

NEWSLETTER ISSUE 3

Friday 27th March 2020

KEY DATES	
Term 2	
Wednesday 15th April	First Student Day Term 2 (<i>subject to change</i>)
Monday 1st June	Year 11 Exam Week
Monday 8th June	Queen’s Birthday Public Holiday
Friday 12th June	Report Writing Day—Student Free Day
Monday 15th June	HEADSTART—Semester 2 Teaching and Learning Commences
Friday 26th June	End of Term 2 —2:30pm finish



City of Casey Youth Services offer a number of online supports and services available for young people aged 10 – 25:

City of Casey Youth Services Instagram Account - @caseyyouthservices

City of Casey Youth Services Facebook Page - www.facebook.com/caseyyouthservices

Casey Mental Health & Wellbeing page for young people

<https://conversations.casey.vic.gov.au/mental-health-and-wellbeing>

Fresh Words Young Writers Competition

Fresh is currently open for students in Grade 5 – Year 12 and accepting entries in the following categories:

- Creative Writing
- Poetry/Lyrics
- EAL

Entries close **Friday 8 May**

The entry form, terms and conditions and more information can be found on www.casey.vic.gov.au/youth-events

For any further information, please contact khillis@casey.vic.gov.au

OFFICE HOURS - Telephone: 8768 1000

FINANCE OFFICE: Monday to Friday: 9:00am – 4:00pm

ADMINISTRATION OFFICE:

Monday to Friday: 8:15am – 4:00pm

BERWICK COLLEGE NEWSLETTER

Berwick College notifies parents by email when newsletters are published. Newsletters are published three times per term. Newsletters can be accessed on the Berwick College website.

Please keep up-to-date with all College news by reading the newsletter, following us on Facebook and contacting the appropriate Home Group Teacher if you have any concerns.

Manuka Road, Berwick 3806

Email: berwick.sc@edumail.vic.gov.au

Web: www.berwickcollege.vic.edu.au



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PRINCIPAL'S REPORT

...our College will continue to provide care and reassurance to our school community and professional staff will continue to provide a consistent approach to teaching and learning.

Each day we wake to changes to our environment which are outside of our control. For most of us, we can feel overwhelmed, maybe a little scared for our future, have sincere concerns for our vulnerable in the community and elderly loved ones.

This statement is on the front of our prospectus - *Berwick College supports all our students in their academic, social and emotional development so that they are prepared to meet the challenges of an ever changing educational landscape.*

During this extraordinary changing landscape, our College will continue to provide care and reassurance to our school community and professional staff will continue to provide a consistent approach to teaching and learning.

Direction and guidance is being provided by the DET on a daily basis and staff have been diligently preparing for flexible and remote learning.

Unfortunately school events that would normally occur through Term 2 and 3 have either been cancelled or postponed due to the common-sense social distancing measures. We will continue to work through issues as they arise and thank families for their support and understanding.

Prior to the measures the government has been implementing, students were involved in excursions to the Grand Prix, Top Arts, Snorkelling, RSPCA (*pictured below*) and participated in White Card Training and Division Sports.



Although the presentation of the 2019 Victorian School Sports Awards was cancelled, it was our delight to hear the announcement online (*pictured above*), that the highly coveted Lindsay Gaze award was awarded to **Rebecca Henderson**, our year 12 Dux of 2019. This award recognises outstanding leadership in the promotion of community and school sport. **Congratulations, Rebecca.**

Our Health and Wellbeing Centre is moving along nicely. It is exciting to see the building finally taking shape.

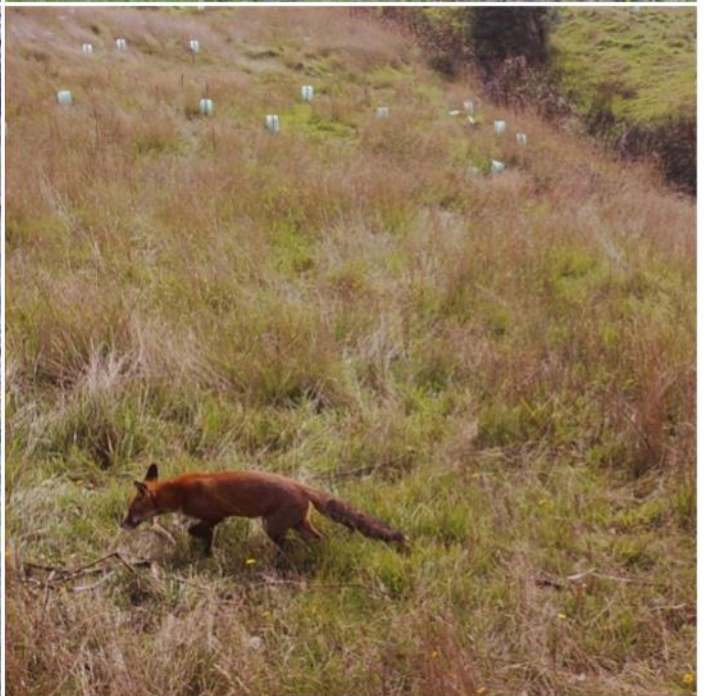
As restrictions change on a day to day basis, we are adapting our practice to ensure the continuing care and education of our students.

