an underlying medical condition or disability, including NDIS participants
- are Aboriginal or Torres Strait Islander.

Students, parents/guardians and carers are encouraged to book their vaccine at a vaccination centre using the [online booking system](#) or by calling the **Coronavirus Hotline on 1800 675 398**.

You can also get your COVID-19 vaccine at a doctor's clinic, pharmacy or community health service through the Australian Government Eligibility Checker.

You can [book your appointment online](#) or by calling the vaccine provider nearest to you.

All people in Australia aged 12 and over are eligible for the COVID-19 vaccine, with bookings for children aged 12 to 15 open from **13 September 2021** via GPs, Commonwealth Vaccination Clinics and Aboriginal Community Controlled Health Organisations.

WHEN CAN FINAL YEAR STUDENTS GET VACCINATED?

To help support the safe conduct of end-of-year exams, there is a vaccination blitz for final year school students (all VCE Units 3 and 4 students, final year VCAL and IB students), their teachers and for exam supervisors and assessors. The blitz will begin on 7 September and continue until 19 September.

During the blitz, final year students, their teachers and exam supervisors and assessors will have access to priority timeslots to attend their vaccination appointment at a vaccination centre.

Final year students, their teachers and exam supervisors and assessors will also be able to book their first and second doses via the dedicated **appointment booking hotline on 1800 434 144**.

WHAT IS THE DET'S ROLE REGARDING THE COVID-19 VACCINE ROLL-OUT?

The Department of Education and Training (DET) is strongly encouraging final year students to get vaccinated by the time they sit their end-of-year exams.

Schools, parents and students are encouraged to refer to coronavirus.vic.gov.au or the [Australian Government Department of Health](#) for further information about the vaccine rollout.

Get informed and get vaccinated



Find out more



Authorised by the Victorian Government, Melbourne

WHAT DO YOU NEED TO BRING TO A VACCINATION APPOINTMENT?

Bring these things, if you have them:

- a face mask
- any emails about your vaccination appointment (on your phone or printed)
- photo identification, if you have one, such as a passport or driver's licence
- a Medicare card or Individual Healthcare Identifier number

For information refer to [Checklist: Before Your COVID-19 Vaccination](#).

HOW DO I FIND OUT WHERE TO GO TO GET THE VACCINE?

Information on how to book a COVID-19 vaccine, and where vaccines are being administered, is available at:

<https://www.coronavirus.vic.gov.au/book-your-vaccine-appointment>

You can also get a COVID-19 vaccine at a doctor's clinic, pharmacy or community health service.

You can find a participating doctor, pharmacy or community health service through the Australian Government Eligibility Checker. You can [book your appointment online](#) or by calling the vaccine provider nearest to you.

IF I WANT TO GET VACCINATED, WHEN SHOULD I GET THE COVID-19 VACCINE?

You are encouraged to book your vaccination appointment as soon as possible.

While senior secondary students are encouraged to get their first dose before the GAT on 5 October, it is recommended that students do not schedule their vaccination appointment on the day of the GAT, or any exam or the day before an exam.

This is to avoid feeling common side effects such as tiredness, headache, muscle pain, fever and chills and/or joint pain during your exam.

WHICH VACCINE WILL I BE RECEIVING?

Students aged 16 and over will be offered the Pfizer vaccination at their state vaccination centre appointment. Any secondary student who is 18 or older and who has already received one dose of their AstraZeneca vaccine should continue to proceed with their second dose of AstraZeneca.

This is consistent with current health advice.

I CAN'T FIND ANY AVAILABLE APPOINTMENTS NEARBY, WHAT DO I DO?

Information on how to book a COVID-19 vaccine, and where vaccines are being administered, is available at:

<https://www.coronavirus.vic.gov.au/book-your-vaccine-appointment>.

Students and parents may also call the Coronavirus Hotline on 1800 675 398. Please be patient as there may be wait times for appointments.

Final year students can book their first and second doses via a dedicated appointment booking hotline 1800 434 144 as part of the vaccination blitz between 7 September and continue until 19 September.

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Principal's Report

IS THE VACCINE MANDATORY?

