



BORONIA K-12 COLLEGE

Newsletter

GET WILD—Tree Adventure



In this issue...

- ⇒ Principal's Report
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- ⇒ Primary Swimming
- ⇒ Wellbeing
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- ⇒ 3/4 Maths

And much more...

Important dates...

All events and excursions have been cancelled or postponed and we will advise of new dates in the future.

Last day of Term 1: Friday 27 March

2.30pm finish

We will advise if this date changes.

Meagan Cook

We are currently experiencing interesting times in our schools. I want to thank those parents that have reached out in support of our school staff and showed that they understand that even teachers (and support staff) are feeling a certain level of anxiety. I have taken the time to remind both the State and Federal Governments that our teachers and support staff are the grandparents, the vulnerable and the people with underlying health conditions that need to be protected.

Today we increased our focus on social distancing, I want to be honest, it is hard. Schools are social places, learning is a social and collaborative endeavour. Learning is not as effective when done in isolation from others. Teachers and support staff are having to re-think their delivery of curriculum, on a daily basis, in order to effectively implement ever changing advice that is being received.

I want our community to know that we are doing everything we can, however some strategies are just not possible in schools and classrooms. Maintaining a 1.5m distance from others is unrealistic for much of the school day.

Staff are also being asked to envisage a time when we *may* need to transition to remote learning, as a *system* we are underprepared and under-resourced for this, as a *school* we are working hard to find a way to ensure this will work for our community.

On Sunday night we were advised that the current school cleaning contracts were appropriate and adequate. In response to this I employed someone to clean "high contact points" throughout the College every evening.

Yesterday it was announced that extended and additional school cleaning would also be provide by the DET and it was to occur immediately. This cleaning is to be progressive throughout the day to ensure that risk of transmission is reduced. It will complement what we have already put in place.

We were also informed that DET were delivering hand sanitisers to schools. Whilst we welcome this initiative (and the additional cleaning) it is a pity that it is born out of pressure placed on the DET by School Leaders, Staff and Unions. We are yet to see our delivery.

The upside of all of this is the resilience and commitment being shown by our whole community. When I reflect on this time last year, I am reminded of how, as a community, we continue to demonstrate our resilience and draw together (not literally right now) and gain strength from each other. So thank you again for the way you are supporting us (all staff at Boronia K-12 College) and each other, in what can only be described as, uncertain times.

The way my staff, our students and families are responding leaves me feeling grateful, not every school leader is this lucky and I know it!

Stay safe, healthy and grateful for all that we do have.

Meagan Cook

Principal

A student has written a song that I wanted to share in the Newsletter:

Dear School!

Thank you, Thank you, Thank you for helping... me every day (well not every day) but you still help.. me! You are teaching us, we are here to learn every day, forever until we finish school.

Lachlan T - Year 1/2b

PRIMARY LEADERS



Year 6 College Leaders Report

At the beginning of March at Assembly the leaders of our school (S.R.C, House captains, Environmental Leaders, Theatre Technicians and Year 6 College Leaders) received their leadership badges.

Everyone was very excited to receive their badges for their leadership positions, which they all worked very hard to get. We had our Principal Team (Ms Cook, Mr Scammell and Ms Tanner) to present the badges. It was a very special moment for our leadership team. We look forward to having a great year and making positive changes to our wonderful school.

By, Maggie, Lashana and James



House Leaders



Theatre Tech Leaders

ELEVATE EDUCATION

Elevate Education.:

Who are they and what do they do?

Since 2001, Elevate has been transforming the way study skills programs are run across Australia. Drawing upon over 15 years of research into the habits of the country's top students, Elevate's high impact seminars & workshops help students improve their study techniques, increase motivation, build confidence, and lift exam performance.

Elevate's reputation for achieving behavioral change has led the company to become an international leader in education, working with over 1500 schools and 350,000 students in the UK, USA, South Africa and Singapore.

Elevate have been working with our students for approximately 4 years now and have completed their first 2020 sessions with students in Year 7 -10. The one hour lesson varies in content across each year level and is tailored so that each year the program material adds to the bank of skills taught in the previous 12 months.

As part of the recent program, Year 7 students were presented with Study Skills strategies including Dynamic Reading, Formatting of notes and Mind Mapping. Yr 8 students focused on time management incorporating homework, revision and test preparation, whilst Year 9 students practiced a variety of memory tips and skills. Our Yr 10 students have had the benefit of several years' worth of techniques and strategies and their program on this occasion was centered on effective note taking and preparing for assessment.

