

HEYWOOD & DISTRICT SECONDARY COLLEGE NEWSLETTER

OCTOBER 2023

PRINCIPALS REPORT

Term Four is well on its way and we are almost to the end of October already! This term will continue to fly by and there is a lot we need to do. Over the rest of this term, we will focus on:

- 1. Mental health and wellbeing;** as always this will be one of our highest priorities, particularly the mental health of our students and staff. If you have concerns about your child please get in touch with the school so we can organise some supports for them. A reminder, Headspace come to our school on a Monday, the doctor comes every week on a Tuesday, our Mental Health Practitioner, Tammy comes on a Monday and Wednesday and our School Nurse, Nicola is here on a Tuesday and Thursday.
- 2. Learning;** this is so important that all students continue on their learning journey and are getting the most out of each class. They can do this by being ready to learn and having their equipment with them.
- 3. Transitions;** We will make every effort to ensure successful transitions for children moving from Grade 6 into Year 7, moving up through our school and the Year 12s moving into employment or further education and training.

Year 12

I can't believe that it's that time of the Year where we have said good-bye and good luck to our year 12 students. Students completing exams, will need to be more focused at home and leave the fun until their exams have finished. We are competing with the rest of the State when it comes to the scores obtained. As a result we need to do all we can to ensure that our young people get the most out of the time they are with us. I know that many of the Year 12 staff will be offering study sessions before their exams, make the most of these opportunities. Good luck and as always if you need that extra help ask your teachers.

To all our Year 12 students, make sure that you finish strong and I wish you all the best in finding a job or moving onto further education and remember we are always here for you.

Headstart Program/Exams

We are starting to receive enquiries from families in regards to our end of year arrangements. Our Assessment / exam week runs from Monday 13th November to Friday 17th November, where the Friday is a catch up day for any students who have missed any assessments. Headstart for 2024 Year 11 and 12 students will run over the next two weeks (Monday 20th November – Friday 1st December).

I do ask that all families resist taking their sons/daughters out of school early to go on a family holidays and therefore miss out on our Headstart program. We value this highly in getting our students up and running before 2024 starts. Most schools in the State have a similar program, these are the schools we will be competing with when it comes to VCE and VCEVM and VPC scores.



Kelly Webster
Principal

Heywood & District Secondary College

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School Council President: Alysia Sanderson



HDSC IS A CHILD SAFE SCHOOL

ASSISTANT PRINCIPAL REPORT

Great start to Term 4, with some great weather and students have been compliant when reminded to put on a hat when outside. It is important in term 4 that all students wear a bucket hat when participating in outdoor activities, this is compulsory and school policy. UV radiation can't be seen or felt which is why it is easy to be caught out. It's not like the sun's light or heat which we can see or feel. This makes the sun protection message challenging for teens as it's not always obvious when sun protection is required. School hats are sold at the office for \$14.

Students have been bringing soft drink, energy drinks etc to school, particularly after lunch. This can interrupt their learning and the learning of others. It is school policy that students are to bring water only, this reduces rubbish, and helps students concentrate in class. If any students require a reusable drink bottle, please contact Tiana from the Wellbeing Team.

Attendance is important to student learning. Please if your child is unwell or has a medical appointment, please contact Judy or Alana in the front office so it is not recorded as an unexplained absence. The office number is 5527 1303. All students are required to attend each day unless attending Work Placements or VET.

Year 12 worked hard over the previous weeks to finish work in preparation for school completion and exams. It has been sad to watch them leave after six years in our school community. We look forward to hearing about their journey after school.



Christine Hart
Assistant Principal



**CONGRATULATIONS
CHLOE TODD!
WOOD RAFFLE WINNER**



**Celebrating the Year 12s
last day of school with a
morning tea.**

HDSC IMPORTANT INFORMATION

TERM 4

Friday 27th October - Live4Life Celebration Event

Monday 6th November - Curriculum Day:
No students required at school

Tuesday 7th November -
Melbourne Cup Public Holiday

Friday 17th November - Year 12 Formal at the HFNC

Monday 27th November to 1st December -
Year 10 Headstart

Friday 1st December - Last Day for Year 11

Monday 4th December - Activities Week



Victorian Student Health and Wellbeing Survey (VSHAWS)

The Victorian Student Health and Wellbeing Survey (VSHAWS) investigates the possible effects of health and social issues on the healthy development of young people.

The research will invite young people to report on their health behaviours including substance use and related problem behaviours and their social relationships. It will also investigate a range of social and individual factors that are known to influence health and wellbeing.

The survey will involve students in Year 5, Year 8 and Year 11 from schools across Victoria. Data will be reported at a state-wide level and for 17 key geographical areas. A student's individual data will not be able to be identified as the survey is anonymous. School level data will only be reported to the principals of individual schools where students cannot be identified.