No. Vaccination for COVID-19 is voluntary for students aged 16 and above, however it is strongly encouraged and will assist in giving VCE students more certainty around sitting their end-of-year exams.

CAN MY SCHOOL FORCE ME TO BE VACCINATED?

No. The vaccines are voluntary for the general community, which includes students and you can choose if you want to get vaccinated against COVID-19. The more students who are vaccinated, the more protected our community and schools will be.

HOW SHOULD PARENTS AND TEACHERS HELP SUPPORT STUDENTS FOR VACCINATION BOOKINGS?

Schools are asked to share information about eligibility and access to students, parents, guardians and carers. Parents, guardians and teachers are encouraged to help support students and especially final year students to make their vaccination appointment for as soon as possible. Once an appointment has been made and if this is to occur during school hours, they should discuss and plan their expected absence and impact on learning requirements.

Schools should exercise maximum flexibility to enable all eligible students to book and then attend their vaccine appointments. Students can book their own appointment and consent to vaccination themselves if the health professional assesses them to be a mature minor.

CAN I MAKE AN APPOINTMENT TO BE VACCINATED DURING SCHOOL HOURS?

Final year secondary students are asked to make an appointment as soon as possible. Year 12 students will be able to book from **8am Monday 6 September**. Other Unit 3 and 4 students can book from **8am Wednesday 8 September**. Secondary students aged 16 and above are encouraged to make appointments at times that minimise disruption to their learning where possible. Prior to their appointment students should discuss absence with teachers and parents/guardians and carers.

CAN I TAKE TIME OFF AFTER THE VACCINE IF I'M FEELING UNWELL?

Students should discuss their health if they are feeling unwell with parents/guardian and carers and plan absence from school with their teachers where appropriate.

The Victorian Department of Health advises that like all vaccinations, COVID-19 vaccines can have side effects. For more information on the potential side effects of COVID-19 vaccination, visit the [Department of Health website](#).

IS THE VACCINE SAFE? I AM CONCERNED ABOUT THE VACCINE AND ITS POSSIBLE SIDE EFFECTS.

Please refer to the [Department of Health website](#) for information on vaccine safety and possible side effects.

I HAVE JUST HAD MY FLU VACCINE, OR AM PLANNING TO HAVE MY FLU VACCINE, CAN I STILL HAVE THE COVID-19 VACCINE?

It is recommended to leave a period of 7 days between receiving the flu vaccine and the COVID-19 vaccine. Vaccination planning can be discussed with your immunisation provider. For more information please refer to the [Department of Health website](#).

Principal's Report

MY DISABILITY/MEDICAL CONDITION AFFECTS MY ABILITY TO PHYSICALLY ACCESS THE VACCINE. ARE THERE OTHER OPTIONS?

Students should speak to their doctor if they have questions about the COVID-19 vaccine and their health. Information on how to book a COVID-19 vaccine, and where vaccines are being administered, is available at the [Department of Health website](#).

You may also call the **Coronavirus Hotline** on **1800 675 398** to discuss any additional requirements you may have. The Disability Liaison Officer (DLO) program aims to help more people with disability access health services, including:

- COVID-19 testing
- COVID-19 vaccination
- advice and prevention through linking people to other health supports.

WHERE CAN I FIND MORE INFORMATION ABOUT THE COVID-19 VACCINE?

Information about COVID-19 vaccines can be found on the [Australian Government Department of Health website](#) and the [coronavirus.vic.gov.au website](#).

You may also refer to [Information for education staff receiving a COVID-19 vaccine](#) | [Coronavirus Victoria](#).

Pop-Up Vaccination Hub

On Monday the 13th September 2021, Year 12 students and Year 11 students completing a Level 3 or 4 subject at Point Cook Senior Secondary College were given the opportunity to attend a Pop Up Vaccination Hub.

The gym was transformed into a mini-clinic with 6 nurses from Western Health administering the Pfizer vaccine.

Thank you to all students and staff who participated.

- *Melanie Ruskin*



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Community Updates

WYNDHAM LIBRARIES VIRTUAL PROGRAMS FOR OCTOBER

TEEN TRIVIA

Do you fancy yourself an expert on book, music, movie, celebrity and general knowledge trivia?

