

Newsletter

12th Edition

17 December 2019

The right to learn.

The right to be treated with respect.

The right to be safe.

PRINCIPAL'S REPORT

MS HELENE HIOTIS, PRINCIPAL

"Being the best you can be"



Last week our Year 12 students received their results. As I have stated on many occasions, VCE and the attainment of an ATAR is not the only part of the education provided at our school. With students aspiring, indeed committed, to attend university, the ATAR, and therefore the exams, are very important and symbolise the conclusion of secondary schooling. However, we should always maintain perspective when considering the idea of success at school. That four-digit number called an ATAR has a shelf life of about five weeks; it ceases to be important when first round university offers are made.

An even more important symbol of the school's success, and a celebration of both individuals and the community, is Presentation Night. Held last night we gathered at Kingston Town Hall. The awards presented on the night reflected the diversity of talent in the school and celebrated some amazing achievements, including performances from our talented students. We congratulate our student DUX Brittany Fischer.

As the end of the year draws closer, I would like to thank the Bentleigh College Community for your support and encouragement. I wish everyone a safe and happy holiday and my best wishes for the festive season.

School photograph packages have been distributed to all year levels by Co-ordinators or sent home by post if your child was absent. If you do not have an envelope, spare ones can be collected at the General Office.

School photos will be taken on Wednesday, January 29, 2020 for Years 7, 11 and 12 students and Staff only, and Thursday January 30, 2020 for Years 8, 9, 10 and students including Student Leadership Groups. Students **must** be in summer school uniform.

Starting dates for 2020: Meet at 9am in designated areas listed below.

The Finance and General Office will open on Tuesday January 28, 2020.

Wednesday January 29, 2020.

Year 7 Assembly in the PAC,
Year 10 in S01/S02 (old Gym),
Year 11 in S03/S04 (new Gym) and
Year 12 in the Piazza @ 8:30am for Group Photo.

IMPORTANT DATES ON PAGE 12

Thursday January 30, 2020.

Years 8 and 9 Assembly in S01/S02 (old Gym) and
all other classes to Home Group.

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ASSISTANT PRINCIPAL REPORTS

MS LEANNE WINFIELD, WELLBEING AND PATHWAYS

We have had a productive beginning to the Year 10 Learning Leadership Program in Early Commencement. Students are considering their qualities and interests such as courage, leadership, trustworthiness and redemption. They have also been organising their work experience which will take place in the last week of Term 2. At the year level assembly five of our new Year 11 students spoke to the new Year 10 students about the interesting work experiences that they completed this year.

Next year, Year 10 students will use the Morrisby Survey Report that they completed and they will develop 'My Career Portfolio' as well as attend a performance of 'The Crucible' (for English) and the first groups will start the Youth Mental Health First Aid course. The Learning Leadership course covers areas such as Leadership, Careers, Health, Respectful Relationships and Pathways.

The Moorrooboon Positive Education Centre is located near the Clarence Street entrance to the school. Our Wellbeing Programs have met the needs of students dropping by for support, along with referrals and also through a number of proactive programs, such as the Raise Mentoring Program which will continue next year, the BOLD program and the Girls' Program. The team also works to support students with learning differences, proactive social skills and managing challenges. This year Mr Davis has run a number of Mindfulness and Meditation sessions for Year 10 students as part of this years' Careers and Mentoring Program. Thank you to our wonderful staff who do amazing work supporting our students: Mr Davis, Ms Parker-Vukusic, Ms Tauber-Ifergan, Ms Cassar and our school nurse, Ms Marsh. We have also had a number of trainee counsellors and psychologists and we greatly appreciate their input to the program as well.



MS SCHY PREWETT, CURRICULUM, FEEDBACK AND PRACTICE

The past month has been a flurry of activity. On Monday our Presentation Night was a time for us to celebrate the young people in our school, who worked so hard to be the best they can be. Congratulations to all the students who were presented with an award. Year 12's also received their VCE certificates Monday evening, congratulations to our Year 12's on their results.

