

CLASS OF 2017



PRINCIPAL'S REPORT

It is appropriate to begin this Newsletter by acknowledging our Year 12 students. I would like to congratulate the Year 12's and wish every one the very best of luck. We are approaching the final week of VCE examinations and as in years gone by the English exam began this three week period of external examinations. VCAL and VET students continue to finalise project work and develop pathway opportunities by updating various employment documentation and skill sets.

This year, as we prepare to say our final farewells to our Year 12 students, I feel the need to recognise the way in which our Year 12 group have embraced the opportunities offered to them in their time at Phoenix. I have no doubt that every individual has finished the year to the absolute best of their ability. Additionally, there have been some truly magic moments over the last couple of weeks and outstanding achievements over the course of the year.

Valedictory

The Year 12 Valedictory Dinner was held on Wednesday 25th October at the Ballarat and District Trotting Club and there were over 410 family and friends of the College in attendance. This event focused on the growth of our Year 12's over their six years of secondary education. The pride of our community was clear for all to see.

In accordance with Phoenix tradition, the College's official framed and signed 2017 Year 12 jumper will be hung in the Year 12 Space from the start of 2018. This jumper commemorates the 'Class of 2017' now and for all students of the future.



This year we added the Year 12 breakfast, assembly with presentation of a sapling and parent morning tea to the suite of Year 12 Celebrations. We are tremendously proud of our students and together these events symbolise the growth of our students academically and as members of the community. Each year this further consolidates the vision that is Phoenix P-12 Community College.

On behalf of the College community, we congratulate all



students on a sensational year of achievements. You have accomplished so much during this twelve-month period and we wish you well with the final examinations and your final year reports.

We will wait with baited breath to hear what the future brings you all, knowing that you have all laid the foundations for a wonderful future. Well done!

A number of students who commenced Year 12 in 2017 were successful in gaining full time employment throughout the year and said good-bye to Phoenix P-12 Community College. We would also like to congratulate them on their successful transition into the workforce.

2018 College Leadership Teams

The 2018 College Leadership teams' selection process is almost complete on the Sebastopol Campus and will take place on the Redan Campus during the remainder of November. The focus on student voice and high aspirations will underpin all aspects of governance across the two campuses of the College, and I have much pleasure in welcoming the successful students to these representative groups in 2018.

On the Redan Campus, six School Leaders will formulate the campus team: two School Captains and four Vice Captains. As in all things we do, a high level selection process is underway.

Presentation Evening - Tuesday 28th December

This year's Presentation Evening will again be a "night to remember" as this night we will celebrate our 5th birthday and to recognise the importance of this night

we will include our Prep to Grade 6 students. This year we are extremely fortunate to have the special guest appearance of George Halkias.

George Halkias is a well-respected community figure who has supported vulnerable Australians for almost 20 years. With post graduate qualifications in Psychology, his experience includes managing a state-wide support service for victims of violent crime and training police graduates in the area of victim rights and support.



We are looking forward to spending this wonderful night of celebration with George, our students and families on Tuesday 28th November, where we celebrate the sensational achievements of the College during 2017.

Mrs Karen Snibson
Principal

MIDDLE/SENIOR SCHOOL REPORT

Term 4 heralds the business end of the year for our students and staff as they prepare for transitions to the next stage of their growth, be it at Phoenix or beyond.

Year 12 Farewells

The end of October saw us bid a sad farewell to our Year 12's in a series of events that marked the end of their time with us, as they ready themselves for their final VCE examinations and completion of VCAL/VET courses. The Valedictory Day began with us coming together for breakfast, with a light hearted but inspiring address from Rob Lewers. We then took the unprecedented move to transport our Sebastopol Campus students to the Doug Dean Stadium for the Year 12 final assembly. As a school, we felt it fitting to ensure our continued building development didn't get in the way of an important tradition and the send-off our senior students deserved.

The assembly began with the musical talents of Molly Hodgkinson and Phoebe Norris, with a solo singing performance from Isolde Kieni-Judd, fresh from her starring role in the BLOC production of 'Bugsy Malone' (more of that to follow). After an address to students, staff and parents by Stephan Fields and Karen Snibson, our Year 6 Student Leaders presented each Year 12 student with a flowering Australian Gum Tree to act as a reminder, each spring, of our students' growth. The second leg of the day culminated in the traditional student dance which had been choreographed by Tara Moore (with the patience of a saint!) to the backdrop of streamers and silly string.

The formal element of Valedictory took place later that evening at the Ballarat and District Trotting Club where in excess of 400 parents, students and teachers gathered

to recognise the achievements of our graduating class of 2017. The event was compered by 2017 School Captains Emiley Cody and Escher Russell and reflected the close connection that we have with our community and our sense of Phoenix tradition. In coming together, we recognise that our work relies on a partnership with parents and carers in ensuring that our students get to choose from the many exciting destinations that lie ahead: that they get to dream big.