Then, join our Teen Trivia Night
Friday 1st October 7:00 – 8:15pm

to test your knowledge and be in the running to win!

1st Prize = \$50 JB HiFi voucher

2nd Prize = \$25 JB HiFi voucher

This event will be held online using MS Teams and Kahoot.

Teen Trivia Night is for young people aged 15-19 years.
For bookings visit:

www.wyndham.vic.gov.au/whats-on/teen-trivia-night

ZEN DEN ONLINE

Join Wyndham City Libraries and Headspace on

Thursday 21st October from 5:00 – 6:00pm

for our first ever Zen Den Online.

During this session, you'll have an opportunity to engage in a range of activities to help you relax and unwind, from creating a stress ball (materials provided) to taking part in some relaxing meditation.

You'll also have a chance to meet, connect and share experiences with other people your age.

A pack will be provided to all attendees with materials needed for the session and goodies to help you unwind and cope with upcoming exams, so bookings are essential to secure your spot.

This event will be held online via Microsoft Teams and is just for young people aged 14-19.

For bookings visit:

www.wyndham.vic.gov.au/whats-on/zen-den-online

(Bookings open on Monday 20th Sep at 12pm)

SPRING HUDDLE HOLIDAYS

1. Customer Service Course (Online)

The Customer Service course is focused on the customer service and selling skills/techniques commonly used in the Retail/Hospitality and Tourism sector. To give you an idea, the program is 3-4 hours and includes ice breaker activities, role playing and team building exercises where participants are provided with the following:

- Overview of the ACCC and Retail/Hospitality industry
- Importance of providing quality service to enhance the customer experience
- Distinguishing customer needs and wants using different methods of communication
- Importance of product knowledge and tools to effectively sell product or service
- Responding and resolving customer complaints

2. Online Soccer Day (Online)

The Huddle and Western United FC are coming together to deliver an Online Soccer Day!

There will be skills sessions, quizzes, gift packs, and a Q & A session with Western United FC players!

3. Games Night (Online)

Come and join The Huddle for a fun evening of trivia, quizzes, puzzles, virtual escape rooms and more!

Prizes are up for grabs – so get a team together and join in the fun!

4. Huddle Picnic (Online)

The Huddle Picnic is going online! Get involved to receive some tasty snacks delivered to your home and join in on sessions with North Melbourne AFLW players, OMG Yoga and more!

5. On Track – Songwriting Session (Online)

The ON TRACK Song Writing session is an exciting music experience where Students collaborate online with some of Australia's leading industry talent and inspiring musicians. ON TRACK's brilliant Mentors and Song Writing Artists will help you turn your experiences into lyrics and music! Hip Hop, song writing and music making tap into free flow-find your voice and be the driver of your own music creation.

No previous musical experience required – just a passion for music, to express yourself and have a great time!

Young people can register for these activities [here](#).
(dates & times included)

AFTER-SCHOOL MUSIC LESSONS W/ HANNAH SONG

Tuesdays @ 3:10-3:40pm
Music Room





global 2021 LEARNING FESTIVAL

**8-11
NOVEMBER
2021**

Free learning events for all ages.
Go online for the calendar of events.

www.globallearningfestival.com

#GLOBALLEARNFEST

wyndhamcity



2021 Captains' Farewell

"Hello everyone! What a year we've all had. Though it is coming to an end, I can't begin to thank everyone enough for all your hard work, especially the teachers who always put our well being first. Well done everyone, for making it to the end and although it didn't turn out as we all expected it to with numerous events and activities being cancelled, I believe that we all deserve a round of applause for striving forward continuously as a school through this year full of uncertain times.

Though we were online for the vast majority of the year and held countless meetings online, we managed to hold various events possible while we were onsite and the SRC team has continued to strive for the better of the student body and well being. This year, like many before, was filled with numerous ideas for the school which unfortunately weren't able to be executed and so hopefully it can be carried out the next when our circumstances improve. We were also able to officiate the 603 classroom as the SRC Room where our weekly meetings are held every Wednesday lunch and welcomes anyone who wishes to attend, this appointment will further improve our efficiency in the future to come.