In this final week, the teachers will be participating in some professional learning including working with Tracey Ezard who is an expert in Growth Mindset, developing leaders and creating cohesive teams. Tracey's recent work has been on creating High Performance Teams: Creating 21st Century Teams that Thrive. In a fast paced and dynamic world, our ability to form teams quickly and connect to the work is critical. Tracey helps teams form the glue that will get them extraordinary results - the glue of collaboration, learning and trust. You can find out more about her work here - <https://www.traceyezard.com/>

On Thursday some staff will undertake their First Aid training which is another essential element of our work. Staff have undertaken an online module and before completing an assessment of 122 questions covering everything from snake bites to heart attacks. This training will be in addition to the compulsory training we undertake every year in areas such as Anaphylaxis.

Thank you to all the people who have contributed to another wonderful year at Bentleigh Secondary College. The staff have worked together tirelessly to ensure the best outcomes for our students. The partnerships we have formed with our parent community have been essential in supporting our young people through their educational journey. And of course, our students, you are the reason we do this every day. You matter.



MR MARC KOENIG, ENGAGEMENT AND CONNECTEDNESS

I have been impressed with the positivity shown by students in taking on the challenges of a new year level. Middle School students have their English texts and have been asked to read them over summer. Additional reading just for pleasure is also encouraged. All senior students receive holiday homework. It is imperative that students complete this work and are up to date and ready to start next year.

Students have accepted the new mobile phone policy well with minimal incidents. The Yondr pouches are continuing to be investigated as a viable alternative.

I would like to acknowledge the fantastic work done by the Sub School Team this year.

Head of Wellbeing, Engagement and Leadership (Senior Years 10-12)

Mr Arun Karunaratne

Head of Year 12

Ms Phoebe Lindsay

Head of Year 11

Mrs Jenny Vlahandreas

Head of Year 10

Mr Hayden McLennan

Head of Wellbeing, Engagement and Connectedness (Middle Years 8 & 9)

Mrs Courtney Fraraccio (Sem 1) and Mr Toby Mahoney (Sem 2)

Head of Year 9

Ms Lana Goldstone

Head of Year 8

Mr George Tissera

Head of Wellbeing, Engagement and Transition (Year 7)

Ms Josie Phillips

Head of Year 7

Ms Olivia Sherman

These wonderful leaders worked collaboratively to support students with their learning. They advocated for their cohorts, were approachable and endeavoured to assist with transition to school or beyond, subject selections and help students understand how they learn to maximise potential all the while upholding school values and professionalism. They were well supported by the Wellbeing Team lead by Wayne Davis.

It has been exciting for our students and staff to enjoy using the new stadium. There has been an extra buzz during school tours showing off our completed building project. The new wall covering in the old stadium has been well received and the floor will be repolished in January. That being said additional projects continue. The new bike shed is well underway and scheduled for completion mid January. We were successful in applying for a shade grant. Along with some additional landscaping, this too will be a holiday project providing a sheltered outdoor space looking over the oval. It doesn't stop there with numerous maintenance tasks scheduled, taking advantage of the holiday period.



NEW BIKE SHED UNDERWAY

YEAR 8 ZOO EXCURSION

Mr George Tissera, Head of Year 8

In warm sunshine, the Year 8 students adventured out to Melbourne Zoo for their first excursion as a cohort on Tuesday December 10. Led by Toby Mahoney an intrepid group of terrific teachers, superb staff, and eight classes of students ventured out in explorations. Students were tasked with working collaboratively in-order to complete research and challenge questions in booklets as part of their science classes. Upgraded sections of the Zoo including 'Lion Gorge', 'Australian Bush' and 'Trail of the Elephants' were well received by all students. Golden oldie exhibits the Butterfly House, zebra and giraffe feeding time still resonated well amongst a new generation of students as well.

A particular highlight was the sustainability arts displays educating the wider community on the impact of waste on our vulnerable ecosystem and ways to reduce our impact to the environment at home. Learners explored creatures great and small ably supported by the bustling botanical brilliance of John Karydis and Carrie Bloomfield who had excellent enthusiasm for the environment. As acknowledged by teaching staff, taking learning outside the classroom allows students to relate scientific theory to 'real world' situations and provides them with opportunities to make links with the broader community.

