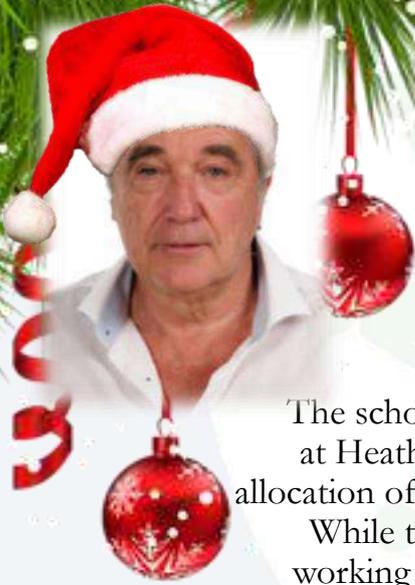


**Last day of Term 4 is Fri 22 Dec  
early finish 1.50 pm (NOT 2.50 pm)**



## Paul Hills

a word from our Principal..

The school year is nearly at an end and still things are happening at Heatherwood. There has been the end-of-year breakups and allocation of students to their new rooms to meet with their 2018 teachers.

While there has been some disruption with students and staff working out of different rooms, everyone has adapted very well and need to be thanked for their willingness to accept change.

The graduation evening was extremely successful. It was an important opportunity for both staff and parents to reflect back on the student's time at Heatherwood and on the growth of the students into the terrific young adults that were graduating. It was also a time to thank the families who had entrusted their young people to Heatherwood School and we hope that we have contributed to preparing the graduates to make the most of the opportunities and challenges the future presents. The removal of the portables signifies the beginning of the building process to occur during 2018 and regular updates will be provided as to its progress.

**Thank you for the support and assistance the school community has provided throughout**

**the year and as I always say and will repeat again, the school and its community need to work in partnership to provide the best outcome for our students. Finally I would like to wish everyone a peaceful, safe and restful Christmas and New Year and hope everyone is looking forward to making the most of the opportunities 2018 will provide.**

Date	Event
Fri 22 Dec	<b>Final Day 2017</b> <b>EARLY FINISH 1.50pm</b>
School Vacation	23 December - 28 January 2018 *Teachers return Mon 29 Jan *Students return Wed 31 Jan
Wed 31 Jan 2018	<b>Day 1 Term 1 for students</b>
2018 Term Dates	
<b>Term 1</b>	31 January - 29 March
School Vacation	30 March - 15 April
<b>Term 2</b>	16 April - 29 June
School Vacation	30 June - 15 July
<b>Term 3</b>	16 July - 21 September
School Vacation	22 September - 07 October
<b>Term 4</b>	08 October - 21 December
School Vacation	22 December - 29 January 2019



### **New Student Package**

Families will soon receive their **Welcome Package** in the mail.

Please **read** and **complete** all documents contained in the Package, and **return** them to School by the **DUE DATE**.



# Heatherwood School

December 2017

## Lesley Foster

### Assistant Principal

#### Collaboration

There is a saying that resonates with me; 'If you want to go fast, go alone. If you want to go far, go together.'

Over the last few weeks, the staff and students at Heatherwood have achieved amazing things together, as we vacate buildings in preparation for the new build next year. Six classrooms and three specialist program workspaces have been emptied, cleaned, and students and staff moved into new spaces across the school. Cooperation, teamwork and flexibility are key elements of working together and I am proud to say that we have certainly 'gone far' in preparing, not just the physical environment, but also our students as they adjust to new rooms during the last two weeks of school. Our students have adjusted to the change because they have all been involved in the move, many taking a leading role, so we all have ownership, we know what is going on and we know why such a colossal change is occurring.

A number of specialist staff have had to sacrifice their workspaces and have been working on innovative strategies to deliver programs next year. As we see the portables removed next week, we will be preparing for a new era, working cheek by jowl in 2018 where cooperation, resourcefulness, creativity and inspiration will drive our determination to provide the best opportunities for our young people.

Next year we have appointed a specialist literacy coach, Robin Vierke, to work with students and teachers as we continue to improve outcomes for students in literacy.

