

Heatherwood School

October 2016



A word from our Principal, Mr. PAUL HILLS

As I have mentioned previously, this term is a term of preparing for change. It is very important that change is seen as an opportunity for growth. I strongly believe with support, change can strengthen and enhance individuals ability to take on new challenges.

This term, students and families in Year 12 will be transitioning into their post-school options whilst other students will be preparing to change Sections or classes. To assist families understand changing Sections, information nights will be held. These nights are very important as they provide information about the future opportunities available to students. Graduation events provide recognition of student growth and provide an opportunity to celebrate.

The school continues to look at ways of providing new experiences for students and last week there were many events held to celebrate nutrition week.

Congratulations to the organisers Gemma, Lynn and Minnelese who put a great deal of time and effort into a range of activities involving the whole school. While we may have three Sections, we are one school and it's terrific to see everyone involved.

It is important that the school community become aware of and start planning for the [NDIS](#) (National Disability Insurance Scheme), which will provide opportunities for families in the second half of next year.

I always appreciate and value contact with members of the school community, whether it is suggestions for improvement, concerns or when the community would benefit from a reminder.

I would like to remind the community that the Department does not provide personal accident insurance or ambulance cover for

students. Parents and Guardians of students who do not have student accident insurance/ambulance cover are responsible for paying the cost of medical treatment for injured students, including the cost of ambulance attendance/transport and any other transport costs.

The Department also does not hold insurance for personal property brought to school therefore does not accept any responsibility for any loss or damage.

DATE	EVENT
Fri 28 Oct	CURRICULUM DAY NO STUDENTS ATTEND
Tues 1 Nov	MELBOURNE CUP DAY NO STUDENTS ATTEND
Wed 2 Nov	'Smithy' Production night
Fri 4 Nov	SRC Free Dress Day
Tues 8 Nov	Middle Information Night 7 pm
Tues 8-Fri 11 Nov	Seniors to Portsea
Tues 15-Fri 18 Nov	Year 8 Rubicon Thornton
Thur 17 Nov	Volunteers Afternoon
Tues 22 Nov	Junior Information Night 7 pm
Fri 25 Nov	Interschool Swimming Carnival
Thur 1 Dec	Heatherwood Disco 6.30 pm
Tues 6 Dec	Orientation Day
Tues 13 Dec	Graduation
Tues 20 Dec	LAST DAY Term 4 STUDENTS DISMISSED AT 1.50 pm (instead of 2.50 pm)

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Assistant Principal

Welcome back to Term 4, a very busy term and a time for taking stock, reflecting on our year at Heatherwood.

I will often have students come into my office, just for a chat, to help with a problem, to ask for advice, to show me work they have done, to talk about friends who have left and how much they miss them, to suggest ideas to improve the school and even just sit to have some quiet time. Building these relationships with your children, seeing them developing the values and qualities that are important to both the school and families alike is a privilege for me and all who work in education. I see students developing the life skills, the confidence and self worth to make decisions and resolve conflicts as they live the long journey through the teenage years and into adulthood. Thank you to parents /carers for the support you provide and the way you help us in supporting your child.

All teachers are currently assessing students' learning so that they can report on the progress your child has made this year in the end of year Reports.

By the time this Newsletter is published, Nutrition Week will be over. Congratulations to the students and staff who have made this a whole school event to improve the health and well-being of our community. A big 'thank you' to the Manager of Coles Donvale, as sponsor, for providing the vegetables and Judge; Gemma Clements, Lynn Penrose and Minnelese Coetser for the organisation of this week. I am sure more information will be shared when this event is over. The students have been excited by the new recipes, the surveys, the competitions, the staff 'Cook Off' and the prizes. This has been a lot of fun to develop a whole school approach to healthy cooking and eating with 5 vegetables a day and the rainbow foods.

On 7 December, the school election of Captains will occur; this is always a very important event and a moment of honour for the incoming Captains and the Captains from 2016 who will pass on the baton for 2017 to others. It is a way of recognising students whose qualities and character will provide an example to others and help the school become a better place. These are positions of

responsibility and leadership and as students progress towards Year 12, they start to consider these positions, not only as possibilities, but also something that they desire to attain as part of their career pathways. We wish all students well in this important activity and encourage them to think about what they could offer the school and their presentations to the school student assembly.