The feedback collected from students at the end of each session is always positive with over 90% of students stating that they thought the seminar was time well spent and that they would recommend the seminar to their peers. Comment and feedback students include the following:

- **Miranda** – “Loved it. Taught me heaps of useful tips”.



- **Caitlan** – “I learnt that a lot of time is wasted when taking notes and there are better ways to take notes”.
- **Bella** – “I like it because it makes note taking easier”.

A reminder to parents and students that the elevage student website has a number of free and useful resources to assist students in areas such as study timetables, note taking templates and practice exam questions.

<https://austudent.elevateeducation.com/>

Finally, a tip for parents from the experts at elevage around this age old question.

[Should my child be listening to music while studying?](#)

Previous research has found numerous benefits to listening to music before performing a task – it improves attention, memory, and even mental math ability. It has also been found to alleviate depression and anxiety. However, the more realistic scenario is that students will study or do homework while playing “background music.” Research from the University of Dayton found that students performed better at spatial and linguistic processing if Mozart was playing in the background. So maybe having instrumental music can help performance, since it doesn't have any distracting vocals.

Kathryn Middleton

Assistant Principal Secondary

GET WILD



Students have been immersed in a range of outdoor experiences to compliment their theory learning in class. Students have been studying areas such as risk assessments, motivations, route planning, maps and technology. All of these areas have been linked directly to the outdoor activity, giving students an authentic learning experience of what it is like to both plan and participate safely in the outdoor environment. Here are students enjoying their time at the 1000 Steps, and Bushwalking .



STATES OF MATTER

The Year 3/4 classes currently studying States of Matter in their STEAM classes.

Solids, Liquids and Gases are all States of Matter.

Learning Intention-

- To identify the characteristics of States of Matter.
- To understand how each state differs from one another.
- To understand how change in temperature can change a liquid to a solid state through conducting an experiment.



On Thursday in STEAM we learnt how to change a liquid in to a solid without a freezer. Many of us were wondering how orange juice was going to turn into a solid. We followed the instruction step by step still wondering if was going to work. It did work!

In case you were wanting to try this at home with an adult to help out, here are the steps.

Materials needed:

- 1 small snap lock bag
- 1 large snap lock bag
- A cup of juice (any juice is fine)
- Ice
- 1 cup of salt

Method:

- Have a small snap lock bag ready.
- Have your juice ready
- Pour the juice in to the small snap lock bag and seal it carefully. Make sure you get as much air out as you can,
- Get 2-4 cups of ice and put it in to the large snap lock bag. If you think you need some more you can always add more.
- Put you juice snap lock bag in to the bag that contains the ice.
- Get the cup of salt and sprinkle it on the ice and move the ice around to mix the salt in with the ice. Seal the large snap lock bag making sure you get as much air out as you can. Make sure the salt and ice mix is covering the juice. This makes sure the juice can freeze.
- Wait 10 minutes and when it has been ten minutes you should end up with a frozen juice that looks like ice.



It was very fun and educational. Enjoyed making. Charli Grade 4

STEAM OBSTACLES

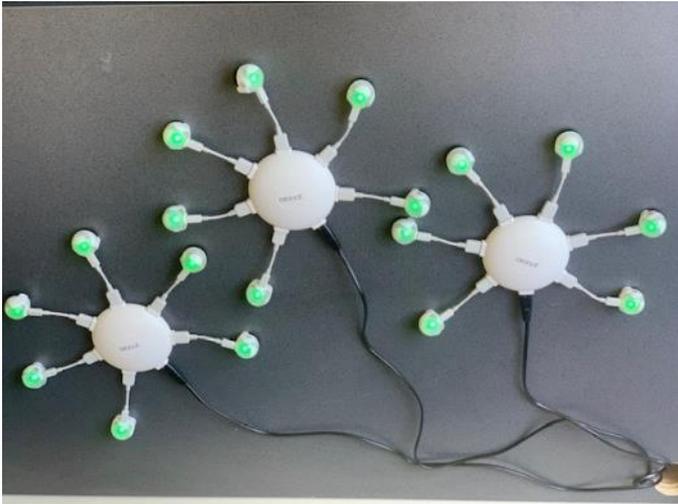
In Year 5/6 STEAM we have made obstacle courses, with the aim of a small foam ball to get from one point of the board to the other, going through a series of obstacles that could make the ball slow down. We weren't allowed to touch the ball with our hands so we needed to use hills, gates and springs to keep the ball rolling with enough momentum to get the ball to finish on a hill and not stop before it.