Student participation in this survey is completely voluntary. An information pack will be provided via email in the next couple of weeks.

Parents will be able to opt out their child/ren from participating. If you wish your child not to participate please call the school on 5527 1303.

There will be a blank copy of the student survey on file and parents/carers can view the survey questions at the school office.

At the beginning of the class of the survey, students will be asked to read the following statement:

- All answers are confidential
- Students can skip any question that they prefer not to answer
- The information students provide is very important to us and we ask that students answer questions as truthfully as they can.

STANDING TALL - TERM 3

Standing Tall end of term cooking activity included mentors and student participants getting together for an Italian feast! On the menu was Spaghetti Bolognese, focaccia bread and green salad.



STANDING TALL
MENTOR
TRAINING

For newly interested & returning volunteers. Gain insight into the program, the skills, knowledge & perspective required to be a mentor

When: Wednesday 15th November, 9am-3pm
Where: Heywood & District Secondary College
Catering provided

CONTACT
Lauren Millard
5527 1303
lauren.millard@education.vic.gov.au

Heywood & District
Standing Tall
A School Based Mentoring Program

Made possible through the generous support of our sponsors:

FREEMASONS
LEN
PORT OF PORTLAND ALUMINIUM

Thank you to our wonderful mentors for your contributions. We are so grateful for all your time and effort you dedicate towards supporting our young people.

STANDING TALL - TERM 4

Tears were shed as Alice Pumpa and her wonderful mentor, Sam, had their final mentoring catch up through Standing Tall.

Sam started as Alice's mentor during Year 7 and has been with her through thick and thin! We've watched Alice grow from a quiet, reserved young student to a model School Captain, representing our school with pride and integrity.

Our deepest gratitude to Sam for your dedication in supporting our amazing Alice. The bond that you've created is sure to last a lifetime. We wish Alice the very best in her final VCE examinations and all there is to come in life beyond HDSC!



Celebrating
10
Years
of

HEYWOOD & DISTRICT STANDING TALL

SCHOOL-BASED MENTORING PROGRAM



Smoothie Day 12-10-23



rethink sugary drink



AT HOME FactSheet

Did you know?

A regular 600mL bottle of soft drink contains around 16 teaspoons of sugar!

Regular consumption of soft drinks and other sugary drinks, such as energy drinks, fruit drinks, iced teas and sports drinks can lead to weight gain and obesity, increasing the risk of type 2 diabetes, heart disease, kidney disease, stroke and some cancers. All that sugar can also lead to tooth decay.

The leading health organisations behind Rethink Sugary Drink urge Australians to reduce their intake of sugary drinks and choose water or reduced-fat milk instead.

WHAT ARE SUGARY DRINKS DOING TO YOUR BODY?

SUGARY DRINKS AND YOUR BODY

SUGAR & ACID CAN CAUSE **TOOTH DECAY**

ONE CAN OF SOFT DRINK A DAY CAN LEAD TO 6.5KGS OF **WEIGHT GAIN** IN A YEAR

OVERWEIGHT & OBESITY INCREASES RISK OF **HEART DISEASE KIDNEY DISEASE TYPE-2 DIABETES STROKE AND SOME CANCERS**

rethinksugarydrink.org.au

GO SUGARY DRINK FREE

Rethink Sugary Drink encourages children and adults to reduce their intake of sugary drinks and choose water or reduced-fat milk instead.

This recommendation is supported by the Australian Dietary Guidelines which state that sugary drinks increase the risk of overweight and obesity in children and adults and should be consumed on a limited basis.

Worried you couldn't possibly give up sugary drinks? Here are some suggestions to help you get started.

Tips to help you and your family cut back

- Carry a water bottle for every member of the family, so you don't have to buy a drink if you're thirsty.
- Before you go out, remind everyone to refill their bottles. If they're thirsty, encourage them to drink some water first.
- Be wary of health claims on drinks, like 'contains vitamins' – refer to the amount of sugar on the nutrition panel.
- If you consume sugary alcoholic drinks, see if there are lower sugar options. Alcohol itself is loaded with kilojoules so cutting back on booze is also good.
- If you're ordering a fast food meal, ask for water or diet drink instead of the default sugary drink.
- When it comes to fruit juice, opt for only small amounts of 100% fruit juice and check the packaging to make sure there is no added sugar. Be aware of the risk of tooth erosion.
- If your child is aged over two, serve them reduced or low-fat milk. Limit flavourings like strawberry or chocolate powders and syrups.