The SRC team will be going through a shift next year and it will be something that everyone can look forward to as I can tell without a doubt that the SRC team as well as the school will be in very safe hands with the newly elected school captains for next year. On that note, congratulations once again to Sophia Sadie and Alamgir Ali as our new School Captains as well as Richard Sakama and Kimy Witono our new Vice Captains, all the best for the future and we'll be looking forward to your legacy!

For the last time, thank you and congratulations to everyone. It has been a wonderful year which we will remember and it has been a pleasure and an honour to be able to represent the students of PCSSC. All the best for the future to come and return well rested from the break, stay safe!"



- Jessica Ly
2021 School Captain

"I think we can all agree that this year has been extremely difficult, and one that not many of us would care to experience again. However, I believe that we can all hold our heads high, as all of us have shown great resilience and determination in making it through arguably the hardest year to date. I know that we will come out of this pandemic better people, and have learnt a few things about ourselves in the process.

From a student leadership perspective, we had a lot of great ideas planned for the year, which unfortunately was affected by the pandemic. It is extremely difficult to plan and execute events involving one year level, let alone the whole school, in such a volatile situation, and I can only hope that next year we are living in a much more certain environment. On that, I would like to congratulate our newly elected student leaders for 2022 - Alamgir Ali and Sophia Sadie (School Captains) and Richard Sakama and Kimy Witono (Vice-Captains). You should be very proud and honoured to have been identified as a leader and elected by your peers, and I wish you all the best for next year.

I would also like to congratulate our graduating class of 2021. You have made it through the turbulent times of the last couple of years, and will soon be on to more exciting adventures. Also, a big thank you to the entire staff of Point Cook Senior for all of your assistance throughout the last 8 months - It has been greatly appreciated.

So, for one last time, thank you to all students for a great year considering the circumstances, and the joyous moments we have made with one another. I wish you nothing but the best for the future, wherever it may take you. It has been an honour representing you across the last year. Don't forget to keep smiling!"

- James Garnham
2021 School Captain



2022 School Captains

The Point Cook Senior Student Representative Council would like to congratulate **Sophia Sadie** and **Alamgir Ali** for their election to the School Captain position for 2022, as well as **Richard Sakama** and **Kimy Witono** to the position of Vice-School Captain.

We cannot wait to see you lead us to amazing new heights next year.

SCHOOL CAPTAINS



Alamgir Ali



Sophia Sadie

VICE-CAPTAINS



Richard Sakama



Kimy Witono

School Mural Competition

The SRC team are looking for designs by all our talented artists to be painted for our school mural!

Design an art piece that best represents the school and send it to our email below, with the subject line "School Mural". Explain to us how your mural best represents the school.

Submissions will be voted on by the whole school, and the winning entry will **win a \$100 gift voucher**, and have their design painted in the school by a professional artist.

Entries will close on Friday of Week 8.

Please email any questions and submissions to pcsscleadership@gmail.com, or speak to your Year Level Captains for more information!

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POINT COOK SENIOR SECONDARY COLLEGE

SCHOOL MURAL COMPETITION

**ENDS IN
WEEK 8!**

ARE YOU AN ASPIRING ARTIST?



- FINER DETAILS:**
- Design an art piece that best represents our school.
 - Email it to our SRC committee with the subject "School Mural", with an explanation behind your design.
 - Designs will be voted on by the school.
 - Winning entry will be painted into a mural by a professional artist!
 - Winner wins a \$100 gift card!



**DESIGN AN IMAGE THAT
BEST REPRESENTS OUR SCHOOL.**



EMAIL:
pcsscleadership@gmail.com

FOR MORE INFO:

- Speak to your year level captains
- Send the SRC an email
- Speak to Miss Doh in the 600s office

**GOOD
LUCK!**

BEST DESIGN WINS!



Careers Updates

IMPORTANT DATES

September 30 @ 5pm
VTAC Timely Applications Close

October 8 @ 5pm
VTAC Scholarship &
SEAS Applications Close

December 1
VTAC Payment Due (\$42)
via student VTAC Account

December 17 @ 7am
ATAR Scores Released

December 17-18
PCSSC Change of Preference
Support

YEAR 12 UNIVERSITY/TAFE APPLICATION UPDATE

Congratulations to the 189 Year 12 students that completed a VTAC application for University and TAFE courses over the past 6 weeks. This was a College record for VTAC applications.