We learnt about forces of motion and different strategies to overcome the obstacles.

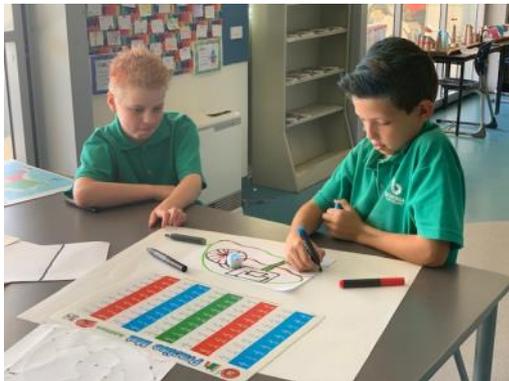
I learned a lot while doing this project, and can't wait to see what our next project is. - [Maggie](#)



STEAM OZBOTS



In STEAM we have been doing Robotics as part our Digital Technology area of Learning of Robotics. We got to play with tiny, cute and smart robots called Ozobots. With the Ozobots I worked with a partner and we drew lines so the sensors on the robot could follow it. By the end we had a full obstacle course with different colours and codes meaning different speeds and moves that the robot would do. I had so much fun and I can't wait for the next STEAM lesson with Miss Williamson in STEAM. - [Lashana](#)



Important Dates

At this time, all events and excursions in the near future have been cancelled or postponed until further notice.

We will notify you when we are able to reschedule.

At this stage, the last day of Term is still Friday 27 March with a 2.30pm finish. If this changes, we will notify you via Compass.

Privacy Policy

<https://bit.ly/2vQbBeM>

Please go the above link for information on our Privacy Policy. This can also be found on our website.

LENGTH

Length Investigation

In 3/4 we have been developing our skills around accurate measurement using appropriate tools and recording answers using the correct unit of measurement. We loved this investigation that involved moving around all 3/4 classrooms to measure various lines of different lengths. Some were even curved which made for quite the challenge...



What is length?

'How long something is.'- Caitlin

How can I measure the curved lines accurately?

'You could use string. Cut it to size and then measure the string.'- Mia H

When measuring the lines, what did you need to think about?

'Using my finger to keep track while using the ruler.'- Dante

'Start at the zero.'- Xavier

Did you enjoy this activity? Why? What learning did you do?

'I liked it because I can see all the connections between our learning.'- Kai

'I liked it because I learnt something new. Measuring curved lines with string.'- Noah



Sport Coaching

Year 10 Sport Coaching students have been teaching the Year 1/2 students activities and games that focus on improving their fundamental movement skills. Student carefully plan the lesson and then teach their activities to smaller groups of Year 1/2 students.



Primary Division Swimming



The last few weeks has been busy for the Primary Swimmers. After the College Swimming Carnival on Thursday 13 February, 20 Year 3-6 students represented Boronia K-12 College in the Scoresby District Swimming Carnival. It was a terrific day, with the team finishing 5th out of the 8 teams competing. We were also lucky enough to have 6 students finish in the top 2 of their "A" grade events and qualifying for the Division Competition. It was also great to see so many families at the event, cheering the students on.

On Wednesday, 4 March the 6 students headed to Aqua Nation, Ringwood to compete in the Knox Division Swimming Carnival. A huge effort to make it to a competition against some of the best swimmers from the 38 schools in the Division. A huge congratulations to:

Kasey B – 6th in Freestyle

Myra S – 5th in Freestyle

Matthew J – 3rd in Breaststroke

Josh C, Wil D, Thomas H & Matthew J – 4th in 4x50m Freestyle Relay.

An extra special congratulations to Matthew who also came 1st in his Freestyle event, qualifying him for the Eastern Metro Regional Swimming Championships on Friday, 13 March. We all wish you the best of luck Matt, the College community is behind you. Thank you to all parents who attended the event to support the students and who also transported students to and from the event!

Primary District Swimming



An extra special congratulations to Matthew who also came 1st in his Freestyle event, qualifying him for the Eastern Metro Regional Swimming Championships on Friday, 13 March. Thank you to all parents who attended the event to support the students and who also transported students to and from the event!