#### Orientation Day and Graduation Evening

...on 12 December marks the beginning and end of students' lives at Heatherwood. The nervous anticipation that each new student brings to the school, the parents'/carers' tentative expectation in the morning is contrasted with the Graduation Ceremony for the Year 12 students in the evening at Forest Hill College. Students receive their Certificates with confidence, a sense of knowing what life after school means to them and the plans



they have made. They are prepared to leave

Heatherwood and find a new pathway as they tackle the next challenges in life. The 2017 Heatherwood Captains give speeches, reflect on their journeys and celebrate their achievements. As a team, they present with confidence because of the practice they have had throughout the year. This year's Captains pass badges to the new Captains for 2018, symbolising the respect our new leaders will be given as they learn to fulfil their roles next year.

Together we have met many challenges and achieved much as a whole community this year. I wish to thank all parents, carers, organisations, students and staff for the contribution you have made to make the school a better place. I wish you all a Festive Season and look forward to working with you in 2018.



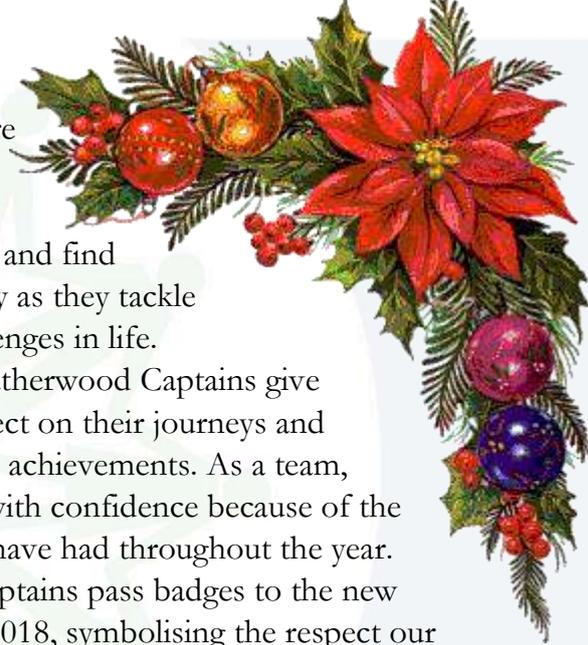
## Warren Gaff

### Assistant Principal

I would like to thank all members of our school community for providing our students with the very best educational opportunities in 2017. The fantastic support provided by parents, families, carers, health care professionals, employers and volunteers ensures that the Heatherwood School staff have continued to provide our students with quality educational programmes and learning experiences

To all the staff at Heatherwood School, thank you for all your hard work and dedication throughout the year. It has been a pleasure to work with you all throughout 2017.

I would like to wish every staff member, student and member of our wider school community a fantastic holiday break and an enjoyable New Year. Best wishes for a safe and relaxing holiday period and we will see students back at school in late January 2018.



## Braham Morris

Assistant Principal

This term has flown past very swiftly and lots of achievements have been attained, including school work as well.



**City Camp** for the Year 10's was a blast, with some students experiencing the city and trams rides for the first time. Apart from extremely hot weather, the majority of students enjoyed the City culture and had an amazing experience.

**End of year excursions** have been enjoyed by all, with Juniors going to Ruffey Lake Park for a BBQ lunch and games; including, golf, body painting, soccer and environmental drawing.

**The Middle Section** spent a day down on the Frankston foreshore with the highlight being the visit to the Sand Sculpture Exhibition with a picnic to follow.

**The Seniors** spent a lovely day at Luna Park – what's not to like at Luna Park. They also celebrated their end-of-year with a Year 12 lunch and at the Year 12 Graduation which ran very smoothly and was enjoyed by all. It is amazing to see how they have grown into fine young adults and we wish them all the best of success for the future.

There has been heaps of **buzz and movement** around the school over the past few weeks. Classrooms have been packed up, students have found out their new teachers and classrooms and the old portables have been lifted and taken off the premises. Throughout the whole process the students have been wonderful and have adapted to all the changes with minimal fuss.