This has been an extremely challenging time, however students appeared keen to commence pathway planning for 2022.

Thank you to Coralie Saunders for conducting virtual career sessions with Senior VCAL students and Doug Cargeeg for all his support with alternative applications.

ADVICE FROM MELBOURNE UNI STUDENT

Thank you to Riley Burns a former Point Cook Senior Secondary College student that attended a Year 12 virtual assembly on September 15.

Riley provided insightful information about The University of Melbourne Access Program and information about tertiary studies and life beyond Year 12.

DEAKIN SCHOLARSHIPS

Deakin University Scholarships have opened. These include a **Vice-Chancellor's Academic Excellence Scholarship**, **Deakin Scholarship for Excellence**, and **Deakin Student Support Scholarship**, among others.

Apply here: <https://applicantportal.deakin.edu.au/connect/webconnect>

- Ms Dimech-Hill

Join The PCSSC Alumni

Our alumni numbers continue to grow, with more than 250 alumni officially registered with us to date. It's important that we reach out to our current Year 12s, who can pass on their insights and experiences as alumni next year and beyond.

Encourage your Year 12s to register their contact details with us at <https://forms.gle/YGmfFdkEUadAtEwh6> or to follow us on our [PCSSC LinkedIn Group](#), where we will make contact.



Point Cook Senior Secondary College

Opened in 2008, we strive for success and create our own futures, and our alumni are testament to our philosophy.

Point Cook, Victoria · 303+ alumni · 214 followers

Alumni News

Our alumni have stepped up to the plate and adapted to the cancellation of third term's in-person alumni sessions with extraordinary altruism and professionalism. What amazing role models!

All have readily agreed to share their insights and experiences via self-recordings, all of which are available on the PCSSC [alumni webpage](#) and ClickView accounts.

YEAR 12 TRANSITION TO UNI

Alumni [Aericka Bou](#) (2018), [Kaitlyn Beeby](#) (2018), [Ben Roper](#) (2020) and [Malina Leu](#) (2018) created self-recordings about transitioning to tertiary education, which our Year 12s viewed during a recent Advisory. To date there have been more than more than 380 views.

SURVIVING LOCKDOWNS

With many teachers reporting students' motivational struggles, four of last year's Year 12s, [Maria Christou](#), [Tiba Sabri](#) and [Radhe Parasram](#) created self-recordings, sharing their experiences and strategies as they dealt with remote learning during a lockdown. Teachers in all year levels alerted their classes to these videos, and to date, there have been more than 860 views.

A DAY IN THE LIFE

After the cancellation of the Year 10 Careers Expo, two of our 2013 alumni – [Philip Nestorovic](#) (pilot) and [Sharni Boldisten](#) (biomedical engineer) – created Day in the Life videos about their work, pathways and, of course, insights gleaned along the way. Two more alumni (2017 alum [Ivan Silic](#), on a soccer scholarship in New York, and 2018 alum [Atem Tong](#), a head fitness trainer) are also making videos, which will be posted along with the existing two. To date, these have been viewed more than 440 times, without having even been officially shown to our Year 10s.

ALUMNI SPECIALIST INSIGHTS - GAMSAT AND LINKEDIN TUTORIAL

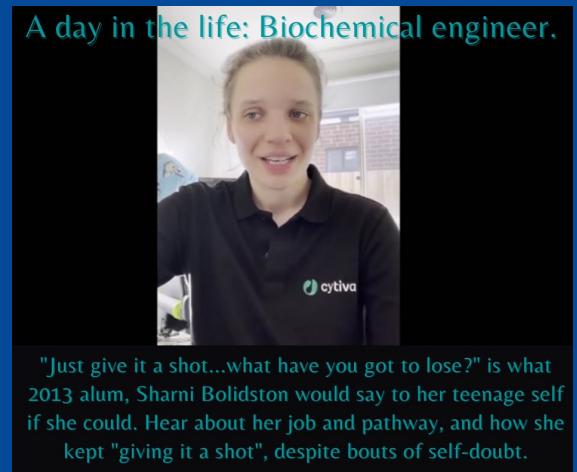
2018 alumni [Daniel Torres](#) and [Holly Aitken](#) have generously shared their specialist insights through self-recordings. Daniel shares his insights into sitting the GAMSAT and UMAT, while Holly gives an informative and incredibly professional explanatory tutorial about setting up a LinkedIn profile, which adults and students alike are strongly encouraged to view.