After a day-trip to Bendigo the following day, Year 12 English students were back at the books and able to access a master-class run by an experienced assessor to gain an insight into how to effectively navigate the English examination. This event was an extension of our ongoing work, in partnership with Ballarat Secondary College, around improving teacher effectiveness in preparing students for their final exam. As the VCE exam season kicks into its final stages, students have been working hard and are in a really good shape. We wish them well, as we do to our VCAL/VET students who will be entering into apprenticeships and full time jobs, and wait in anticipation for their final results in December.

PAT Testing

For the rest of the school, the ongoing work around student growth continues as both campuses completed PAT testing in Comprehension and Maths. These assessments are designed to measure student growth and provide us with research driven tests that can help teachers reflect on what they have done well and what they need to focus on. It also gives students a clear indication as to how they have progressed across the course of an academic year and where their future focus lies. As we develop our processes around how we assess and report to parents, we will be running a series of information events so that parents and carers are kept up-to-date with how they can work with us in order to ensure that each child makes good growth.

Elections

Outside of the classroom, we have had the elections for our House Captains for 2018 as well as the voting for the school Student Leadership Team for the coming year. What has been most impressive is the passion, commitment and drive that our students have shown in putting themselves forward to make a difference. We know our students care for their school and we are excited about the time ahead as we encourage, develop and respond to increased student agency over their learning and their environment. We know that we can only reach the heights that we aspire to as a learning community by working together as a team: exciting times lie ahead.

Students in the Community

And in the wider community, Phoenix students have been making their mark in 'theatre-land' as four Year 8 students trod the boards at Founders Hall to take centre stage at the BLOC production of the classic musical,

'Bugsy Malone'. Frances Robbins, Lisa Smith and Sebastian Allen were amazing in a range of roles from 'dockland down-and-outs' to 'mobsters', with Isolde Kieni-Judd taking centre stage as 'Blousey Brown'. The show ran for four performances, drawing big crowds, but it was the months of rehearsals which underlined the level of commitment that our students understand is needed to be the best that you can be. These four stars in the making are the tip-of-the-iceberg of the talent that we have at Phoenix P-12 Community College.

Mr Stephan Fields

Assistant Principal

VET/VCAL REPORT

There are still some Year 12 VCAL students who will need to keep attending as some assessment tasks have not been completed. If you have been contacted about overdue assessment please ensure your child attends and completes the work to enable success at their year level.

The VCAL camp was a huge success. The students had a wonderful time and I would like to thank Ruby Wilson and Kiya Eberle for giving up their time to ensure the students were adequately supervised. The top of Mount Beckworth has a wonderful view of the area and has an historic significance if you would like to make the trek. The cork tree plantation is also quite interesting to see and there are some great walks.

The numbers for VCAL in 2018 are very good and it is looking like a fantastic year with some great courses and ideas to provide the students with heaps of amazing opportunities. We have been meeting with parents who have queries around the format in VCAL and those who have chosen VET courses via the Highlands LLEN. If you would like that opportunity please contact the school or myself via COMPASS. Don't forget to check the progress of learning tasks for your child and query those that are incomplete. It would be great to work together to help them achieve.

Mr Andrew Greed

VET/VCAL Coordinator

Crockers School Wear Sale

It has now commenced and will finish the last week of November.

Get in now to save on 2018 school wear!!

Address

Crockers: 4 Armstrong Street North, Ballarat

Trading Hours

Mon-Fri 9.00am - 5.30pm

Sat 9.00am - 1.00pm

Contact Details

Telephone: 5331 3222



NEWS FROM THE BUSINESS MANAGER

COMMUNICATIONS WITH FAMILIES - COMPASS

A reminder that much of the communication with families is now directly through COMPASS, including messages about school activities and events, specific information for year levels or students and school reports. Please make sure you access COMPASS regularly and also check the Phoenix P-12 Community College Website to keep you and your family in touch with what is happening at Phoenix. If you have a problem with your COMPASS LOGIN - please contact the General Office for assistance.

KEEPING OUR DATA ACCURATE

Please contact the General Office or update COMPASS if you have any changes to your family contacts, emergency contacts, employment or family guardianship. We need to have current data to make sure we can contact you if required. If you have a new or recently changed email, please make sure you let us know. The monthly Newsletter and Family Accounts are now emailed out to families, along with other vital information regarding the education of your child (ren).



ENROLMENT 2018

Reminder: Call for 2018 Enrolments

Students cannot start the year unless their enrolment has been completed through the official enrolment/interview process. If your child will be attending Phoenix P-12 Community College (Years P-12) and you have not had an enrolment interview, please contact the General Office (5329 3293) and arrange for an appointment to complete your child's enrolment to ensure they have a place for next year. No students are accepted without official enrolment completion.