On the same day, 7 December in the afternoon, the Heatherwood **H** Factor will be organised by the senior students as part of their VCAL Project. Staff and students join together in the gym to perform various items, present awards and prizes and have a lot of fun.

On the Curriculum Day, a student free day on Friday 28 October, the school has two guest speakers who will run workshops so we can help students with English – Writing Skills, and also professional development for staff in the area of Trauma.

Braham Morris

Assistant Principal (Student Well-being)

Child Safety Standards in Schools

Following the Victorian Parliamentary Inquiry's Betrayal of Trust Report in 2013, the Victorian Government has introduced compulsory minimum standards for all organisations that provide services for children. These are aimed to protect children from all forms of abuse and neglect.

There are seven standards that organisations are to comply with and these can be found at the [Department of Education and Training website](#). The school is well on its way to meeting the standards and constantly reminding the Heatherwood community about what has been put in place.

The following resources are to support students, parents and carers:

[Feeling Safe: For Secondary Students](#)

[Protecting Children from Abuse: For Parents and Carers](#) (and reproduced in this newsletter)

Protecting Children from Abuse: For Parents and Carers

GET THE FACTS

As adults we all play a critical role in protecting children from harm.

As a parent or carer you have the primary responsibility for protecting and caring for your own children and supporting them to build relationships that are safe and respectful.

You also play a critical role in identifying and responding to suspected abuse within the community. In fact it may amount to a criminal offence if you fail to report suspected child sexual abuse.

REPORTING ABUSE

What should I do if I suspect that my child has been abused?

If you believe your child has been abused, or is at risk of being abused contact Victoria Police immediately via the local police station or on 000 if it's an emergency.

What should I do if I suspect that another child has been abused?

If you suspect a child has been abused, or is at risk of abuse (such as physical abuse, family violence or neglect) you should report immediately to the Department of Health and Human Services (DHHS) Child Protection (see contact details at the end of this fact sheet).

- If you suspect a child has been sexually abused, you must also report your concerns to the Victoria Police. You may be committing a criminal offence if you fail to do so
- You should report even if you're not sure. It is the role of authorities to investigate your concerns and determine if any further action needs to be taken.
- Parents and carers are also often in a position to protect the friends of their children. This is because children are most likely to disclose their experiences of abuse to their peers, who in turn may share this with their own parents and carers.

- If your child talks to you about their friend, and you suspect that the child is being abused or is at risk of being abused, you should act. You may be the only adult in a position to act and your response may be critical in protecting that child's safety.

What should I do if I suspect that a child is being abused and authorities have previously investigated and dismissed my report?

If you have new grounds for believing that a child is being abused, you should make another report to DHHS Child Protection or Victoria Police. Every report is critical to protecting a child as it builds evidence and helps authorities to gain a clearer understanding of risks to the child.

What happens to my child if someone at the school suspects that my child has been abused?

All staff members at your child's school are required to report suspected child abuse to DHHS, Child Protection and, in some circumstances, to Victoria Police.

Your child's school will contact you as soon as possible, unless they have been advised not to do so by DHHS, Child Protection and/or Victoria Police.

Where appropriate the school will work with you to ensure your child is provided with support, which may include referring them to wellbeing professionals.

When is it a criminal offence to not report suspect abuse?

Any adult may face criminal charges if they believe that another adult has committed a sexual offence against a child under 16 years of age and does not report this information to the police.

FACTS ON CHILD ABUSE

What is child abuse?

Child abuse:

- can include physical abuse, sexual abuse, grooming, emotional or psychological harm, neglect or family violence
- does not have to involve physical contact or force (e.g. child sexual abuse can include talking to a child in a sexually explicit way)
- can be committed by any member of the community, including someone within a child's family or someone within the school setting.

The trauma associated with child abuse can significantly impact upon the wellbeing and development of a child. This is why it is critical that we all respond immediately to any form of suspected abuse.

