



## UPCOMING EVENTS

- ◆ Thursday 20th February  
Photos - Catch-up
- ◆ Thursday 20th February  
Intermediate Sport
- ◆ Thursday 20th February  
Senior Tennis/Cricket
- ◆ Thursday 20th February  
Year 7 BBQ 5:30pm
- ◆ Friday 21st February  
Elevate - Year 11
- ◆ Thursday 20th February  
Photos - Catch-up
- ◆ Monday 24th February to  
Friday 28th February  
Year 8 Canberra Camp
- ◆ Friday 6th March  
Divisional Swimming

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# Principal's Update



Welcome back to the new school year. I hope you have all had a relaxing break over the summer.

Thank you to students, parents and staff for the smooth start to the year, it has been very calm and productive. Our new students seem to have settled in well.

### New and Returning Staff

I would like to take this opportunity to welcome new and returning staff to the Gladstone Park community:

#### Returning Staff:

Veronica Hoy – AP  
 Courtney Langton - English  
 Marco Lacivita – LOTE Italian  
 Jayne Walters - PE  
 Erin Davies - PE

#### New Staff:

Andrew Barry	Maths
Luke Condello	Humanities/Performing Arts
Mike Huang	Maths
Leora Light	English/Humanities
Matthew Janineh	Art/Photography
Meg Nicholas	English/Hums
Tyson Richardson	English/Performing Arts
Chelsea Ross	PE
Veronica Wang	Art/VCD
Andrew Whitmore	Director of Music and Performing Arts
Jan Moody	Careers
Rob Houghton	English
Kelsea Sheldon	English

### School Council – call for nominations

The nominations close this Monday night (17<sup>th</sup> Feb) at 4pm for the 3 Parent, 2 Staff and 1 Student categories. Elections to take place if there are more nominations than positions. Nomination forms can be collected from the General Office. This was communicated through Compass.

# Principal's Report Cont...

## **Year 7 Camp**

Thank you to Junior School staff for their work in organising and running another successful camp. Thanks to the staff who attended. The year 7 Orientation Camp is a great opportunity for staff and students to get to know each other and have a bit of fun away from school.

## **Swimming Carnival**

Due to the number limits imposed by the Oak Park Swimming Pool, due to Occupation Health and Safety regulations, we were unable to run the swimming carnival as the usual whole school event. We made the decision to make the following changes: It was compulsory for students in years 7, 8 and 12 to attend and only those in years 9, 10 and 11 who were competing were able to go.

Classes ran back at school for students in years 9, 10 and 11 who were not competing.

The result was a much higher than usual participation rate for events, which was very pleasing. It was a great day, beautiful weather and a real sense of team spirit by all.

Thank you to Mr Greaney and Ms Miles for their work in organising the event and to all the staff and Sport and Recreation students who also assisted.

**The Athletics carnival (on the 15<sup>th</sup> April) is a compulsory event for all students as there is capacity to fit all of our students at the venue. Please ensure all payments and permissions are completed by the due date as no payments will be accepted after the due date.**

## **Important Dates**

It is a very full term one with many whole school events, such as the Swimming and Athletics carnivals and school photo day. We also have the **Year 7 Barbecue on Thursday 20<sup>th</sup> Feb.** to welcome new students and their families.

# Corona Virus - Parent Information

## Coronavirus advice for parents, families and school communities

You may be aware of the outbreak of a novel coronavirus in Wuhan City, Hubei Province, China.

The Australian Government has advised that there is no cause for alarm with respect to the coronavirus and that the risk to the Australian public remains relatively low.

The Department of Education and Training has consulted with Victoria's Chief Health Officer and Department of Health and Human Services to provide the following advice to parents, families and school communities.

## Exclusion of well children or staff who have travelled to affected areas

In accordance with national public health guidelines and current information about the coronavirus from the Commonwealth Chief Medical Officer, it is not a requirement to exclude well children or staff from school if they have travelled to Wuhan, China, or any other areas where there have been reported cases, unless the following applies:

the person is a confirmed case of novel coronavirus; or

the person is a close contact with a confirmed case of novel coronavirus in the past 14 days.

If you think your child or a family member may meet one of the above criteria, please contact the dedicated hotline on 1800 675 398. Please keep Triple Zero (000) for emergencies only.

## Seeking medical advice for your child

Please seek medical advice for any child who is:

experiencing fever and respiratory symptoms (including but not limited to cough, sore throat, shortness of breath, body aches or fatigue); AND

has recently travelled to Wuhan, China, or any other areas where there have been reported cases in the 14 days before of the onset of illness.

As with the above advice, please call the dedicated hotline on 1800 675 398 to discuss further actions.