LAPTOP PROGRAM 2018

Reminder: It is NOT TOO LATE. If you have forgotten to complete the order form for your Year 7 Laptop, please drop into the General Office to complete your form and make your payment. Fully paid laptops will be distributed to students on Orientation Day (12th December) to enable them to familiarise themselves with the computer system prior to commencing their school year on Tuesday January 30th, 2018.

BOOKLISTS 2018

Booklists will be distributed early in Term 4 and are due back to the College by Tuesday 5th December.

Sebastopol Campus:

Our booklist service is still being provided by Ballarat Books. Booklists will be distributed separately. You will be able to collect your booklist packs directly from Ballarat Books Warehouse – 61-63 Scott Parade, Ballarat from mid-January, 2018. Families will be notified by Ballarat Books of actual dates for collection. This should make it easier for families to collect with more days and a central collection point.

Redan Campus:

Booklists for the Primary Campus will again be supplied by Radmac. Full payment will be expected by Radmac when the books are collected from the shop from Friday 19th January 2018.

SUSTAINABLE SCHOOL SHOP

If you are looking for **Second-hand books**, they may be available on the **Sustainable School Shop Website** www.sustainableschoolshop.com.au All College families have **free membership**.

FAMILY ACCOUNTS

Reminder: All 2017 education costs are now OVERDUE for payment.

Family statements will be sent out shortly. Payment can be made at the General Office on either campus.

NOTE: CSEF (Camps, Sports and Excursions Funding) affects the balance on your account.

Please check your statement to see if you have unallocated CSEF Funds sitting on your account. If you do, and have outstanding Core or other costs, you need to pay the amount outstanding, (Outstanding costs + the unallocated CSEF amount) not just the balance on the bottom of the statement. I apologise if this sounds confusing, but the way the statement works is that it deducts your CSEF from the outstanding balance, confusing some families who are just paying the final figure at the bottom of the statement.

For example: If your balance due says \$100.00 outstanding at the bottom, but you have \$120 CSEF Funding unallocated, then you add the two together and you need to pay \$100.00 (outstanding costs + \$120.00 = \$220.00 to clear the outstanding costs), leaving the \$120.00 balance unallocated as we are unable to use those CSEF Funds to cover other educational costs.

The \$120.00 unallocated CSEF funds will remain on your family account for use against Camps, Sports or Excursions when the costs arise. The balance WILL CARRY OVER to 2018 and **if you have unallocated CSEF Funding it will be sitting in your account to be used for your child's camps, excursions or sports costing.**

IT IS SMART TO PLAN FOR 2018

The end of the year and holiday time is always an expensive time for everyone. NOW is a great time to start your financial plan for 2018 to help with your educational costs. You need to start thinking ahead and saving for the costs at the start of the year. If you wish to pre-pay funds into your Family Account to help save money to cover the start of the year costs 2017, regular automatic payments are a great way to build your account. BPAY, Direct Payment into the College Account or cash/cheque/EFT payments at the General Office are always welcome. Pre-paid amounts will remain in your Family Account and are allocated to the new expenses in the New Year.

VISITORS TO THE COLLEGE

Please remember to report to the General Office on either Campus if you are visiting the College. For the safety of all students and staff, and to maintain our safe work and learning environment, we need to know who is in the school buildings and grounds at any time. We have one entrance to each College Campus, which is through the gates at the front, which leads you directly to the General Office where you will be welcomed and assisted with your enquiries.

Redan Campus

If picking up students during the day you must go to the Office and request to collect your child. You will be asked to wait whilst your child comes to meet you in the waiting space, and sign the Leaving Early Register before you leave. Students should not leave the College unless picked up via the Office. After school, parents are asked to wait outside their child's classroom if they wish to meet their child.

Sebastopol Campus

If you need to see staff or pick up your student, please go to the General Office. You will be asked to wait in the foyer whilst they are contacted and asked to come to meet you. Students are not to leave the College unless collected from the General Office.

Ms Lorraine Hayes
Business Manager

PRESENTATION EVENING 2017

Our College Presentation Evening is a whole College event this year.

Tuesday 28th November

7:00pm

Founders Hall, Federation University

We have started preparing for the Presentation Evening for 2017.

Please make sure you keep this date free to attend the Phoenix P-12 Community College Annual Presentation Evening. We are always very proud of our students and this night is a great night to acknowledge and celebrate achievements and hard work during 2017.



Excursion Permission Notes

A friendly reminder that when students receive excursion notes for upcoming events, it is the responsibility of **the student** to return the permission form and payment (if applicable) before the due date listed on the form.

This is to ensure that staff have correct numbers to book tickets and travel.

If students **do not return** the permission form and payment by the due date then there may be a chance they will miss out.