- Avoid serving soft drink with meals at home – opt for water instead.
- Give your child a water bottle to take to school so they can refill throughout the day.
- Request your child's school and sports club remove any sugary drinks from vending machines and the canteen.
- Sports drinks are also full of sugar and acid and are not necessary for children to drink. Water will rehydrate them, is cheaper and better for them overall.
- When other people look after your child, ask them to give your children reduced or low-fat milk or water rather than sugary drinks.

For more information

Visit the Rethink Sugary Drink website www.rethinksugarydrink.org.au to:

- find out [how much sugar is in your favourite drink](#)
- learn more about the [health impacts](#) of regular sugary drink consumption
- calculate [how far you'd have to walk to work off your sugary drink intake](#)
- check out the latest [videos](#), [posters](#) and [news](#) from Rethink Sugary Drink.





Ngatanwaar – ALL WELCOME!

Year 5/6 invites you to deepen your cultural understanding of our local Konongwootong Gundidj Country

Friday November 3rd

11.30am – 1.00pm

Welcome to Country & Smoking Ceremony with special guest and Gunditjmara Elder

Janice Lovett

followed by

Showcase of students' digital creations of cultural symbols & oral storytelling



PLANTING DAY

The Heywood Community Garden

- FREE FACE PAINTING
- FREE KIDS ACTIVITIES
- FREE LIONS CLUB BBQ
- SCARECROW MAKING COMPETITION
- VEGETABLE GARDEN SEEDLINGS FOR SALE
- WORKING BEE
- LIVE MUSIC BY JAYDEN LILLYST
- ... AND MUCH MORE!



Saturday, 28 October 2023
10am - 2pm

The Garden is on Beavis street, behind Heywood and District Secondary College

FREE FAMILY EVENT



HEYWOOD CHESS CLUB

Every Monday 3:45pm to 4:45pm

at the
Heywood Library
77 Edgar St, Heywood

The Heywood Chess Club will meet every Monday from 3:45pm to 4:45pm during term 4. This is a community led family friendly program where everyone can enjoy the game of chess together. Whether you are a complete beginner or an advanced player! Our last session for 2023 will be held on December 18th. We will break over summer and recommence in term 1 next year.



For further info please contact
heywoodchessclub@mail.com

YEAR 9/10 CRICKET - 17 OCTOBER 2023



Full report to come!



SUPPORT YOUR CHILD'S EDUCATION WITH 12 MONTHS FREE INTERNET AT HOME

The Australian Government has established the School Student Broadband Initiative to provide free home internet for one year for up to 30,000 eligible families with school-aged students.

The initiative aims to boost education opportunities. NBN Co is leading the rollout of this initiative across the country.

How the School Student Broadband Initiative can help your child

Children who can access online learning at home as part of their education are more likely to engage in classroom activities.

Access to fast internet at home can also support children to build their digital skills, learn how to safely use the internet and take part in a world that is more reliant on digital technology.

Eligibility

To be eligible, families must:

- have a child living at home enrolled in an Australian school in 2023
- not have an active National Broadband Network internet service at their home* (having a mobile internet service does not affect eligibility)
- live in a premises that can access the National Broadband Network through a standard connection. NBN Co will check this for you after you apply
- register interest with your school and complete a consent form to be assessed for eligibility.

*If an address has been disconnected within 14 days prior to an eligibility check – the address will be classified as ineligible. There may be cases where exceptions can be made, please contact the School Student Broadband Initiative team at SSBI@education.vic.gov.au to discuss further.

How the School Student Broadband Initiative works

If you are eligible, your home internet service will be provided at no cost for one year with a participating internet provider over the National Broadband Network. Each internet provider has its own step-by-step process to get you connected, which may involve you providing identification.

Once you sign up, the internet provider will help you set up your connection. The initiative does not include devices such as a computer or tablet. Other members of your household can use the internet service provided through this initiative.

The one-year period will start from the day your service is activated with your chosen provider. At the end of the one-year period, you will not be placed onto a paid service by your internet provider without your consent. The Australian Government is considering options beyond the one-year free period.

How to apply

- Ask your school for a copy of the School Student Broadband Initiative consent form.
 - Complete the consent form and return to the school.
 - NBN Co will use student address details on the consent form to confirm eligibility.
- If you are eligible, NBN Co will issue a voucher for your family to use to sign up with a participating internet provider. This will be provided to you by your school.

Please note: NBN Co will review the home address for eligibility. No personal information other than your main home address will be shared with NBN Co. Please see the consent form for details about how personal information will be used.

Find out more

For more information about the School Student Broadband Initiative, visit <https://www.infrastructure.gov.au>



Name:

Age:

Contact:

Entries submitted at the Community Garden Planting Day on 28 October 2023