## More information

For up-to-date information, please see the Department of Health and Human Services website: [Information for the public - novel coronavirus](#)

## Year 7 Camp ADANAC

On the 5<sup>th</sup> of February two busloads of Teachers, Year 7 students and VET Sport and Recreation students set off for Camp Adanac in the Yarra Valley. For the next three days lots of fun activities and interactions allowed the new students of GPSC to get to know each other and their teachers. The waterslide and the trampoline emerged as firm favourites and by all reports the food was yum especially the chicken parmigiana! The year 7's all reported how much fun the camp and GPSC was, thanks to the teachers who attended making it all possible!

Jody Scott

Junior School Program Manager

In week 2 of Year 7 we went to the ADANAC camp in Yarra Valley, there were tons of activities but my all-time favourite was the water trampoline because it was very enjoyable, at year 7 camp I made lots of new friends and I think this is one of my favourite camps of all time, at camp I also got the chance to try new things and test my limits. The only let down of camp is that on some of the days we had not so good weather, but that didn't stop us from doing the activities I think camp is a good opportunity to try something new.

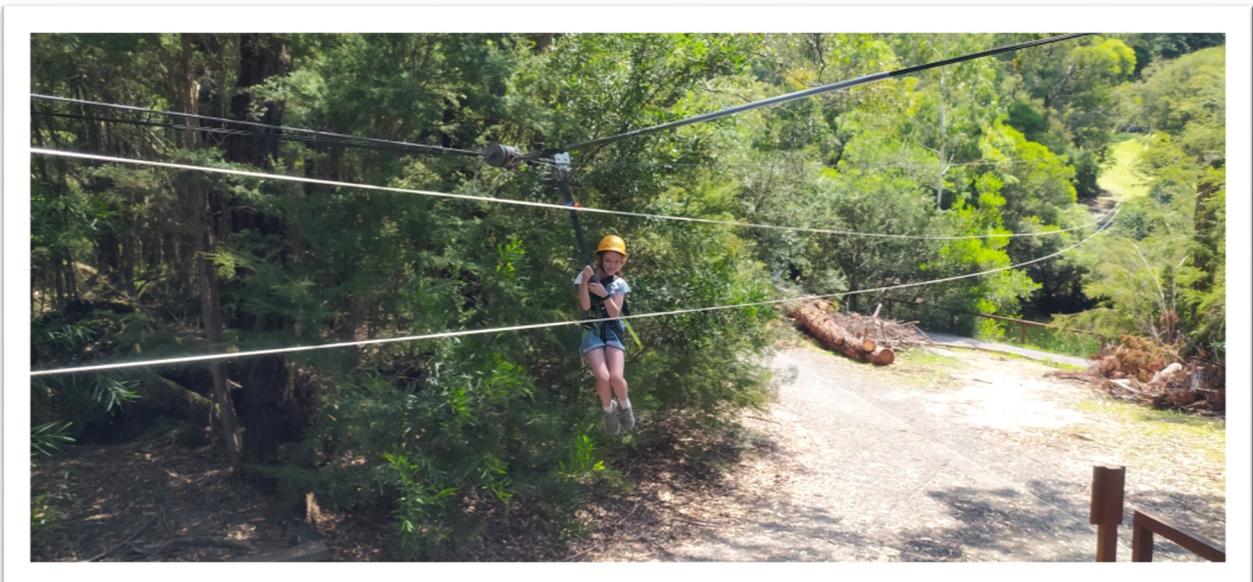
Taran Punchihewa-7L

On the 5<sup>th</sup> of February 100 year sevens left to go on camp at Yarra Junction. Everybody was excited and had very high nerves because some people didn't know anybody and others were excited to make new friends. All the activities were really fun, there was a water trampoline, hut building, a water slide and my favourite the stand-up paddle boards. The staff were lovely and the food was amazing. This camp helped me to make even more new friends and to try things I had never done before.

By Deia Lloyd 7L



# Year 7 Camp ADNAC



# Year 7 Camp ADNAC



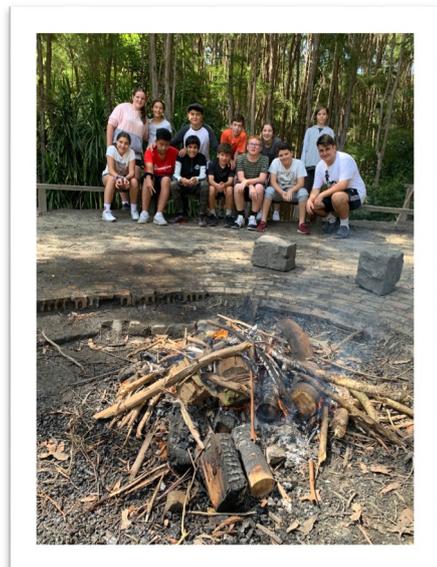
# Year 7 Camp ADNAC



# Year 7 Camp ADNAC



# Year 7 Camp ADNAC



# Senior Girls Softball - Division

On the 11<sup>th</sup> of February, the senior girls went out and played softball. They played a game against Aitken College. It was an even game until the fourth innings where we scored 7 home runs and took the lead. The girls played really well as a team and demonstrated exceptional fielding, including a triple play in the fourth. If you see any of the girls around please wish them luck for region finals, coming up in April.