China Exchange



VCAL English Camp



While we didn't quite make it to Bonnie Doon, we did enjoy the serenity of Mount Beckworth this week for two days on VCAL English Camp. The sun was shining, the birds were singing, the snakes were slithering (unfortunately) and we got to enjoy the rare noises of several 'never been camping people'. The NBCP were abundant with really impractical camping wear and shoes as I listened to their sweet call. "I've got two bars!" "I've got three bars!" "I've got no bars!" It went on into the night but dampened as murder in the dark took them to feverishly new highs and some to horrible new lows as they lay prostrate on the ground after not seeing big rocks. There was a very rare NBCP that fell over at every opportunity and proudly proclaimed that "Sunscreen doesn't work on me!" who looked more like Jeff Horn after a fight than Jeff Horn. Another seemingly invented fire and was so pleased burnt 4,056 sticks, bit by bit, by holding them in the fire then pulling them out to stare at the fiery end as they disintegrated. Several struggled with the complexities of setting up a rather easy two pole tent, so much that in the end Ruby and I would have saved more time setting them all up ourselves rather than explaining where they went wrong. Still the walking and talking was a delight as we made it to the lollipop tree and halfway to the Oval before snakes forced our return. The vibe of the thing was really positive, rewarding and if there was a trophy for 'best behaved group on camp ever' they would have won it and it would be going to my pool room. I love our kids. Thanks heaps to Ruby and Kiya who went above and beyond to give our students a great experience. Also to Maree for visiting and getting lost on the way there and the way back! **Mr Andrew Greed**



Bendigo Sprint Regatta



On Saturday 14th October, we kicked off our rowing season with our first regatta up in Bendigo. It was an early start as we left the boat shed at 6am and headed down to a fresh headwind at Lake Weeroona. Six students rowed and four families came along with us to support them as we competed as club members for the Wendouree-Ballarat Rowing Club.

Jack Anderson, Rochelle Dirks and Miss Sarah Hawkes raced with two senior club members in the C Grade women's race and made the final, in which they came third. Our second group of rowers for the day was a combination of our intermediate and senior Phoenix girls in the D Grade women's four, guided fabulously by Jack. These girls have only been in a boat together twice and they worked hard in their heat to place second despite catching a 'crab' (rowing term for getting your oar stuck in the water) and losing only by less than one boat length to a Geelong women's crew.

They came out firing in their final to absolutely smash a Melbourne city women's crew by more than four boat lengths and take out their first ever win in a final. The students were very proud and couldn't wait to share their win with their coaches and families and if you see them around the College please congratulate Jaime Gigliotti, Madison Barry, Ivy Timmins, Brittany Richardson and Jack Anderson. What a wonderful way to start the season and we look forward to doing it all again!

Miss Kiya Eberle - Sport and Rowing Coordinator



Hamilton Nestles Regatta



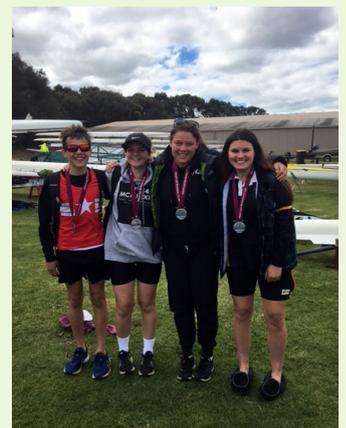
On Saturday 4th November staff took down 11 students to compete at the Hamilton Nestles Regatta. Early start, long drive, pretty stoked to arrive in freezing Hamilton alongside some super dedicated parents and Wendouree club members to put our boats together to race the day away!

We had a very close second in the female coxed eight, lost by just half a boat length in the female coxed four and absolutely smashed the mixed eight alongside club members and Damascus. We had two crews walk away with medals about the size of their very proud grins. Sarah rowed alongside Caitlin, Rochelle and Jack to take home the eight and Tayla coxed another female four to get her hands on the silverware.

If you see the following students around school, please congratulate them on some very strong rowing. We are seeing huge improvements in their technique and fitness in only four very short weeks!

Ivy Timmins, Madison Barry, Jaime Gigliotti, Brittany Richardson, Darci Berry, Jack Anderson, Tayla Scutcheon, Rochelle Dirks, Caitlin Ritchie, Hannah Anwyl, Sophie Norris.

Miss Kiya Eberle - Sport and Rowing Coordinator



Dimboola Regatta



Another massive weekend for the rowing program as we headed down to Dimboola on Friday 10th November to compete across the weekend in a number of events and walk away as our most successful regatta to date.

The students turned out to be above average campers and excellent at sticking to strict sunscreen re-application schedules as we braved 30+ degree days. Our students got up early Saturday morning and kicked off a successful day. They raced in the eight to come third with Ella Funcke competing in her first race ever and then our intermediate girls (plus Caitlin Ritchie) rowed hard in the coxed four to score their first medals for the day. Jack Anderson and Miss Sarah Hawkes took out another coxed four race to add to the tally and Rochelle Dirks rowed in every boat she could get her hands on to allow club and schools more time on the water. We wound down with a giant game of spoons and Uno and off to bed for the big race on Sunday.