Pilot and 2013 alum, Philip Nestorovic



Daniel Torres' (class of 2018) first attempt at the UMAT wasn't his finest moment. Now in his 3rd year of Biomedical Science, Daniel has great tips for getting into Medicine.



"Just give it a shot...what have you got to lose?" is what 2013 alum, Sharni Boldiston would say to her teenage self if she could. Hear about her job and pathway, and how she kept "giving it a shot", despite bouts of self-doubt.



So, what's LinkedIn, and do I need a profile? Check out alum Holly Aitken's instructional video, now up on PCSSC's Alumni webpage (see url address above). Holly, class of 2018, is studying B.Arts/Law at Swinburne.

Four of our recent alumni self-recordings up the school's alumni webpage. From the top, they are:

- Pilot Philip Nestorovic (class of 2013),
- B. Biomedical Science student Daniel Torres (class of 2018),
- Biomedical engineer Sharni Boldiston (class of 2013),
- B. Law/Criminology student Holly Aitken (class of 2018).

During the month of September, Mr McDonald's PDS class is running 4 separate social media campaigns looking to improve physical health, mental health and conservation to try to improve people's lives during the pandemic. Students have created a little write up for each project below and keep a look out on your socials for them!

Year 12 PDS social media campaigns

"**Reptember**" is about spreading awareness about suicide, our project is to do push-ups or squats every day for this month and hopefully spread awareness for mental health and suicide prevention around the community. Our goal is to complete 3318 push-ups to represent the lives lost last year to suicide in Australia in 2019. Join in the challenge and improve your physical health whilst also spreading our message. Remember to use our hashtag #reptember.

Zac, Tom, Laura, Pavel, Bradley

The "**Septempurr**" campaign aims to spread awareness and insight about endangered animals whilst also trying to improve people's days with cute animal facts. We are doing this by posting daily during the month of September with facts that are interesting yet educational. We hope to improve awareness of habitat loss and help to stop the decline and deterioration of threatened plants and animals.

Emkay, Fletcher, Tuanu, Muhammad

"**Sweatember**" is a challenge to walk, run or cycle 100km in the month of September to improve physical health, and to learn about the benefits of physical activity and routine on mental health. We have 30 days to reach our goal which we of 100km and hopefully encouraging 20+ others to do the same. You can support us on our mission to move 100km any active way you can by joining in and using our hashtag #sweatember.

Lachy, Ben, Weilin, Jamal, Ephraim

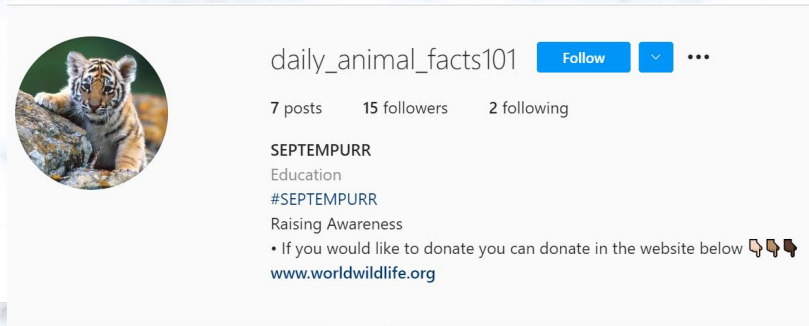
Action for Happiness is a campaign that strives for positivity in all communities. "**Self-Care September**" was one of their monthly projects that our group is raising awareness for by sharing the calendar on our social media platforms and demonstrating each daily task. This spread positivity for self-esteem through the remote learning/ lockdown period will hopefully lead to improving individual's self care skills and lead to happier lives.