We are proud of all our students, no matter whether it is in the classroom, on the sporting field or representing the school at a particular activity. In the last week of school, I received a letter from an organisation where our students had attended an end of year excursion. The organiser could not have been more praiseworthy about the polite natures of our students and credited this to the school and the families in general. *May we always receive such positive praise.*

I wish all students and their families a very happy, safe and healthy New Year and all the best over the festive season. See you in 2018!

## Visiting Students from Doncaster say...

I am Enya from Doncaster Secondary College.

Along with some of my peers, I had the pleasure to attend your school every Wednesday for four weeks throughout this term.

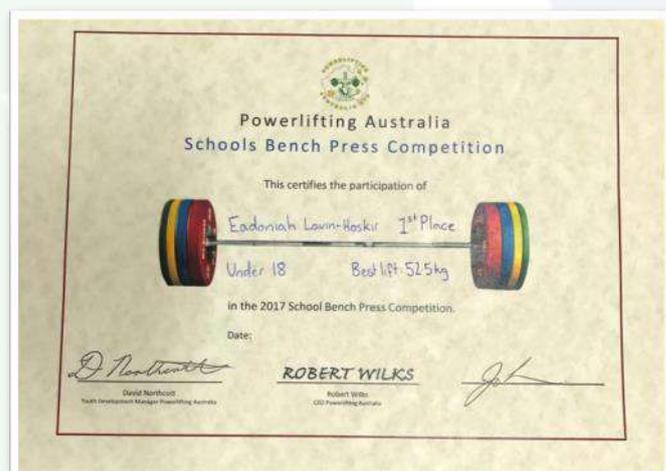
I would like to thank you for the opportunity to allow us to learn and gain knowledge about your school and to experience the creativity of the students and staff.

I would additionally like to express how everyone I met was so welcoming and friendly; your school is definitely a very close community which I could see by all of the students and staff interacting with one another. I think that is a very important factor for a school to have and therefore one of the many things I admire about Heatherwood.

## Heatherwood School dominates at the Australian School Bench Press Championships!!

Jo Larkin

17 Heatherwood students were entered against mainstream schools from across Australia in the Australian Schools Bench Press for U18. Championships. Not only did the students win 11 medals, two Australian Records were broken (Mindy 37.5kg and Grace 42.5kg) and **all** students finished in the top 10 in the country.



The students trained very hard in the weights room at Busybodies Gym, motivating and encouraging each other to strive further and reach their full potential.



Congratulations! to the following students for their outstanding achievements this year:

- Eadoinah Lavin-Hosking **1st**
- Brandon Matthews **5th**
- Jake Briscoe **5th**
- Lachlan Wills **8th**
- Leigh Dalziel **1st**
- Hayden Light **2nd**
- Charbel Fajloun **3rd**
- Heath Parrot **3rd**
- Kevin Aitken **1st**
- Madi McPherson **2nd**
- Win Kham **2nd**
- Seb Haddad **3rd**
- Zack Welsh **4th**
- Madeleine Kay **1st**
- Alicia Ray **2nd**
- Daniel Gammino **4th**
- Grace Dean **1st**

## SRC Lynda and David

The students who have been chosen for the Student Representative Council and be Ambassadors for 2018 were announced as follows ;

### SRC

- Year 8 Michael Kirdy, Caitlyn Delmo
- Year 9 Cooper Giles, Gaby McDonald
- Year 10 Daniel Ellis Van Gent, Chantell Nicholls
- Year 11 Dylan Hocking, Khalisha MF Segaran
- Year 12 Justin Heath

## Ambassador Program

- Year 8 Zak Merritt, Spyro Sartzetakis, Ricky Zou, Amaka Omo
- Year 9 Katie and Maddie Spencer, Abbey McDonald, Damon Battison, Alex Lyons
- Year 10 Ben Chamberlin, Thalia Tesselaar, Michael Malin
- Year 11 Rebecca G, Dale Atkinson

Well done to all students who attended the interview process and congratulations to the students who have been elected for 2018.

A big thank you to the SRC students that assisted with the interview panels on the Thursday. It was great to see Ben Franklin, Amaka, Rebecca and Brohdi asking questions as well as supporting the students being interviewed.