Sunday was a huge day where our students raced in the 6.2km time trial in 35 degree heat. 6.2km to the start line and 6.2km back down the river to take home another six medals.

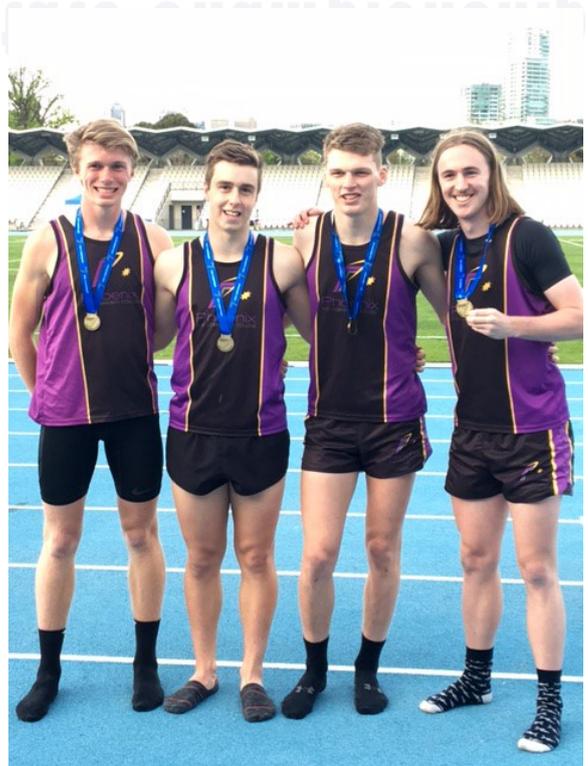
The students were exceptionally well behaved, were a fantastic representation for our school and the Wendouree-Ballararat Rowing Club and our program is gaining momentum!

A massive thanks to Mr Ben Angow, who not only drove the bus, and Miss Sarah Hawkes who gave away their entire long weekend for our students.

Miss Kiya Eberle
Sport and Rowing Coordinator



Victorian Schools State Championships



What a day we had at the Victorian Schools State Championships!

We took five boys down to Melbourne to compete in track and field champs and our Phoenix kids have done us proud!

We left school at 8am and the boys were still in good spirits as we headed home around 7:30pm - probably because we walked away with six gold medals!

James Spicer placed 5th in his Shot Put to start us off and as Mason Keast hit the track with a gold in the 100m and 200m events, we knew we were in for a ripper day. This is the first time Mason has won any individual event at State level - we couldn't wipe the smile off his face!

The boys then had a four and a half hour wait until their relay and they insisted the staff walk around Albert Park with them and even spent time studying for their exams.

The boys hit the track against tough competition and walked away as four time State champions with a hard fought gold medal in the 4 x 100 relay! The boys have been invited to attend a State Relay Carnival as they impressed with their run. Please congratulate Rodney Davis, Matthieu Brehaut, Carter Prendergast and Mason Keast on their gold!

Miss Kiya Eberle
Sport and Rowing Coordinator

NATIONAL CHORAL SCHOOL

"Gondwana Choirs is the leader in Australian choral performance, shaping the Australian sound through the creation and presentation of innovative new work, and providing opportunities to all talented young Australians through world-class training by leading artists". Founded by Artistic Director **Lyn Williams OAM** as Sydney Children's Choir in 1989, the organisation has grown to include Gondwana National Choirs and Gondwana Indigenous Children's Choirs. The organisation has commissioned over 150 works by leading Australian composers and performs a significant number of Australian compositions each year nationally and internationally.

Congratulations to Phoenix College Choir students, Frances Robbins (Year 9) and Sebastian Allen (Year 7), for being accepted into the 2018 Gondwana National Choral School. Auditions were held in Melbourne which involved performing prepared music, reading unprepared music and passing aural tests.

Gondwana Choirs will provide Frances and Sebastian with exciting choral learning opportunities where they will join other singers, composers and conductors from across Australia for an inspirational and intensive two week season. We wish them all the very best and look forward to hearing about their experiences in 2018. Well done!



Ms Lana Ford
Choir Conductor

All Souls Day

Sebastian Allen sang a solo at the annual All Souls Day service at Christ Church Cathedral.

The choirs of Christ Church Cathedral and St Mary's North Melbourne, performed Gabriel Faure's *Mass for the Dead: Requiem in D Minor* during the remembrance service.



SOLOIST: Sebastian Allen and Christ Church Cathedral Dean the Very Reverend Christopher Chataway.

College Choir



On Thursday 2nd November, we took an excited group of College Choir students to perform "Shine Together" for the national annual event "Music: Count Us In" held on the national Celebration Day.