Primary Regional Swimming



Congratulations to Matthew J who represented Boronia K-12 College in the Eastern Metropolitan Regional Swimming Championships. Out of 16 competitors, Matthew came 6th in his 11 year old Freestyle event which is an incredible achievement. Well done Matthew!!

ARCHERY



Who is the Wellbeing Team and what do we do?

The Wellbeing team consists of

- **Adrienne Tanner;** Assistant Principal of Wellbeing and Inclusion
- **Nicole Costa,** Student Wellbeing Co-ordinator/ School Counsellor
- **James Latu,** Youth Worker
- **Deborah Ellis,** Adolescent Health Nurse (Monday and Thursdays)
- **Chloe Flint,** Chaplain (Wednesday and Friday's)

As a team we have been working on making wellbeing services much more accessible and creating a wellbeing culture that is inclusive and supportive.

What type of issues can wellbeing help your child with?

- Anxiety
- Struggles with social relationships
- Emotional regulation (e.g. anger)
- Engagement with education (e.g. difficulty getting your child motivated to come to school)
- Family concerns (e.g. family breakdown)

What if my child has the following issues?

- Depression
- Severe anxiety
- Anger management issues
- Bereavement
- Drug and alcohol concerns

If you hold any of the above concerns, the wellbeing team are here to support you and your child get the appropriate assistance by linking you in with external agencies.

Here is a quick reminder of the services and supports the wellbeing team can offer:

- Counselling (short term)

- Doctors in Secondary School's Program at School on Tuesdays.
- Yarra Valley Psychology at school on Wednesdays
- Student Support Services Officers (Educational Psychologist, Speech Therapist and Social Worker)
- Support for students that may be disengaged or at risk of disengagement from education
- Support for families with students with disabilities
- Supporting our Koori students
- Breakfast Club each morning 8:20am – 8:50am in the Performing Arts Centre
- State School's Relief for families to receive uniform assistance
- Wellbeing based programs that support our students with issues such as self-esteem, friendship issues and emotional regulation
- Working actively with our students to workshop ideas and plans around bullying and mental health concerns

Who do I contact if I have concerns about my child's wellbeing?

It is best to raise the issue with your child's classroom or homeroom teacher and they will pass this information onto sub-school leaders for a member of the wellbeing team to begin the process of setting up supports for your child at school or in the community.