Harry, Ashleigh, Lisa, Harper, Jaylene



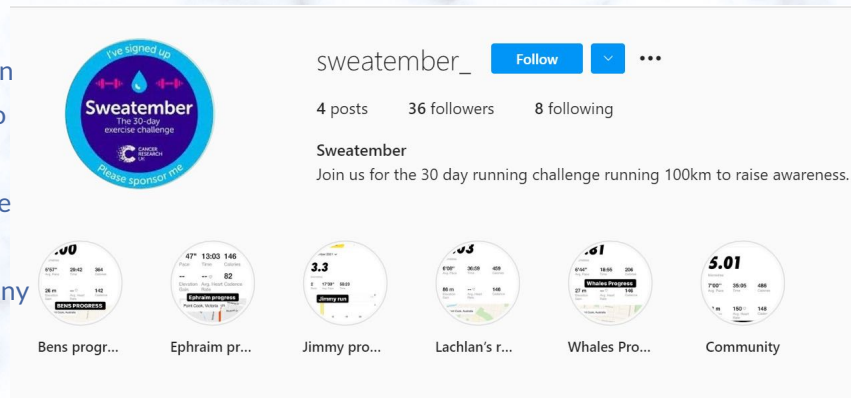
Profile for **september2021** (Blogger). Bio: "3318 Reps for 3318 Lives Lost to suicide". Goal: "5 group members reaching the goal!!".

POSTS TAGGED



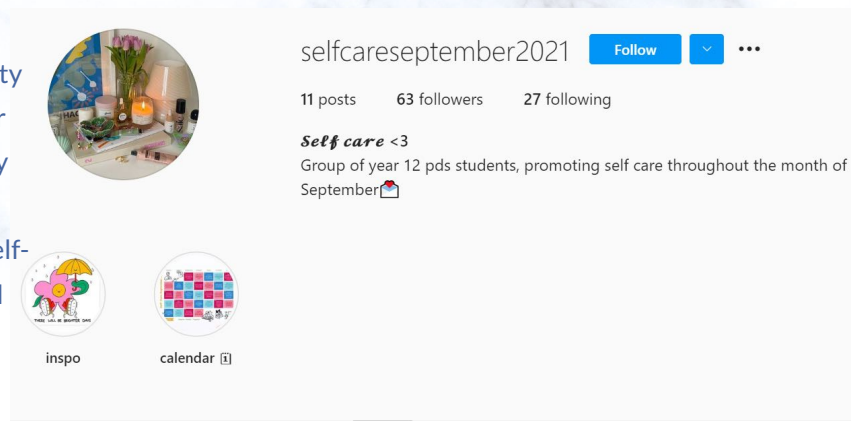
Profile for **daily_animal_facts101** (Education). Bio: "#SETEMPURR Raising Awareness". Website: www.worldwildlife.org.

POSTS TAGGED



Profile for **sweatember_** (Challenge). Bio: "Join us for the 30 day running challenge running 100km to raise awareness." Includes a grid of participant progress photos.

POSTS TAGGED



Profile for **selfcareseptember2021** (Group). Bio: "Group of year 12 pds students, promoting self care throughout the month of September". Includes images of self-care inspiration and a calendar.

POSTS TAGGED

Year 10 PE Activity

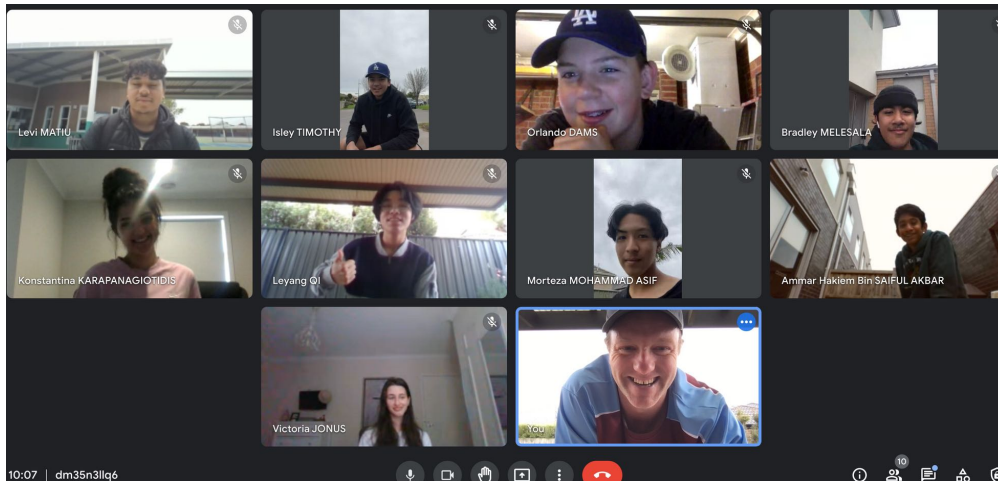
Students in Mr Flannery's Physical Education class completed a 30 minute work out on Google Meets.