Together with other likeminded schools, we helped lead 650,000 students (3,000 schools) sing the song from where the event was broadcast live. While waiting for the event to begin, our students were entertained by singer/songwriter Taylor Henderson and afterwards met John Foreman with opportunity for autographs and photos. We are so proud of our College Choir students who were exceptional on the day, representing our school in the best possible manner. Well done team!

Redan Campus members: Isabella Coe, Taya Johnson, Crystal Carter-Graham, Emily Benbow, Charlotte Botterill.

Sebastopol Campus members: Lochlan Doherty, Frances Robbins, Sebastian Allen, Alice McCausland, Sarah Linahan, Hannah Baker, Zahli Ogg, Kaylee Sandlant, Chloe Boag, Emily Weston, Chiara Marley, Abigail Merry, Jessica Chandler, Ella Gibson-Silk.

On the train home, we asked our choir students to briefly describe their experience at "Music: Count Us In". Well done to all invited students who attended all rehearsals and performed with passion.

Ms Lana Ford and Miss Sonja Perkins



Intermediate Band Performance



The Band performed at both St. James and Sebastopol Primary Schools late last month. The Band comprises first and second year instrumentalists who all played exceptionally well.

We played four Australian composed tunes. Melbourne based Tim Fisher's 'Market in Marrakesh' and 'The Forge of Vulcan'. Hobart based Brian West's 'Lightly Latin' and 'Rum-Bah' really got the audience involved with the South American flavour.

Solo instrumental demonstrations from the students were of a very high standard. Joshua Shaw's trombone solo was very impressive from the Grade 3 student.

Two other band pieces played were 'Chapel of Love' with vocalists Cheyenne Trezise and Sebastian Allen doing a terrific job. The last chart was 'Sorry', originally recorded by The Easybeats. The late, great Don Kirby from Ballarat arranged the chart; Jacob How's favourite song as the drums really drive the song.

The students not only performed well but they endorsed all of the school values to a tee. It was a pleasure to take the students to our neighbouring primary schools.



Quantum - The Viral Enigma



On Monday 6th November students from the Year 9 Academic Achievers Maths class and the Year 10 John Monash Science class made the trip to Quantum in Melbourne.

Students had the opportunity to learn the history of cryptography and code breaking from its early beginning to its use in messages communication during WWII. This hands-on program covered the history of cryptography, encryption techniques, code breaking algorithms, frequency analysis and current applications of encryption in the information age.



Using their newly acquired skills students explored history and narrative, taking the role of a cryptographer in the British Bletchley Park facility, uncovering secret communications of Germany's biological warfare program "Lightning Rod".

Mrs Emily Hobbs and Ms Sonia Kahanoff

Science



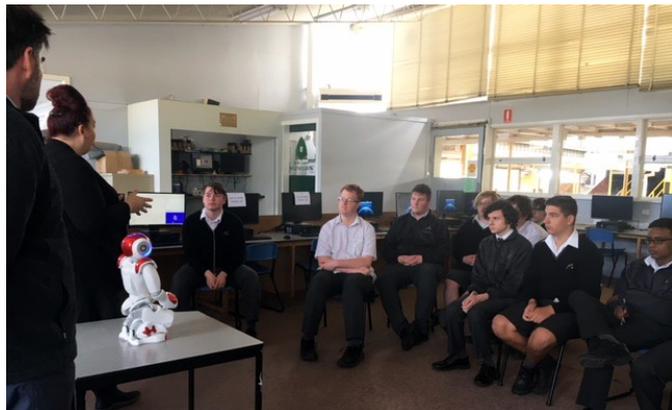
Students from our Year 9 Academic Achievers class worked with our P/1 Science class. The senior students taught a class on seasons and changes in our environment.

Mrs Caitlyn Leversha - Maths/Science

Melbourne Zoo - Year 7 Science



Year 10 Digital Technologies



Over the past three weeks our awesome Year 10 Digital Technologies students have been involved in an exciting program with the new Ballarat Tech School team.

The Ballarat Tech School, hosted by Federation University and due to open in 2018, will be a shared learning centre established by a partnership of local schools, industry partners, higher education providers and other stakeholders in the region.

Secondary school students from the Ballarat area will have access to cutting-edge learning at the Ballarat Tech School and will experience real world learning in a high-tech learning environment.

Our Year 10 students have been trialling one of the units of work which focuses on the topic of Humanoid Robots. Students have been programming a NAO humanoid robot and exploring the ways in which robots such as Nao might be able to contribute to society in the future. The students are having a great time and the staff at Ballarat Tech School are thoroughly enjoying working with our talented programmers.

Mrs Deanne Joosten
Digital Technologies Teacher



Geography Fieldwork Melbourne Excursion

Year 10 Geography students studying urban environments in the Melbourne CBD as part of their Fieldwork Investigation.