Thank you also to Steph Walker and Braham Morris who sat on the panel and made it a successful day.

Lastly, thank you to both Daniel Livingstone and Jack Dozzi who collected the students from their classroom and brought them to the interview rooms.





# Out with the old... Demolition has begun Watch this space!



# Digital Technology NEWS

## Tech Tip – Healthy Holiday Technology Use



Congratulations to our students on an excellent year's work. I'm sure they're all looking forward to a well-deserved break. A chance to kick back, relax and do the things they enjoy most!

For a large slice of our students, what they enjoy most are activities like video game marathons, binge watching series on Netflix and keeping an ear to the ground with Facebook and other social media. Great! We all deserve to unwind.

We do, however, need to make sure that we look after our physical and mental wellbeing through a balanced mix of both relaxing and active hobbies. To help us work out when enough screen time is enough, the Australian Government Department of Health have released the following:

### Physical Activity & Sedentary Behaviour Guidelines for Young People (13 -17 years):

#### Be Active:

- For health benefits, young people aged 13–17 years should accumulate **at least 60 minutes** of moderate to vigorous intensity physical activity every day.
- **Young peoples' physical activity should include** a variety of aerobic activities, including some vigorous intensity activity.
- On at least three days per week, young people should engage in activities that strengthen muscle and bone.
- To achieve additional health benefits, young people should engage in more activity – **up to several hours per day.**



#### Don't Be a Sloth!:

- Limit use of electronic media for entertainment (e.g. television, seated electronic games and computer use) to **no more than two hours a day** – lower levels are associated with reduced health risks.
- Break up long periods of sitting as often as possible.

From chatting with our students, we know that most are getting well over two hours of screen time a day, and this would be a HUGE shift in habits.

To start with, let's just be mindful of how much screen time we're having and think about taking regular breaks to get out and enjoy the sunshine!



# Year 12 Farewell



# Graduating Class 2017

# Good Nutrition for every day

Lynn Penrose

Following our successful campaign encouraging students and their families to eat more vegetables, we are now pleased to share a Quick Quiz and some information on eating a variety of foods for the school vacation.



## Is your diet healthy?

This is a good way of checking your diet. Take this quick quiz to find out the answer – and be honest! Give yourself **one point** for each box you **tick** if you:

- Eat at least 5 serves of vegetables every day. *A serve is ½ cup cooked vegetables (hot chips don't count!) or 1 cup of salad.*
- Eat at least 2 serves of fruit every day. *A serve is 1 medium piece or 2 small pieces of fresh fruit, or one cup of chopped or canned fruit (no added sugar).*
- Have at least 2 serves of reduced fat milk, yoghurt, cheese or alternatives every day *(for example, 1 slice of reduced fat cheese, a small tub of reduced fat yoghurt (preferably no added sugar), 1 cup of milk or 1 cup of soy milk with added calcium).*
- Eat mostly wholegrain cereals *(high fibre breakfast cereal and wholemeal bread).*
- Eat at least a small serve of lean meat or



chicken (fat and/or skin cut off) or fish, or eggs or some nuts or legumes  
*(for example, lentils, chickpeas, beans such as kidney beans or baked beans) every day.*

- Drink plenty of water every day and limit drinks with added sugars, such as soft drinks, cordial, energy drinks and sports drinks.
- Limit takeaway foods such as pizzas, commercial burgers, hot chips or other deep fried foods to once a week or less.
- Limit store-bought cakes, muffins, pastries, pies and biscuits to once a week or less.
- Limit salty foods like processed meats (for example, salami and bacon), crisps and salty snacks to once a week or less, and avoid adding salt during cooking or at the table.
- Drink no more than 2 standard drinks containing alcohol on any one day.