Well done to all students involved on a wonderful day had and whilst we continue to work on collaborative skills, we were impressed with the manner they represented Bentleigh Secondary College. Thank you kindly to all the dedicated teachers and staff for their assistance on the day – Nick Burton, Oliver Dolbey, Abby O'Brien, Arun Karunaratne, Matthew Supree, Robert Wallace, Adrian Willis and Sapphire Zavalianos along with the Year 8 Science team.







MUSIC NEWS

Mr Andrew Albanis, Head of Music

Congratulations to all our students and staff for an outstanding Spring Concert. Our ensembles are living proof of the hard work and dedication. Thank you to all our Year 12 students for their effort and contribution to the Music program, we wish you all the best.

It was an outstanding tour to Torquay for the Symphonic Wind ensemble, Senior Stage Band and the VCE ensemble. Students received a rousing reception wherever they played, inspiring primary school students along the way.

Congratulations to students participating in the Instrumental exams, a special acknowledgement to students who received 80% and above for their exam.





WELLBEING NEWS

The Silent Tragedy Affecting Today's Children, (and what to do about it)

Victoria Prooday, Occupational Therapist.



There is a silent tragedy developing right now, in our homes, and it concerns our most precious jewels - *our children*. Through my work with hundreds of children and families as an occupational therapist, I have witnessed this tragedy unfolding right in front of my eyes. *Our children are in a devastating emotional state!* Talk to teachers and professionals who have been working in the field for the last 15 years. You will hear concerns similar to mine. Moreover, in the past 15 years, researchers have been releasing alarming statistics on a sharp and steady increase in kids' mental illness, which is now reaching epidemic proportions. (APF Note: the statistics cited in the links below are from the US, however this is a world wide phenomenon).

- 1 in 5 children has mental health problems
- 43% increase in ADHD
- 37% increase in teen depression
- 100% increase in suicide rate in kids 10-14 years old

No, "increased diagnostics alone" is not the answer!

No, "they all are just born like this" is not the answer!

No, "it is all the school system's fault" is not the answer!

Yes, as painful as it can be to admit, in many cases, **WE** parents are the answer to many of our kids' struggles!

It is scientifically proven that the brain has the capacity to rewire itself through the environment. Unfortunately, with the environment and parenting styles that we are providing to our children, we are rewiring their brains in a wrong direction and contributing to their challenges in everyday life.

Yes, there are and always have been children who are born with disabilities and despite their parents' best efforts to provide them with a well-balanced environment and parenting, their children continue to struggle. These are NOT the children I am talking about here. I am talking about many others whose challenges are greatly shaped by the environmental factors that parents, with their greatest intentions, provide to their children. As I have seen in my practice, the moment parents change their perspective on parenting, these children change.

What is wrong?

Today's children are being deprived of the fundamentals of a healthy childhood, such as:

- Emotionally available parents
- Clearly defined limits and guidance
- Responsibilities
- Balanced nutrition and adequate sleep
- Movement and outdoors
- Creative play, social interaction, opportunities for unstructured times and boredom

Instead, children are being served with:

- Digitally distracted parents
- Indulgent parents who let kids "Rule the world"
- Sense of entitlement rather than responsibility
- Inadequate sleep and unbalanced nutrition
- Sedentary indoor lifestyle
- Endless stimulation, technological babysitters, instant gratification, and absence of dull moments



Could anyone imagine that it is possible to raise a healthy generation in such an unhealthy environment? Of course not! There are no shortcuts to parenting, and we can't trick human nature. As we see, the outcomes are devastating. Our children pay for the loss of well-balanced childhood with their emotional well-being.

How to fix it?



TheirCare, your quality out of school hours care provider
Talk to us about how we can make a difference to your School and Community – Steve 0438 390 300

If we want our children to grow into happy and healthy individuals, we have to wake up and go back to the basics. It is still possible! I know this because hundreds of my clients see positive changes in their kids' emotional state within weeks (and in some cases, even days) of implementing these recommendations:

Set limits and remember that you are your child's PARENT, not a friend.

Offer kids well-balanced lifestyle filled with what kids NEED, not just what they WANT. Don't be afraid to say "No!" to your kids if what they want is not what they need.