L-R: Gemma Lee, Mariah-Jayne Ford, Natasha Miller-Caris, Marian Assou, Paden Coghill.

National Recycling Week Activities for students aged 12-25

Junk Jam Workshop with ARTBOX Victoria
As part of National Recycling Week 2017, BYOU Ballarat are teaming up with Artbox Victoria for a fun workshop to create an amplified thumb piano musical instrument from found objects. Once created by participants, they learn to play the instrument and compose a short piece that can be performed at the end of the workshop.

When: Thursday, 16 November, 4-6pm
Where: Ballarat Library, 178 Doveton St Nth
Register Now: Places are limited for this workshop: <https://junkjam.eventbrite.com.au>

Creating Clocks from E-Waste
Grampians Central West Waste Resource and Recovery Group are providing a workshop on how to create clocks from e-waste. With a ban on e-waste going to landfill in the middle of 2018, come and learn about some of the creations that can be made from your old computers. You can expect a hands-on workshop that will inspire you.

When: Thursday, 16 November, 4-6pm
Where: Ballarat Library, 178 Doveton St Nth
Registrations: Everyone is welcome! All materials will be provided.
<https://clockmakingworkshop.eventbrite.com.au>

Important Notice!

DENTAL CLINIC PARKING

Ballarat Health Services has again asked that parents **not** utilise the Dental Clinic Carpark for drop-off and pick-up. They have received multiple complaints from service users unable to park in the car park when accessing the clinic. We have been advised that they will be placing signage in the carpark and may call on parking officers to assist if needed.

We ask again for your cooperation in not using this car park for the dropping off and picking up of students.



Registered NDIS Provider



Ballarat NDIS Parent Connection Group

Social Catch Up and Chat

This will be a relaxed, social session where parents can share experiences of parenting children with disabilities, and the NDIS. Kids welcome.

Wednesday November 22nd,
1.30pm – 2.30pm
Victoria Park Inclusive Play Space
(if weather is bad, go to Park Hotel
1615 Sturt Street, Ballarat)

The Ballarat NDIS Parent Connection Group is a **new group** open to all parents of children eligible for the NDIS. It is a chance to meet others in a similar situation and gather or share information and ideas about preparing and implementing NDIS plans.

www.pinarc.org.au

Contact Rebecca Paton, Parent Support Coordinator
5329 1361, rpaton@pinarc.org.au
Head office: 1828 Sturt Street, Ballarat VIC 3350
P: 03 5329 1300



Exams can be a particularly stressful time for young people, and can significantly impact on their mental health and wellbeing.

As Victorian schools move into the exam period, it is vital that schools support young people who are feeling stressed and anxious about study and their future.

Victorian schools are encouraged to promote this simple ABC strategy to improving mental health for students.

ABC of MENTAL HEALTH



NOTICE HOW YOU FEEL. IF YOU OR SOMEONE YOU KNOW ARE FEELING LOW OR STRESSED TAKE ACTION. ASK FOR HELP. DON'T GO IT ALONE. TALKING THINGS OVER CAN HELP.

WHEN YOU'RE FEELING LOW OR STRESSED IT CAN ALSO HELP TO LOOK AFTER YOURSELF. FEELINGS COME IN WAVES, LEARNING TO NOTICE AND LET THEM PASS USING BREATHING TECHNIQUES CAN HELP.

TO IMPROVE WELLBEING STAY CONNECTED. STAY INVOLVED WITH THINGS THAT ARE MEANINGFUL FOR YOU; FAMILY, FRIENDS, SCHOOL, SPORT AND OTHER ACTIVITIES.

STRATEGIES for TEACHERS

Promote these strategies with the students in your class to support their mental health and wellbeing

★ EXERCISE YOUR MOOD

Physical exercise is good for our mental health and for our brains. When you're feeling down the last thing you might feel like doing is exercising but studies have suggested that any activity, from walking around the block to yoga to cycling, could contribute to improving the symptoms of depression and anxiety and can help you feel less stressed.

★ USE RELAXATION TECHNIQUES TO MANAGE STRESS

There are many different relaxation techniques you can use to overcome stress. When you feel like everything is getting too much, remember to breathe deeply. Breathe through your nose for 5 seconds in, 5 seconds out and you will find your body calms down and relaxes. This can be very helpful to calm your nerves before an exam.

★ EATING

Some studies suggest that what you eat affects your mood. A good balanced diet will make sure you have all the essential nutrients needed for your brain to function well, helping to keep you both physically and mentally healthy. You might have noticed that your mood can affect your appetite and food intake. Maintaining a healthy diet and regular food intake can be a way to look after yourself even at times you don't feel like it. It's easy to get tired when you're studying a lot, but eating junk and drinking caffeine will actually make it harder to concentrate and more difficult to get good sleep.