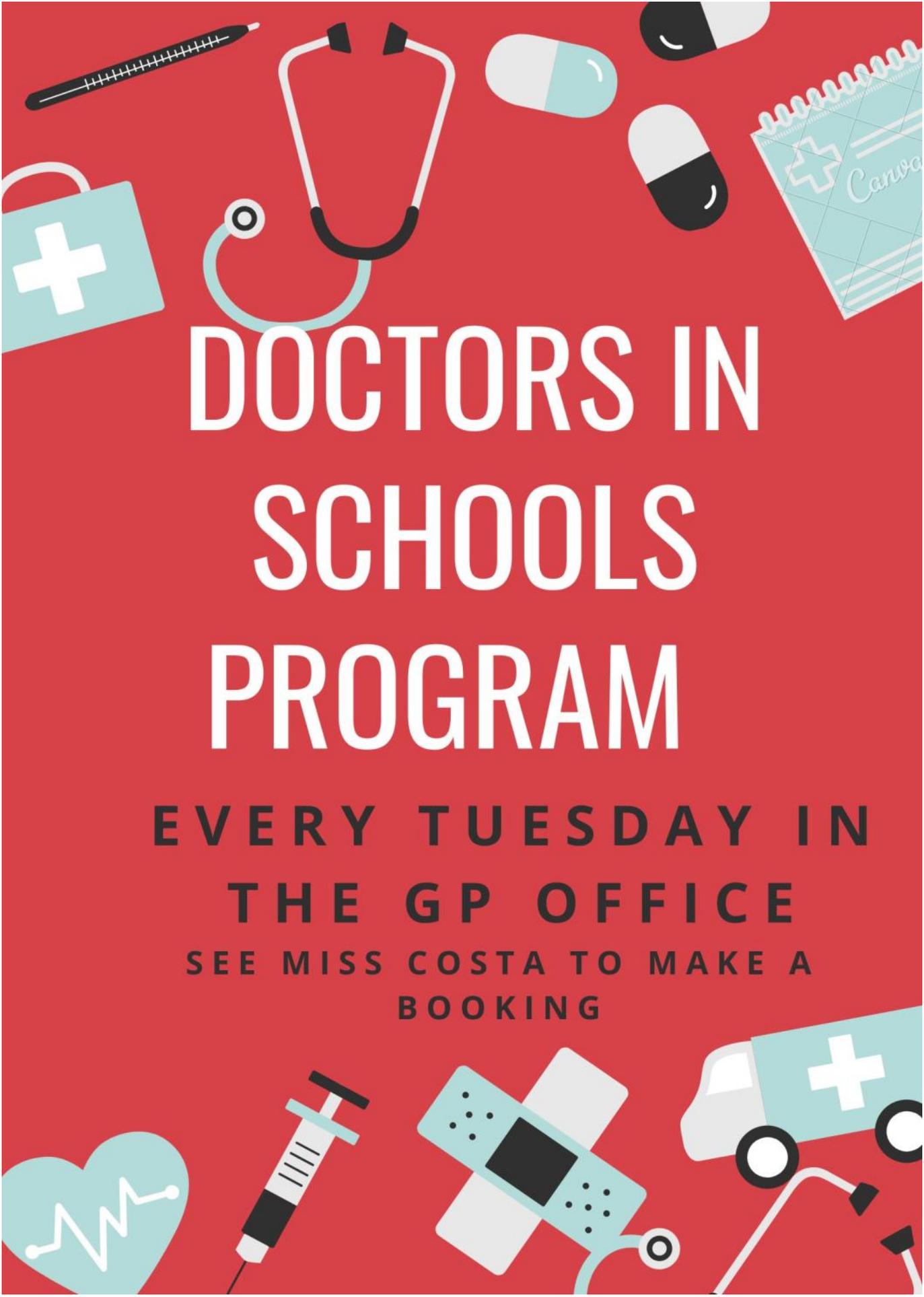


SCHOOL BREAKFAST CLUBS

WHERE: Performing Arts Centre : 8:20-8:50am

WHEN: Monday and Wednesday - Cereal, fruit and
oats
Tuesday and Friday - Toast, cereal, fruit and
oats
Thursday - 'Toastie Thursday'





DOCTORS IN SCHOOLS PROGRAM

**EVERY TUESDAY IN
THE GP OFFICE
SEE MISS COSTA TO MAKE A
BOOKING**

Dr Jason Tang

Dr Jason Tang is an Australian trained General Practitioner. He graduated with a Bachelor of Pharmacy degree (Monash University) and worked as a registered pharmacist prior to completing a Bachelor of Medicine/Bachelor of Surgery (University of Sydney). He enjoyed his medical training and obtained a wide spectrum of experience at Sydney's Westmead Hospital and at Monash Health in Victoria. He then pursued his training in General Practice in Gippsland Victoria and became a fellow of the Royal Australian College of General Practitioners.

Dr Tang's passion lies in:

- Chronic Disease Management
- Women's Health
- Sexual and Reproductive Health



Family Planning

He appreciates the importance of psychosocial aspects of health care. This includes promoting the understanding of health conditions and treatments, ensuring good mental health and working together with his patients to achieve holistic and optimal health outcomes. He also utilises his previous experience as a pharmacist to ensure appropriate and optimised medication management. As new medical treatments are constantly being developed, he aims to stay updated with evidence-based medicine to ensure that his patients can receive the best and appropriate care.

Dr Tang has attained the Certificate of Women's Health as well as a Diploma of Child Health. During his time in Gippsland, he also cared for adolescent patients with mental health or gender identity difficulties as well as patients from Headspace.

Dr Tang enjoys spending time with his young family. He has two sons, aged 3 years and 6 months old respectively. In his spare time, he loves to cook and explore different cuisines.

Languages: English, Mandarin

Amelia

Hi there ALL!

My name is Amelia I will be your new nurse for this year! I am super excited to meet you all.

I am newly graduated and entering my second year of nursing this year. My interests and passions lie in Adolescent Mental Health, Fertility and IVF.

My hobbies consist of going out with my friends and watching movies with my partner at home. I have a puppy named Archie who is super cheeky however he loves to go for a walk and play with anyone he meets!