What are the signs that a child has been abused?

There are a range of physical and behavioural indicators of child abuse.

Most importantly you should act if you notice anything that causes you to form a reasonable belief that a child has been, or is at risk of being abused, including (but not limited to):

- a change in a child's behaviour (e.g. withdrawal, regressive behaviour, or non-age appropriate sexual behaviours)
- physical indicators of abuse (e.g. unexplained bruises, welts, signs of malnutrition)
- an inappropriate relationship between an adult and a child (e.g. inappropriate physical contact, unexplained gifts or phone/email contact).

THE SCHOOL'S ROLE

How must schools respond to suspected child abuse?

All staff in Victorian schools are obligated to respond to any incident or suspicion of child abuse as outlined below:

1. Respond to the emergency

Address any immediate health and safety needs (e.g. administer first aid or contact emergency services).

2. Inform authorities

Report any reasonable belief that a child has been, or is at risk of being abused to the DHHS Child Protection or Victoria Police.

3. Contact parents/carers when appropriate

Contact parents/carers once authorities advise that it is safe and appropriate to do so.

Ideally parents/carers will play a central role in providing support for their children, however schools will be instructed not to contact parents/carers in circumstances where this may impede an investigation or place the child at greater risk.

4. Provide ongoing support for all children impacted by the abuse

Provide appropriate support for all children impacted by abuse. This will likely include ongoing counselling from professionals. The child's ongoing support will be documented in a *Student Support Plan*.

These actions are outlined in further detail in *Identifying and Responding to All Forms of Abuse in Victorian Schools*.

Are the staff at my child's school required to report child abuse?

Yes – all staff at your child's school are required by law to report any reasonable belief that a child has been abused, or is at risk of abuse.

In some circumstances, it may be a criminal offence for school staff to fail to report child abuse to the authorities.

PROTECTING MY CHILD

What can I do to help educate and protect my child from abuse?

Have a chat to your child and make sure that he or she knows that no one is allowed to threaten, hurt or touch them in a way that makes them feel uncomfortable.

Every relationship should be respectful and no one should behave in a way that makes them feel unsafe or afraid.

Your child's school will also be supporting your child in learning about their rights to be safe and respected. Victorian government schools are teaching the *Respectful Relationships* program which promotes positive attitudes and behaviours and is aimed at preventing family violence.

What should I talk about when I explain safety to my child?

There are some things you can do at home to build your child's understanding of safe and respectful relationships including:

- talking openly with your child about their feelings and relationships
- being sure that they understand you will listen and act if they have concerns about how anyone is treating them
- using the correct names for body parts and having age-appropriate conversations about touching and sexual activity
- letting your child know that adults should never harm or act in a sexual way with any child.

Keeping children safe outside of the home or school

You play a critical role in ensuring your children are spending time in safe places.

In Victoria all people who are working with your children such as coaches and music teachers need to have a current Working With Children Check.

You may like to check that any staff and volunteers spending time with your child after school hours and on weekends have a valid Working With Children Check.

If you think that you may need some help to keep your children safe from harm and support their healthy development, it is important you find some help. Visit the Victorian Government's Better Health Channel for information on seeking support. See www.betterhealth.vic.gov.au.



FURTHER INFORMATION

Where can I go for more information and support?

You can contact DHHS Child Protection and Victoria Police directly to discuss any concerns you may have for the wellbeing of a child (see contact details on the next page)

If you have any concerns about your child or another child at your child's school talk to the principal or another staff member at the school about your concerns. You can also raise this matter with DHHS Child Protection and the Victoria Police.

For further information on where to go for support to keep your children safe from harm visit the Victorian Government's Better Health Channel: www.betterhealth.vic.gov.au

For more information on:

- your child's school's role in preventing and managing child abuse: www.education.vic.gov.au/protect
- indicators of abuse, visit www.education.vic.gov.au/protect

If you are concerned or unsure about your school's response and/or would like to talk to someone outside of the school please contact:

- Victorian government schools Regional Office: www.education.vic.gov.au/about/contact/Pages/regions.aspx
- Catholic Schools local Diocesan education office: www.cecvcatholic.edu.au/About-Us/Dioceses
- Independent Schools Victoria: www.is.vic.edu.au/who-we-are/contact-us/



Junior School News

We've had a bumper start to Term 4 and the rest of the year looks like it will be just as busy!