- Provide nutritious food and limits snacks.
- Spend one hour a day in green space: biking, hiking, fishing, watching birds/insects
- Have a daily technology-free family dinner.
- Play one board game a day. (List of family games)
- Involve your child in one chore a day (folding laundry, tidying up toys, hanging clothes, unpacking groceries, setting the table etc)
- Implement consistent sleep routine to ensure that your child gets lots of sleep in a technology-free bedroom.

Teach responsibility and independence. Don't over-protect them from small failures. It trains them the skills needed to overcome greater life's challenges.

- Don't pack your child's backpack,
- don't carry her backpack,
- don't bring to school his forgotten lunch box/agenda,
- and don't peel a banana for a 5-year-old child. Teach them the skills rather than do it for them.

Teach delayed gratification and provide opportunities for "boredom" as boredom is the time when creativity awakens:

- Don't feel responsible for being your child's entertainment crew,
- Do not use technology as a cure for boredom,
- Avoid using technology during meals, in cars, restaurants, malls. Use these moments as opportunities to train their brains to function under "boredom",
- Help them create a "boredom first aid kit" with activity ideas for "I am bored" times.

Be emotionally available to connect with kids and teach them self-regulation and social skills:

- Turn off your phones until kids are in bed to avoid digital distraction,
- Become your child's emotional coach. Teach them to recognize and deal with frustration and anger,
- Teach greeting, turn taking, sharing, empathy, table manners, conversation skills,
- Connect emotionally - Smile, hug, kiss, tickle, read, dance, jump, or crawl with your child.

We must make changes in our kids' lives before this entire generation of children will be medicated!
It is not too late yet, but soon it will be... - Victoria Prooday



IMPORTANT DATES

- 27 Jan AUSTRALIA DAY**
- 28 Jan Staff Commence
Curriculum Day 1
- 29 Jan **WELCOME BACK to Term 1, 2020**
Years 7, 10, 11 and 12 Commence
School Photos, Years 7, 11, 12 and Staff
Year 7 Devices Distributed @
3:30pm
- 30 Jan Years 8 and 9 Commence
School Photos, Years 8, 9 & 10
House Assembly
Year 7 House Activities Pd 5 & 6
- 3 Feb Year 7 Music Recruitment Day in
PAC Pd 1-4
Years 8-12 Instrumental Lessons
commence
- 4 Feb Whole School Welcome Assembly/
House Assembly after HG
Year 7 Music Recruitment Night
7pm in PAC
- 5 Feb House Swimming Carnival 9:15am
@ Carnegie Pool
- 7 Feb School Tour 9:15am
- 10 Feb Bands Commence Rehearsing
House Chorals Incursion Pds 1-6
- 11 Feb School Tour
- 12-14 Year 7 Camp to Marysville
Feb
- 18 Feb School Tour 9:15am
- 19 Feb School Council
- 21 Feb School Tour 9:15am
- 25 Feb School Tour 9:15am
- 28 Feb School Tour 9:15am

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RECYCLED

Uniform Shop



**TERM 1, 2020
DATES OPEN**

**31 January, 28 February
& 27 March**

"Cash Only"

8.00am - 8.45am
Performing Arts Centre Foyer
(Enter via left hand side gate)

Donations of unwanted school items are
always needed and can be left at Reception.