Logan Scott & Jorja Hollow

Year 12 VET Sport & Recreation



# Tips for a Healthy Headspace

## Tips for a healthy headspace.....

**“Issues with school can have a major effect on young people and can often leave them feeling overwhelmed or stressed. While this is the case, it's important to note that there are two kinds of stress - good stress and not so helpful stress.**

Good stress is helpful to assist young people to feel more alert, increase their concentration, provide more energy when needed and it enhances their sensory experience. All of this can be helpful, for example when they are studying for an exam.

It is when they experience alertness that is overstimulating and adversely affecting how they interact and perform at school where stress can become harmful to their health and wellbeing.

The physical experience of stress may include increased sweating, dilated pupils, increased respiration (quick shallow breathing), and they may feel unwell in the stomach. A degree of these physical experiences are normal and okay. However if they're finding they cannot concentrate or feel too overwhelmed to take in new information it can be a sign that this stress is not helpful. It is at this point that young people should be encouraged to seek help from their parents, teachers or a health professional.”

## Strategies that young people can use to manage stress at school

**Physical exercise if good for our mental health**

**Encourage Positive self-talk**

**Learn relaxation techniques together**

**Help them to nourish their brains including limiting excessive caffeine**

**Encourage them to stay connected with others**

**Learn about and support them to prioritise sleep**

**Consider when it's right to support help seeking**

**Work with them to find the best times to study**

For more information and tips, visit [Tips for a healthy headspace](https://headspace.org.au/young-people/tips-for-a-healthy-headspace/). (https://headspace.org.au/young-people/tips-for-a-healthy-headspace/)



# CAREERS

Quote: *Find out what you like doing best, and get someone to pay you for doing it.* Katharine Whitehorn  
**Middle School**

Welcome to 2020 and the excitement of undertaking Work Experience in Year 10. A reminder that forms need to be returned by **28 February**. It is important to start thinking about future aspirations, career choices and courses. Engage in activities and programs that will be offered through the year to assist and guide your pathway. Year 9 students, start thinking and researching about where you would like to do work experience in 2021. Ask friends parents, family, community and sports connections for potential placements.

Interested in a school based apprenticeship – check out opportunities by researching <https://www.grouptrainingdirectory.com.au/all-institutes/#search-result>

When considering work experience, school based apprenticeships, part-time/full-time employment and study you need to have a tax file number and a USI. Both are easy to register – see links below.

## File Number (TFN)

How to apply for a Tax File Number. Essential for employment and study! <https://www.ato.gov.au/individuals/tax-file-number/apply-for-a-tfn/>

## Unique Student Identifier (USI)

Vocational education? – You need a USI. What is it/How to apply?

A Unique Student Identifier is for life! You only have to create it once and it will be used for every vocational training you do. Apply online <https://www.usi.gov.au/your-usi/create-usi->

Useful hack: List in your mobile contacts for easy access when applying for courses or employment.

Searching for work experience and SWL. Consider the following

Does it give me insight to my career choices?

What are the things I like to do?

Could it lead to employment?

Am I making the best use of this time and opportunity?

**Structured Workplace Learning** – Your forms are now due. If you haven't found a workplacement check out the <http://www.workplacements.education.vic.gov.au/>

## Not sure which direction to take?

Have a browse on Victorian Skills Gateway then come and have a chat at the careers office. <https://www.skills.vic.gov.au/victorianskillsgateway/explore/Pages/default.aspx>

# Careers

## How do I pay for future university studies in Australia?

[https://www.sbs.com.au/language/english/how-do-i-pay-for-my-studies-in-australia\\_3](https://www.sbs.com.au/language/english/how-do-i-pay-for-my-studies-in-australia_3)

## Considering TAFE as a pathway? Check out the Free TAFE Courses

Check out the following local TAFE's – there are many more to choose from.

Free TAFE courses are in skill shortage areas – means there are lots of opportunity for employment.

TAFE courses can be a pathway to university, apprenticeships, traineeships and employment.

<https://www.vic.gov.au/free-tafe>

## How to apply for a Tax File Number.

Essential for employment and study!

<https://www.ato.gov.au/Individuals/Tax-file-number/Apply-for-a-TFN/>

## Senior School

### VCE and Careers Expo

<https://www.vceandcareers.com.au/>

Australia's biggest education and careers expo is now in its 28th year!