I know it can be difficult going through health problems as a teen and I know that sometimes it can be difficult to share these things with another person. Please don't hesitate to come to me with anything at all. I am here to help and support YOU through whatever it is that you need.



LET'S TALK—A WELLBEING INITIATIVE

“Imagine if I can talk about my problems without being ignored, judged, humiliated or punished”

Today Helplines are receiving record numbers of calls and contacts each year and Mental Health budgets and Psychosocial Health Practitioners are increasing with more awareness about mental illness and focus on well-being than ever before. Despite this greater effort and increase in resources, the question beckons “why is there is an increasing trend in mental illness and suicide?”

“Suicide remains the leading cause of death for Australians aged between 15 and 44”. Lifeline Australia.

A fundamental human need for survival apart from the air, food, water and shelter is the need for authentic connections to give us a sense of belonging. The lack of authentic and deep connections is seeing many of our everyday concerns escalating from worry and sadness to depression, anxiety and even suicide.

Many of us struggle to connect with our family, friends and community during difficult times given the stigma associated with some social issues and mental illness. The fear of being ignored, judged, humiliated or punished in some cases are stronger than the will to ask for help. Talking about a problem is sometimes seen as a weakness leaving people with little choice but to carry their burden alone and in silence.

“The stigma surrounding mental illness, including depression, remains a barrier to people seeking help throughout the world. Talking about depression, whether with a family member, friend or medical professional, helps break down this stigma, ultimately leading to more people seeking help”. WHO

<https://www.who.int/campaigns/world-health-day/2017/toolkit.pdf>

In Term 2 Boronia K-12 College will be launching the **Let’s Talk Program** across the College. Let’s Talk provides a framework to begin conversations with students that are struggling emotionally. We began this program in response to a growing community need around mental health. We believe if we begin these conversations early with students then we may prevent them from escalating into significant problems later on. A group of staff have been trained as Mentors. The Mentors have been trained to ask the right questions and to respond in the most appropriate way.

The Let’s Talk Program will help to:

TALK

with

CARE

Tell	When someone is in distress and by	Connecting	With them, encourage to tell their concern
Acknowledge	Them and their concern	Accepting	That their concern is important to them
Listen	To their concern by	Respecting	What they have to say
Keep in Touch	To provide support by	Empowering	Them to work on resolving their concern

The Mentors are looking forward to implementing the program and upskilling more staff to use the framework to have these conversations with our students.

THE Let's Talk MENTORS



From the Wellbeing Team

James Latu, Nicole Costa and Adrienne Tanner



TERTIARY INFORMATION SERVICE IMPORTANT EVENTS

2020



JANUARY

- SATURDAY 18**
Collarts Open Day
- MONDAY 20**
Victoria University, Footscray Park Campus
1:1 Consultations
- TUESDAY 21**
Victoria University, Footscray Park Campus
1:1 Consultations
- WEDNESDAY 22**
Victoria University, Footscray Park Campus
1:1 Consultations
- THURSDAY 23**
Victoria University, Footscray Park Campus
1:1 Consultations
- Holmesglen Open Day
- FRIDAY 24**
Victoria University, Footscray Park Campus
1:1 Consultations

FEBRUARY

- FRIDAY 14**
Swinburne University CP Seminar
- WEDNESDAY 19**
Deakin University
Career Practitioner Seminar
- TUESDAY 25**
CQU Campus Forum
(Career Practitioner Seminar)

MARCH

- THURSDAY 12**
Holmesglen Open Day
- FRIDAY 20**
RMIT Career Adviser Seminar

APRIL

- FRIDAY 3**
La Trobe University Experience Clever
(Melbourne Campus)
- FRIDAY 17**
Victorian Careers Show
- SATURDAY 18**
Victorian Careers Show
- TUESDAY 21**
South East LLEN Careers Expo and
Try-A-Trade
- THURSDAY 23**
Melbourne Polytechnic Careers
Practitioners Day
- FRIDAY 24**
Victoria University Career Practitioners
Seminar, St Albans Campus
- THURSDAY 30**
VCE and Careers Expo