## How did you rate?

**8–10 points** - Congratulations, you're already a healthy eater!

**6-8 points** - Keep going, you're nearly there!

**4–6 points** - There is plenty of room for improvement.

**Less than 4** - It is time for a serious look at your eating habits.

- Poor eating habits are sometimes hard to break.
- For adults, it's not too late to make changes if poor eating habits have crept up, but it's important to keep changes realistic.
- There is practical information and some great ideas on the website [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au) *continued over...*



## Food Variety

Research shows that people who eat a wide variety of food are healthier, live longer and have less risk of developing "lifestyle illnesses". What we eat can cause illnesses such as heart disease, cancer and diabetes. Foods (particularly fruit and vegetables) contain a large number of natural substances known as phytochemicals which are thought to help prevent cancer and heart disease. Eating a variety of food - that is, a mixture of foods across the whole of the healthy eating pyramid, will increase the nutritional benefits of your diet.

### Tips for Food Variety

- Choose a variety of foods from the Healthy Eating Pyramid
- Eat a range of different breakfast cereals and breads
- Add herbs and spices
  - they can transform a meal for little cost and no fat or salt
- Experiment with different vegetables, fruits, cereals and meats
- Give yourself time to get used to new food
  - it can take up to nine times to adjust to a new food or flavour

Try counting the number of **different foods** you eat each day. We should be eating at least 20 **different foods** (ideally 30) to be sure of a really healthy diet free of lifestyle illnesses.

There are more than 30 **different foods** in this ideal list for one day:

- Muesli (oats, sultanas, dried apple, sunflower seeds, pumpkin seeds, almonds, psyllium husks, all bran) Yoghurt, milk
- Orange juice
- Wholemeal toast, butter, vegemite or jam
- Rice cake with margarine and cheese
- Wholegrain sandwich with chicken, avocado, lettuce, alfalfa, mayonnaise
- Apple
- Smoothie - milk, yoghurt, banana

### EASY WAYS TO INCREASE FOOD VARIETY

Typical Diet	Suggestions to increase variety
Wheat cereals, milk and orange juice	Muesli with added sunflower and pumpkin seeds, served with yoghurt and a mixture of fresh and dried fruits
White bread, toasted cheese and tomato sandwich using margarine for spread	Sandwich made on wholemeal or multigrain bread with cheese, chutney, tomato, lettuce and avocado
Sausages Potato and peas (meat and two veg)	Chopped lamb fillet served with salt reduced soy and ginger, served with stir-fry vegetables and cous cous

- Pasta with meat sauce (meat, tomato, garlic, onion, herbs, oil, salt, pepper) parmesan
- Salad - lettuce, cucumber, rocket, tomato, mushrooms
- Bread roll

For more information [www.nutritionaustralia.org](http://www.nutritionaustralia.org)



# Phys Ed and Sports News

Sam Ditty

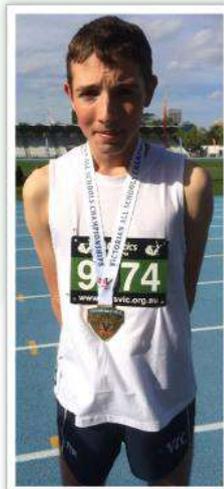
## Bike It Day

Heatherwood School Sport & Rec Program students recently assisted in the running and conducting of bike education at the annual City of Whitehorse "Bike It" day for primary school students. The day was a great success; primary school students participated in a number of bike skill activities and completed a short bike ride putting all the skills into action. Heatherwood students were fantastic role models to the younger students and showed great leadership and teamwork with volunteers from the wider community.



## Victorian All Schools Track & Field Championships & Pacific School Games News

Well done to Daniel Milone (M9) who recently competed in the Victorian All Schools Track & Field Championships in the 800m Para track event earning a **gold medal**! He went on to make the team for the Pacific School Games held in Adelaide and earned a **bronze medal** in his individual track event. **Congratulations** on your fantastic achievement.



## State Basketball Championships

A Heatherwood boys and girls basketball team made it into the State Basketball Special School Championships. Competition was hard and Heatherwood students exhibited some

great skills and game tactics. The girl's team took out **Premiers** on the day over the much rivalled team of Emerson School. It was not the Heatherwood boys' turn this year who just missed out on making their grand final. Well done to all students that represented Heatherwood School.