★ POSITIVE SELF TALK

The way that we talk to ourselves, that voice inside of our head, has a huge impact on our outlook, our motivation and dedication to ourselves and our lives. It might not feel like it, but with practice you can change your self-talk. Positive self-talk is any thought you think, or any speech you say to yourself that uplifts your social, moral, spiritual wellbeing and results in improvement. Positive self-talk can be used for greater confidence, adopting a healthier lifestyle and reducing stress, and can be a very effective way to prepare yourself for a big test or exam.

★ GET SOME SLEEP

A good night's sleep is vital for our mental and emotional wellbeing. Sleep disruptions can increase negative thinking and heighten our stress levels. Try to maintain a regular sleep and wake schedule, use the bedroom for its core purposes and avoid using distracting devices such as a television or a computer when you are in bed.

★ TAKE TIME TO STUDY

The exam period can be a particularly stressful time, but setting time aside to make sure you fit your study in can help reduce your stress and anxiety. To reduce exam pressure, think about doing things like: plan to have a good balance between social life and study time; plan rewards for after exams; study actively and do past exam papers; develop and stick to a study routine at home.

★ HELP SEEKING

A problem can sometimes be too hard to solve alone - or with friends and family - so it's important to seek professional help. You can see your family doctor, psychiatrist, nurse, occupational therapist, psychologist, social worker or counsellor. At school you could also talk to a trusted teacher, the Student Wellbeing Coordinator or school counsellor who can provide advice or direct you to the right person if you need further help. Be honest to yourself about when you may need support and don't be afraid to seek help; finding help might feel scary at the start but it gets easier over time.

★ AVOID ALCOHOL & DRUGS

Some people make the mistake of thinking that taking drugs can help them cope in tough times. Drugs, including alcohol, can contribute to, or trigger, mental health problems in people. Mental illnesses linked to drug use include anxiety, depression, paranoia, panic attacks, and psychosis. And if you're drinking a lot or taking drugs when you're trying to study, you'll be more tired and less focussed which could lead to an increase in stress when it comes to exam time.

★ CONNECT WITH OTHERS

We are social creatures, and our social relationships are really important to our general wellbeing. It is okay to take time out for yourself, but don't stay shut in. Keep your social relations strong when you are feeling stressed out, overwhelmed or depressed, as your friends and family might really be able to help you through these times.

Remember to encourage students in need of help to visit headspace.org.au
Log on to eheadspace.org.au for online support and counselling

School staff should refer to SAFEMinds (www.education.vic.gov.au/school/teachers/health/Pages/safeminds.aspx) and Building Resilience (www.education.vic.gov.au/resilience) to better support students in managing stress and coping effectively.



2017 CALENDAR



November

- 20th Year 11 Exams Begin
- 20th Solo Performance Week
- 20th Redan Campus Concert
6:30pm-9pm
- 27th Year 11 into Year 12
Orientation Week
- 27th Year 10 Exams Begin
- 27th Grade 6 Camp (27th Nov-1st Dec)
- 28th Presentation Evening
7pm Founders Hall
Federation University
Mt Helen Campus

December

- 4th Year 10 into Year 11
Orientation Week
- 8th **Report Writing Day**
(Student Free Day)
- 12th Year 7 Orientation Day
- 12th Foundation (Prep) Transition Day
- 14th Grade 6 Graduation Night
- 18th Activity Week
- 21st Students' Last Day
- 21st Reports Available via COMPASS
- 22nd **Last Day of Term**
(Student Free Day)



Join the Delacombe Chairs Forum for the

Delacombe Christmas Party!

Coffee Van drinks & ice creams available for purchase

FRIDAY 24 NOVEMBER AT 6PM

- DELACOMBE & LUMEN CHRISTI SCHOOL CHOIRS
- PHOENIX P-12 COMMUNITY COLLEGE BAND & CHOIR
- FREE BBQ, FRUIT AND WATER PROVIDED OR BYO PICNIC
- FACE PAINTING, GAMES & ART ACTIVITIES
- VISIT FROM SANTA

at Doug Dean Reserve & in the Stadium if raining

Please note that children under 12 years must be supervised by an accompanying adult.
THIS IS A DRUG & ALCOHOL FREE EVENT

Family CHRISTMAS Trots Night

FRIDAY 24TH NOVEMBER 2017 5:30PM - 9:00PM

PROCEEDS GO TO THE 3BA CHRISTMAS APPEAL

FREE KIDS ACTIVITIES THROUGH THE NIGHT

\$10 ADULT \$15 FAMILIES
CHILDREN UNDER 18 YEARS FREE
T&C'S APPLY

THE FIRST 100 TO BOOK ONLINE RECEIVE A \$10 FOOD VOUCHER
BOOKINGS MADE: BALLARATTROTtingCLUB.COM.AU

FEATURING

- beat the rap up
- BOUNTY
- DINING ROOM
- EAST INDIA
- MEGA JUMP
- Ballarat Trotting Club
- 3BA

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