MAY

- FRIDAY 1**
VCE and Careers Expo
- SATURDAY 2**
VCE and Careers Expo
- SUNDAY 3**
VCE and Careers Expo
- THURSDAY 7**
BKG Careers and Industry Expo
- Holmesglen Open Day
- La Trobe University Careers Conference
- FRIDAY 8**
Collarts Career Practitioner Seminar
- WEDNESDAY 13**
CSU Career Practitioner Seminar
(Wagga Wagga Campus)
- THURSDAY 14**
CSU Career Practitioner Seminar
(Albury Wodonga Campus)
- FRIDAY 15**
William Angliss
Career Practitioners Seminar
- SATURDAY 16**
Collarts Open Day
- SUNDAY 17**
RMIT Flight Training (Bendigo)
- MONDAY 25**
Chisholm Open Night
- THURSDAY 28**
ACU Melbourne Advisory Conference
- FRIDAY 29**
Bendigo Kangaroo TAFE
Career Advisers Seminar

JUNE

- FRIDAY 5**
Monash University Career Practitioner Seminar
- WEDNESDAY 10**
University of Melbourne Career Practitioner Seminar
- THURSDAY 18**
Holmesglen Open Day
- FRIDAY 19**
Box Hill TAFE CP Seminar

AUGUST

- SATURDAY 1**
Monash University (Peninsula Campus) Open Day
- SUNDAY 2**
Monash University (Clayton and Caulfield
Campuses) Open Day
- Deakin University (Geelong Warrn Ponds
and Waterfront Campuses) Open Day
- La Trobe University Open Day
(Melbourne Campus)
- RMIT Open Day (Bundoora Campus)
- TUESDAY 4**
Chisholm Open Night
- THURSDAY 6**
Holmesglen Open Day
- FRIDAY 7**
La Trobe University Open Day
(Shepparton Campus)
- SUNDAY 9**
ACU (Melbourne Campus) Open Day
- Australian College of Applied Psychology
- Deakin University (Warrambool Campus) Open Day
- The Gordon TAFE Open Day
- RMIT Open Day (City and Brunswick Campuses)
- CSU (Wagga Wagga Campus) Open Day
- WEDNESDAY 12**
La Trobe University Open Day (Mildura Campus)
- THURSDAY 13**
CQU (Melbourne Campus) Open Day
- SUNDAY 16**
Federation University (Ballarat, Berwick and
Gippsland Campuses) Open Day
- Monash University (Parkville Campus)
Open Day
- University of Melbourne Open Day
- La Trobe University Open Day
(Albury-Wodonga Campus)
- Victoria University Open Day
- CSU (Albury Wodonga Campus) Open Day
- SUNDAY 23**
Deakin University Open Day
(Melbourne Burwood Campus)
- La Trobe University Open Day (Bendigo Campus)
- RMIT Flight Training (Bendigo)
- SATURDAY 29**
Collarts Open Day
- SUNDAY 30**
ACU (Ballarat Campus) Open Day
- RMIT Flight Training (Point Cook)

JULY

- WEDNESDAY 8**
La Trobe University Experience
Clever (Bendigo Campus)
- SUNDAY 26**
Swinburne University Open Day
- TUESDAY 28**
BBLLEN Job Skills Expo

SEPTEMBER

- THURSDAY 10**
Holmesglen Open Day

OCTOBER

- Thursday 15**
Holmesglen Open Day
- FRIDAY 23**
Holmesglen Career Practitioner Seminar

NOVEMBER

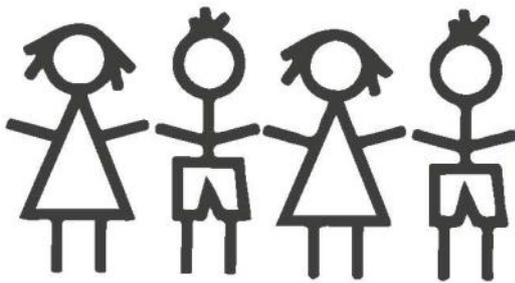
- THURSDAY 26**
Holmesglen Open Day

DECEMBER

- MONDAY 14**
Chisholm Open Night



Any enquiries please email tisinformationsservices@gmail.com or visit tis.org.au



TRADING HOURS

Monday to Friday:
9:00am – 7:00pm

Saturday:
9:00am – 5:00pm

Sunday:
10:00am – 5:00pm



Proud Sponsors of the
**Boronia
K-12 College**
Breakfast Club

PRESENT THIS VOUCHER FOR

20% OFF

Fragrances

During March, April & May 2020 ONLY



Always at the centre of your health

Shop 20, Dorset Square, Boronia