## Sports Awards

This year the sports awards have been presented to students. Congratulations to the following students:

### Heatherwood Excellence in Sports Awards:

- Rachael Potter (M8)
- Kevin Aitken (S6)

### SSV Sporting Achievement Award:

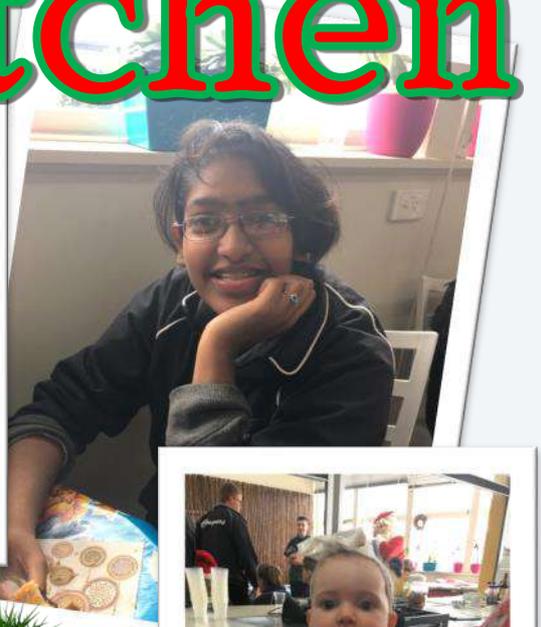
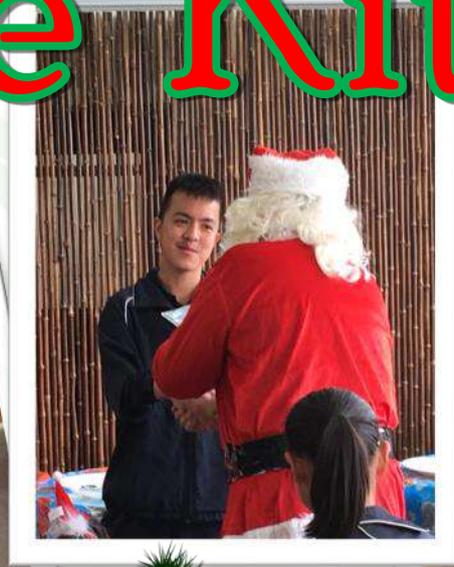
- Daniel Milone (M9)

## Looking into 2018

Heatherwood PE is in for a big year in 2018 as we say farewell to our current trusty gym as it gets demolished ready to build a bigger and better one. We are looking forward to some new and exciting PE programs for students to try.

**Over the school holidays, please remember to keep up the physical activity and healthy eating over the school holidays. Keep safe, play sport and look forward to an exciting 2018 year.**

# Trade Kitchen





# Junior School Wrap-Up

Maddie Campanaro

Congratulations to all Junior students for a very successful and enjoyable Term 4.

- Students enjoyed the end-of-year excursion to Ruffey Lake Park, participating in a variety of fun activities. It was a warm day and an enjoyable day.
- Orientation Day was a success and students met their 2018 teachers and classmates.



**Wishing  
you  
all a safe  
holiday  
break.**



# Well done, Patrick

Patrick Anderson has been a junior CFA firefighter for a few years. Last week he was awarded the great honour of being **Junior CFA Firefighter of the Year**.

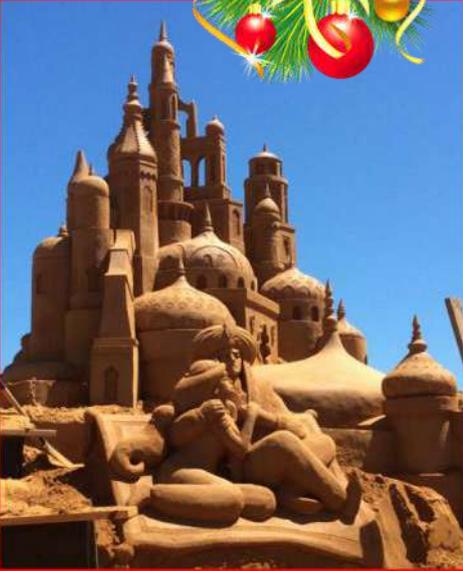
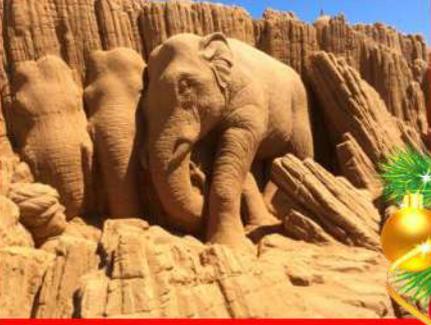
Patrick is a dedicated member who always tries to set an example for his fellow junior firefighters to follow.