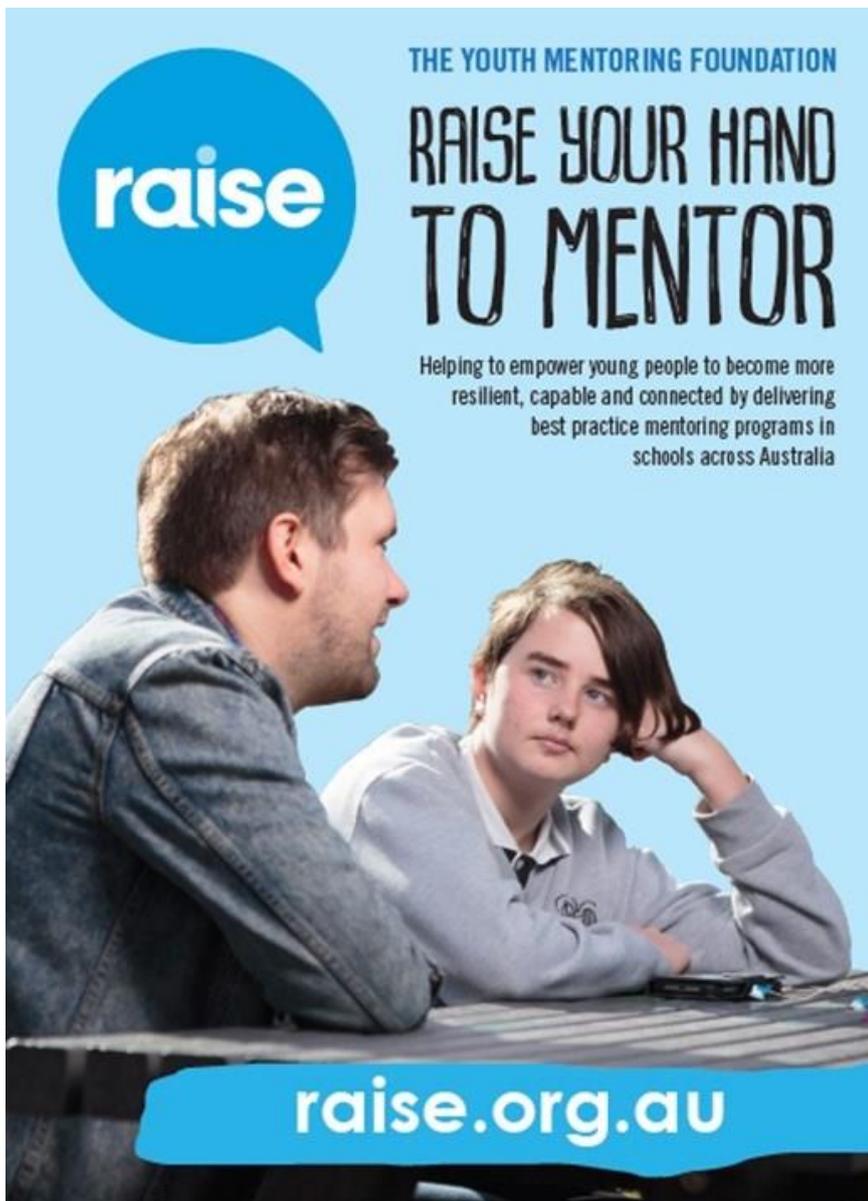
CLASSIFIEDS



Do you, or someone you know, like to volunteer your time to mentor in a local high school in 2020?

Raise Foundation, a not-for-profit mentoring organisation, is urgently recruiting volunteers from our local community to become a mentor for students in our school, and other local high schools. The programs run from March through to September for two hours per week. Raise measures the impact of its mentoring programs and statistically significant outcomes include increased confidence and resilience, ability to set goals, coping skills, hope for the future and asking trusted adults for help. Raise Mentors also benefit by contributing to the community, gaining improved listening and parenting skills through free mentor training, and connecting with the younger generation.

Head to www.raise.org.au/volunteer to sign up or get more information.



CLASSIFIEDS

Bentleigh Secondary College School Council recognises the following organisations for their support in 2019:

Australian Defence Force (ADF)

Bendigo Community Bank Murrumbeena Branch

Bentleigh Moorabbin Central Rotary Club

Bentleigh RSL

B'nai B'rith Melbourne Mitzvah Lodge 'Making a Difference'