In week 2, Year 8s went on an excursion to the Immigration Museum in the city. Our topic in Humanities this term is 'Changing Nations'. We

are looking at the reasons why people choose or are forced to move to a new country to start a new life.

We unpacked several suitcases and used our detective skills to work out the real life stories of some people who immigrated to Australia. We even tried on some of their clothes!

This was especially interesting with very old clothes and clothes from very different cultures.

Taking public transport to and from the city was really good practice for everyone. We also needed to navigate our way around from Flinders Street station and along the busy city streets to the Museum.

Year 8 teachers encourage families to chat with their son/daughter about their family heritage and any family stories about moving from another country to live in Australia. This will help enrich our dialogue and activities in class around this topic.

Students in the CLS (J1 and J2) have been really enjoying learning the skills of lawn bowls while working with students from RMIT.

In Week 2 they went to Donvale Bowls Club to play, and in week 3 they have taken part in a carnival at Darebin Indoor Bowls Club.

Lawn bowls is a great social sport for young and old!



Coming up in week 7 this term is Year 8 Camp to Rubicon, near Lake Eildon.

This will be a great opportunity to get outdoors, develop our team work and to step outside our comfort zone. *Please keep the forms and payments rolling in.*

Keep up the good work, Juniors!

Senior School News

Senior School were saddened to say goodbye to Graham Le Breton. He had such an impact on students and their development throughout his years at Heatherwood. Enjoy your retirement!



Another goodbye is to one of our Year 12 students, Mitchell Hartney. He is beginning his farrier apprenticeship and we wish him all the best.

Senior School would like to welcome back Emma Still from parental leave who joins S6. We are very happy to have her on the team.

S7 returned from their camp to Canberra in week 1 of this term. They stayed at the Australian Institute of Sport (AIS) and explored the Australian capital city, visiting many places such as Parliament House and the War Memorial.

Senior School has had a busy start to the term, especially for the Year 12's. All students are working extremely hard to finalise and complete work for their Certificates.

We are looking forward to our annual Senior Camp at Portsea in November and upon our return, the students will be designing, organising and setting up the annual event, **The H Factor**; Heatherwood's very own talent show!

Stay tuned for more details and begin thinking of talents to showcase!



The Senior School would also like to congratulate Lynn, Gemma and Minnelese on a **fantastic** showcase for Nutrition Week.

M5 welcomes...

Peter is the new M5 teacher and new to Heatherwood school.

His Year 9 students decided to give him a tour of the school and created a 3 minute video all about Heatherwood!

Peter said that he noticed two things immediately stood out to him about the school.

Firstly, the friendly students and secondly, supportive the staff. He went on to say that he already felt at home and was enjoying teaching his Year 9 class; M5.

Some still shots from the video...



P.A.W.S

Positive Animal Well-being Support Update

Over the holidays I looked after *Theodore* and *Britney*, as they need lighting and heat control, and some expertise in relation to their care. They are very easy to look after however their huge enclosure only just fits into the car!

Rhyder and *Sky*, due to the Art Room renovations, became best friends and they are now in the big cage. *Sky* has a habit of throwing his food everywhere so the bigger cage means his food is placed up the back. *Rhyder* will hopefully teach him how to talk.

My last communication was about *Snowy* and *Rainbow*. The Art Room changes meant it was easier to leave them with their adopted family; *Rainbow* has new friends and is much loved by the family.

As *Rainbow* is a school pet, I asked the students what they wanted to do in relation to his care. The students decided that he was happy and that his adopted family could keep him; he had accepted their other two guinea pigs as friends.

So, Heidi and the Davis family have three guinea pigs to spoil! **Thank you.**

I will communicate to the school community in relation to future school pets.

At present the students are researching and discussing the type of animals that could be suitable. I am thinking stick insects...