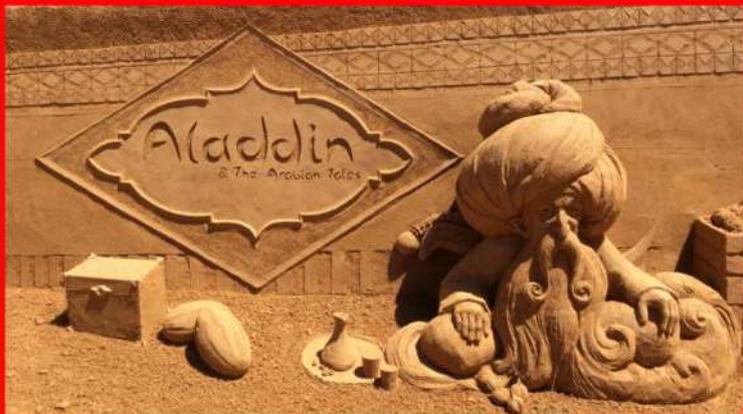
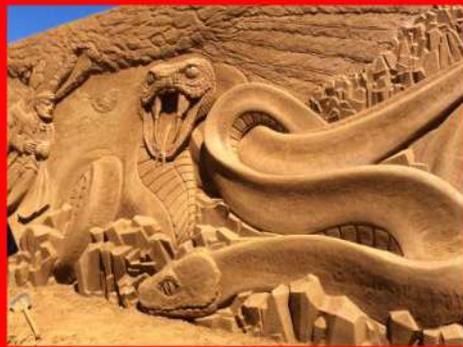




Middle School has ended the year with a day at Frankston. We viewed the sand sculptures and enjoyed lunch in the shady, beach-side park where we made sand pictures. Every student was given a sand painting gift!



# Middle School Sand Sculpting Frankston



# My Asthma

ASTHMA  
FOUNDATIONS  
AUSTRALIA



## What makes my asthma worse?

There are some different things that can make my asthma worse. These are called triggers. Some things that can make my asthma worse are:

- > When I have a cold or the flu
- > When someone is smoking around me
- > Some animals
- > Some different plants, flowers and trees
- > Sometimes when the weather changes
- > Some strong smells
- > Some things that I eat

- > Sometimes when I play sport or run around a lot

These can be a bit different for each of us with asthma.



## what makes my asthma better?

My **blue puffer** (called a reliever) makes me feel better. It very quickly makes it easier for me to breathe. The medicine in my **blue puffer** helps the muscles around my breathing tubes relax. I use my puffer with a spacer when I start to feel my asthma. A spacer is a plastic tube shaped a bit like a football. It helps to get more medicine into my lungs.



There are other medicines that I might have to take that help the swelling inside my breathing tubes. These are called preventers. They can be white, yellow, orange or brown puffers or a tablet. If I have a preventer I need to take it every day even when I feel like I don't have asthma. I need to wash my mouth out after I take my preventer.

There are also relievers that relax the muscles for a long time, for up to half a day. These are called symptom controllers.

I can't use my preventer or symptom controller for Asthma First Aid.



## How do I look after my asthma?

So I can do all the things I want to do, I will need to have a plan – called a Written Asthma Action Plan that I get from my doctor. This plan tells me what medicines to take to keep me well and what to do when I feel my asthma.

My doctor says that I need to carry my **blue puffer** all the time in case my asthma gets worse.

I see my doctor when my asthma is worse and also a couple of times a year for a checkup to make sure I am still OK with my asthma.