Caltex

Campion Education

City of Glen Eira

Intha Chetty

Nick Staikos MLA

Nuline Charter Pty Ltd

PSW

Ritchies IGA

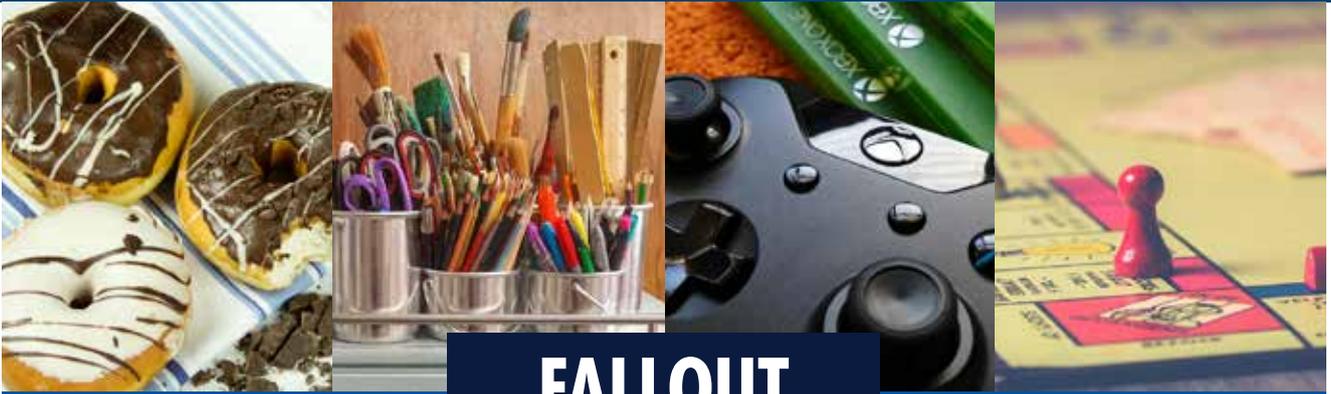
Rotary Club of Moorabbin

Victorian Government

Happy Holidays



CLASSIFIEDS



FALLOUT YOUTH COMMUNITY EVENT

*Moorabbin police have partnered with Highett Neighbourhood Community House to develop a **FREE** school holiday program for young people aged 12 to 18.*

WHEN

Friday, 17 January 2020

TIME

3:00pm – 6:00pm

WHERE

Highett Neighbourhood
Community House
2 Livingston Street, Highett

RSVP

By Friday, 10 January
to office@highett.org.au
or **9555 3797**

ACTIVITIES INCLUDE

- LAN tournaments
- VR experiences
- Modern board games
- Arts and crafts
- Music
- Indoor sports
- Pizza and donuts!

Parents and/or carers are encouraged to attend and join in on the activities.



VICTORIA POLICE



GLEN EIRA MULTICULTURAL YOUTH NETWORK

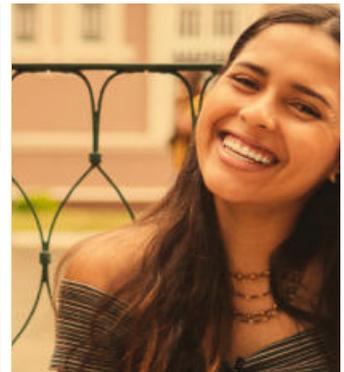
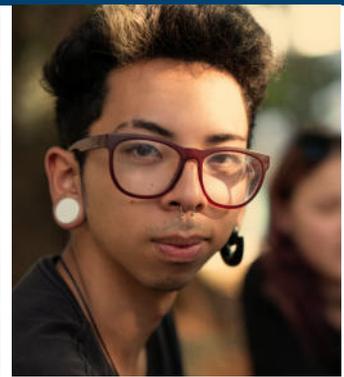
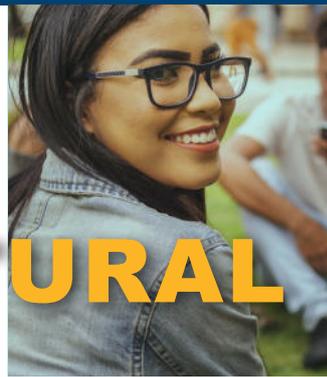
Help explore the challenges facing multicultural young people in Glen Eira.

The Multicultural Youth Network will provide advice to Council and will explore the experiences that young people have living in Glen Eira.

Members will include young people aged 16 to 25 from a range of faiths, cultures and backgrounds who live, work or study in the City of Glen Eira.

If you're an international student, born overseas or newly arrived and want to make a difference in your community — we would like to hear from you.

For more information or to register, contact Glen Eira Youth Services on 9524 3676 or email youthservices@gleneira.vic.gov.au



City of GLEN EIRA **YOUTH SERVICES**  

GLEN EIRA CITY COUNCIL Bentleigh Bentleigh East Brighton East Carnegie Caulfield Elsternwick Gardenvale Glen Huntly McKinnon Murrumbeena Ormond St Kilda East