Sue Nicholls ~ PAWS Coordinator



SRC News

Special Guest

SRC invited Mr. Mark Flack from the Region to attend an SRC meeting. This meeting was held on Friday 21 October and it was an opportunity to showcase the work Heatherwood SRC does and to talk about ALL students and STUDENT VOICE!

Thank you to Kirk and Lesley for attending to discuss the work they have done with SRC representatives. It is great that our students work with staff to achieve positive outcomes for our school.

Fundraising

A big thank you to all students, parents and carers for buying a Bandanna!

We have sold at least one box and it looks like we will have to order more! All monies raised go to young people with cancer or young people living with someone with cancer.

Do not forget, Free Dress Day is
FRIDAY 4th November!



Remembrance Day

November is a busy fundraising month as Heatherwood and SRC will be selling Poppies for our local RSL.

Cost of merchandise will be between \$3 and \$5. A note will go home in early November outlining items for sale and their cost.

SRC elections

Elections will take place in November. Lynda will let all Sections know what is required just after the drama Production.

Lynda Den Elzen

Phys Ed & Sports News

AFL State Special School Grand Final

During Term 3, four Heatherwood students were selected to join a representative football team as part of the South-East Special Schools to compete in a one day State Football Finals Championship as part of the Herald Sun Football Shield Cup competition.

Students selected were;

Tyler Bartley (S7), Jayden Laukart (S7), Leigh Dalziel (M6) and Daniel Milone (M5).



These students joined many others talented football players from Emerson School, Naranga School, Ashwood School, Marnebek School, Rossbourne School, Port Phillip School and Eastern Ranges School to play against a rep team from the North-West Metro Special Schools. AFL Victoria was outstanding in the effort, organisation

and commitment to providing the very best venue, football jumpers, shorts and socks along with outstanding umpires for this day. The students from all schools displays great teamwork, leadership, maturity and football skills within the representative SSSSA team. An outstanding result by the SSSSA Rep Team, back to back Premiership with last year's result! *Congratulations to the South-East Representative team!*

Lawn Bowls State All Abilities Competition



J1 & J2 students were selected to be involved in a four-week lawn bowls clinic organised by Bowls Victoria and delivered by RMIT PE & Exercise Science University students.

This program was run at school and included a visit to a local lawn bowls club, then participation in the all-day State All Abilities Bowls Championships. At the championships students displayed teamwork, positive encouragement to all players and great bowls skills.



Activities were fun and engaging, allowing students to maximise their bowls skills and gain points for their school. A big thank you to the RMIT students that

worked closely with the Heatherwood students each week to develop their skills and role model positive attitudes to sport and physical activity. *Well done Bowls Vic* in providing a great opportunity to learn the game of Lawn Bowls!

Further information will be provided in the next newsletters of ways students can continue their love of the game in community clubs.

Sports Survey

All Heatherwood students have been asked to complete a short survey based on Interschool Sport involvement and Community Sport Clubs participation. Some students have completed this survey in class with Home Group teachers and others at home with their parents. Please return this survey to the school Office as soon as possible. Information about Community Sport Club opportunities will be posted in the next newsletter, along with the summarised data from the Students Sport Surveys. Thank you in advance to your responses to this short sports survey; it is highly valuable to link school sport and community sporting opportunities to our Heatherwood students.

Sam Ditty
PE Department
(Enquiries email:
ditty.samantha.s@edumail.vic.gov.au)

2016 Annual Student Disco

Heatherwood Parents and Friends

change
of date

will be held on
**Thursday,
1 December
6.30 pm**

The student disco relies on volunteer parent help

A notice will be coming home soon requesting
parent volunteer helpers
to assist with supervision on the evening

*prior enquiries to Di, Lynda and Lynn
9842 8319*

Friends of Heatherwood

Junior Rockers

primary music education specialists



APPLY FOR MUSIC
LESSONS NOW!