Students completed a 2 minute warm up by jogging on the spot, skipping on the spot, leg kick throughs, side to side shuffles and marching on the spot.

After quick rest, students started their first activity by completing exercises by spelling their name (see if you can have a go). Levi and Mr Flannery then got into a 30 second dance battle and the students voted Levi the winner, much to Mr Flannery's disappointment.

After another rest, students worked their way through a HIIT circuit of 30 seconds of exercise and 30 seconds of rest. Exercises completed were Froggers, Skaters, Sit Ups, Skipping, Fall and Catch Push Ups, Book Jumps, Side to Sides and a Shoulder Press. With the heart rate pumping, students finished off with a few balance exercises.

Well done to Levi, Victoria, Koni, Bradley, Isley, Morteza, Hakiem & Michael for turning their cameras on and completing the class. Well done to you all.



★ ★ ★

SPELL YOUR NAME
Thekeeperofthecheerios.com

WORKOUT

A	10 JUMPING JACKS	N	10 ARM CIRCLES
B	5 PUSH UPS	O	4 CARTWHEELS
C	3 CARTWHEELS	P	20 SEC PLANK
D	RUN IN PLACE 20 SECS	Q	6 BUTT KICKS
E	DANCE FOR 30 SECS	R	15 JUMPING JACKS
F	RUN IN PLACE 20 SECS	S	10 CRUNCHES
G	5 SIT UPS	T	20 SEC WALL SIT
H	JUMP UP AND DOWN 10 TIMES	U	RUN IN PLACE 30 SECS
I	10 BUTT KICKS	V	5 PUSH UPS
J	TOUCH YOUR TOES 11 TIMES	W	4 CARTWHEELS
K	12 ARM CIRCLES	X	5 SQUATS
L	10 BUTT KICKS	Y	8 LEG KICKS
M	SIT DOWN & STAND UP 7 TIMES	Z	SPIN AROUND 9 TIMES

Year 10's Term 3

Wow. What a term. We've spent about 8 days on site this term, but all of the Year 10 students have shown great respect, effort and responsibility.

In Advisory we have been focusing on Wellbeing and checking in with students, but there has also been some fun activities like scavenger hunts, quizzes, TV show days, Christmas in September, Disney days & many more. Amie John and myself would like to thank all of the students & the advisory teachers for a wonderful term online. Enjoy the September break and we hope to see you all on site soon.



- Bryce Flannery
Year 10 Team Leader

THE BREAKFAST everyone is welcome CLUB

Our Breakfast Program has been supporting students in need for 10 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 TERM 4

04 Oct Term 4 Commences
08 Oct VTAC SEAS & Scholarships Close
14 Oct Year 10 Work Experience Form Due
14 Oct MAD FEST
22 Oct Year 12 Last Day
27 Oct Year 12 Exams Commence
01 Nov Curriculum Day - Student Free Day

01-05 Nov Year 11 Revision Week
02 Nov Melbourne Cup Day
08-12 Nov Year 11 Exams Week
08-12 Nov Year 11 VCAL Work Experience Week
08-12 Nov Year 10 Revision Week
08-12 Nov Year 10 Camp Week
15-19 Nov Year 10 Exam Week
15-19 Nov Year 11 into Year 12 Orientation Week 1
22-26 Nov Year 11 into Year 12 Orientation Week 2
22-26 Nov Year 10 Work Experience Week
29 Nov- 3 Dec Year 10 into Year 11 Orientation Week
06-09 Dec Year 9 into Year 10 Orientation Program
17 Dec Term 4 Ends



Please note that due to COVID-19,
these dates may 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.compass.education/

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*



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.