### 2020 EXPO TIMES

Thursday 30 April - Friday 1 May, 9am-3pm

Saturday 2 May - Sunday 3 May, 9am-3pm

### LOCATED AT

[Station Street, Caulfield Racecourse, Caulfield](#)

# CAREERS

## Year 12 Career Agenda

Tuesday 14 /4/2020	Start Term 2
Monday 15/6/2020	Senior Careers Expo
May - August	Finalise course choices
Wednesday 10/6/2020	GAT
Monday 13/7/2020	Start Term 3
Monday 3/8/2020	VTAC, SEAS, scholarship applications open
August Weekends	University and TAFE Open Days
Monday 24/8/2020	Year 12 Career Action Plan due
Wednesday 30/09/2020	VTAC applications close
Monday 5/10/2020	Start Term 4
Friday 9/10/2020	Scholarships and SEAS applications close
Friday 23/10/2020 – Wednesday 18/11/2020	VCE Exams
Monday 23/11/2020	Year 12 Graduation
Saturday 12/12/2020	VCE results and ATAR distributed online
Wednesday 20/1/2021	Round 1 VTAC offers online

# Privacy Collection Statement

## SECONDARY SCHOOL ENROLMENT PRIVACY COLLECTION STATEMENT

### Privacy information for parents and carers

During the ordinary course of your child's attendance at our school, school staff will collect your child's personal and health information when necessary to educate your child, or to support your child's social and emotional wellbeing or health. Such information will also be collected when required to fulfil a legal obligation, including duty of care, anti-discrimination law and occupational health and safety law. If that information is not collected, the school may be unable to provide optimal education or support to your child, or fulfil those legal obligations.

For example, health information may be collected through the school nurse, primary welfare officer or wellbeing staff member. If your child is referred to a specific health service at school, such as a Student Support Service officer, or school-engaged psychologist, the required consent will be obtained.

Our school may use online tools, such as apps and other software, to effectively collect and manage information about your child for teaching and learning purposes, parent communication and engagement; student administration; and school management purposes. When our school uses these online tools, we takes steps to ensure that your child's information is secure. If you have any concerns about the use of these online tools, please contact us.

School staff will only share your child's personal or health information with other staff who need to know to enable the school to educate or support your child, or fulfil a legal obligation.

When our students transfer to another Victorian government school, personal and health information about that student will be transferred to that next school. Transferring this information is in the best interests of our students and assists that next school to provide optimal education and support to students.

In some limited circumstances, information may be disclosed outside of the school (and outside of the Department of Education and Training). The school will seek your consent for such disclosures unless the disclosure allowed or mandated by law.

Our school values the privacy of every person. When collecting and managing personal and health information, all school staff must comply with Victorian privacy law. For more information about privacy including about how to access personal and health information held by the school about you or your child, see our school's privacy policy: <https://www.education.vic.gov.au/Pages/schoolsprivacypolicy.aspx>

Throughout this notice, 'staff' includes principals, teachers, Student Support Service officers, youth workers, social workers, nurses and any other allied health practitioners and all other staff at our school. This includes employees, agents and service providers (contractors) of the Department, whether paid or unpaid.

## 2019 Important Dates

Thursday 20th February	Photos - Catch-up
Thursday 20th February	Intermediate Sport
Thursday 20th February	Senior Tennis/Cricket
Thursday 20th February	Year 7 BBQ 5:30pm Start
Friday 21st February	Elevate Year 11
Monday 24th February to Friday 28th February	Year 8 Canberra Camp
Friday 6th March	Divisional Swimming
Monday 9th March	Labour Day - Public Holiday - No School
Thursday 12 March	Year 7 & 8 Bully Zero Program
Friday 13th March	House Cross Country
Monday 16th March	Holocaust Museum Year 10
Tuesday 17th March	Year 7 Sport
Wednesday 18th March	Holocaust Museum year 10

## Office Hours

Monday—Thursday

8:15am to 4:15pm

Friday

8:15am to 4:00pm

Last day of each Term the office  
will close at 2:30pm

**The office is CLOSED during all  
school holiday periods**

All upcoming dates can also be  
found on our Website:  
[www.gladstoneparksc.vic.edu.au](http://www.gladstoneparksc.vic.edu.au)

### **HAVE YOU CHANGED YOUR DETAILS ?**

Please immediately notify the College of any changes to your address or contact details.

## **ATTENTION YEAR 11 & YEAR 12 PARENTS**

Parents are reminded that where a Year 11 or Year 12 student is absent from school due to a family holiday, this will be considered an unapproved absence.

VCE and VCAL have attendance requirements which must be met in order for a student to pass.

### **STUDENT ACCIDENT INSURANCE**

Parents are reminded that the school does not provide personal accident insurance for students. Parents/guardians are responsible for paying the cost of medical treatment for injured students, including any transport costs.

Reasonably low cost accident insurance policies are available from commercial insurers should you require one.