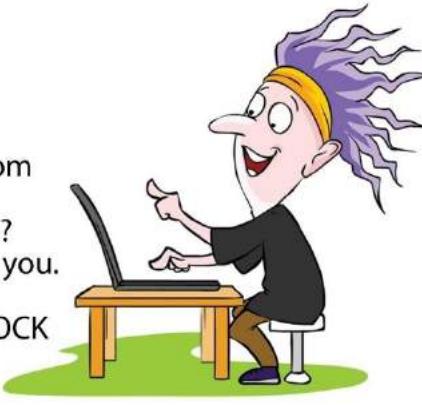
Junior Rockers runs instrumental music lessons right here at school.

To find out all about our music lessons, head to our website. From there you can check which instruments are available at your school, get up to date pricing and apply for lessons online.

www.juniorrockers.com

Rather chat in person?
We'd love to speak to you.

Call us on 1300 GO ROCK
(1300 46 76 25)



Nutrition Week

Heatherwood's first ever *Nutrition Week* was embraced by all staff and students.

The message was to '**Try for 5**' Vegetables a day; we had a student and class challenge to see who could try the most types of vegetables over the week.

Congratulations to the winner of the student challenge - **Sebastian Charlton** from Robin's Class - he tried 49 different vegetables over the week!

The class challenge result was very close with all classes putting in an *amazing* effort to eat lots of vegetables throughout the week.

Well done to **Stef's Class** who won by the *smallest* of margins; they tried an average of 30 vegetables each over the week!

Thank you to families for supporting this initiative by providing lots of vegetables for the students. We were impressed by everyone's efforts.

In Homecrafts, classes made the following delicious vegetable dishes:

Year 7: Vegetable sticks and dips

Year 8: Traffic light sandwiches

Year 9: Rainbow pasta

Year 10: Mexican burgers

Year 11: Roast vegetable wraps

Year 12: Vegetable Skewer

The Trade Kitchen sold lots of freshly made lunches to students throughout the week; rainbow smoothies and 11-Vegetable Shepherd's Pie were both very popular.

The vegetable baskets around the school proved a great learning resource; they generated lots of interesting discussions about vegetables, especially the variety available.

The highlight of the week was Friday afternoon's **Teacher Vegetable Mystery Box Cook-Off and Student Vegetable Taste Testing**.

Four competitive teams entered the Cook-Off.

They had to prepare one 'sweet' and one 'savoury' dish using at least five vegetables. Students came to watch the Cook-Off and the results were amazing!

It was very hard to choose a winner, however the Judges (*Lesley, Gemma and Rob*, Store Manager from Coles, Tunstall Square) couldn't go past the Junior School Teams' **delicious vegetable risotto with crispy eggplant** and their **beetroot and avocado chocolate lava cake!**

Congratulations to Michael and Veronica!

A huge thank you to Rob and **COLES TUNSTALL SQUARE** for sponsoring this event and kindly donating all the fresh vegetables!

The week ended with vegetable taste testing in classes and students trying 9 varieties of vegetables from pickled gherkins to roasted cauliflower mash!

Thank you to everyone who helped support this week.

Lynn, Gemma and Minnelese





Nutrition Week



YARRA RANGES

Counselling and support can be accessed at various locations across the council area including, Lilydale, Yarra Junction, Healesville and Belgrave.

The Counselling Program employs the 'No Wrong Door' philosophy which offers all young people (and their families) assistance to access the most appropriate specialist service available, even if that service is not ours.

To make a referral please contact the intake worker on 9294 6716.

YARRA RANGES YOUTH COUNSELLING SERVICE

**216–218 Main Street,
Lilydale VIC 3140**

PH: 03 9294 6716

**Open Monday–Friday,
9am–5pm**

After hours appointments are available with notice.



Youth Counselling Services

Yarra Ranges Youth Services offers **free counselling** for young people, and their families, aged 12–25, who live, work or go to school in the Yarra Ranges.

The service provides generalist counselling of up to 12 sessions. Counselling provides young people with the opportunity to discuss and receive support on issues or concerns that may be affecting their lives in a safe and supportive environment.

Young people and their families can seek counselling for a variety of reasons including:

- strengthening family relationships
- social relationships and building confidence
- grief and loss
- sexuality
- mental health issues; anxiety and depression.

The counselling service is free and confidential with trained, professional counsellors from a variety of disciplines.

***No Mental Health Care Plan needed.**