I am hopeful that we will soon see new cases of COVID-19 diminishing and that we can work with our students on-site once again. I wish you all good health through the holidays and hope you can enjoy sharing time with family.

Ms Kerri Bolch—Principal

ENVIRONMENTAL SCIENCE—AMAZING PICTURES!

The year 11 Environmental Science students have now successfully installed 4 infrared, motion detecting cameras in an area near Berwick College, for which a research permit was achieved. Students will analyse and record the data collected, to be logged on citizen science databases, and shared with Parks Victoria, Landcare Victoria, Casey Council and Cardinia Council. **Mrs Berwick**



NOONE UNIFORM SHOP—ON-LINE ORDERS

In consideration of our staff and customers, Noone will be **closing** our major Victorian retail stores effective from 1pm this Saturday, 28 March 2020. Our Head Office, distribution and manufacturing facilities remain open and our on-line and email uniform services will continue. Uniform orders can be placed online through the Noone website (www.noone.com.au) and can either be collected when our stores re-open or home delivered via Australia Post. Customers are also able to email their requirements to sales@noone.com.au. Telephone enquiries are welcome through our Head Office, telephone 9379 5037.

RELAY FOR LIFE



By Daniel Cline, Hudson Bremner and Ethan Meyers

On Tuesday 3rd of March, Year 12 VCAL hosted fundraising activities including a staff vs students football match, sausage sizzle and a staff car wash. We have been raising awareness for Relay for Life. We wore our Relay for Life shirts to spread awareness of this amazing event.

The AFL game was a success with a lot of students coming down to support the cause. It was an exciting game with multiple tackles and slips, with the final score being 36-36. The game was played in good spirits and we thank all of the staff members who were willing to get involved. The sausage sizzle was also a hit, with that team selling out of sausages!

Shout out to Mr Woodbridge for being a great umpire! Razor Ray would be proud.



INTRODUCING BRAXTON ZWIERZCHOWSKI AND MADISON BOOTH - HEADSTART SCHOOL BASED APPRENTICES – TWO NEW BERWICK COLLEGE SIGN UPS FOR 2020

Congratulations to **Braxton and Madison** who have recently signed up in HEADSTART Apprenticeships.

Braxton (right) is embarking on his Certificate III in Carpentry and has commenced his Apprenticeship while still at school. Braxton is employed with GDR Carpentry and Maintenance and assisting with building and maintenance. He is being trained with Murray Mallee Training while onsite at work.



Madison (left) is embarking on her Certificate III in Light Vehicle Mechanical Technology and has commenced her Apprenticeship while still at school. Madison is employed with Barry Bourke Motors in Berwick and is assisting mechanics with maintenance and vehicle repair.

HEADSTART Apprenticeships & Traineeships is a new government initiative that allows secondary school students access to a wide variety of apprenticeships and traineeships while they are at school.

If you would like to find out more information, please contact Mrs Karen Crawley, your Careers & VET Leader/Literacy Teacher in the Careers Centre or see Mrs Alison Finlayson the HEADSTART Industry Co-ordinator in the Senior School Building.

WILL YOU BE OUR NEXT HEADSTART APPRENTICE OR TRAINEE?

DANCE ACADEMY



Congratulations to the following students who were successful in being appointed to the Student Leadership position of Dance Captain.

Junior Captain: Ellie Christodoulou

Senior Captain: Emma Smith



KENNY CARERS

We are excited to share how amazing and successful Kenny Day was this year!

On Thursday the 5th of March we had an awesome set of activities for Home Group designed by our students including a music quiz, design a nurse's hat challenge, guess the red character, design a fire vehicle challenge, how many words can be made from 'Kenny carers' activity, design a balloon animal challenge, word search and trivia. The Kenny Learning Team raised money for two amazing appeals this year that are close to all of our hearts; the RSPCA Bushfire Appeal and the CFA Volunteers Bushfire Appeal.

There has been so much devastation to our native Aussie wildlife and to so many of our Aussie communities with homes, families and livelihoods being destroyed. Our aim this year was to help raise money and awareness for our heroes on the frontline fighting the fires and risking their lives as well as to the rescue and rehabilitation of our precious native animals.

For Lunchtime we had delicious Krispy Kreme Donuts, Pizza, soft drinks and our traditional red jelly that were set up and sold by our amazing Kenny Carer students. We were also very lucky to have some extra red velvet cupcakes and slices that were made by some of our Kenny students in the days leading up to Kenny Day whom wanted to contribute and were absolutely fantastic! We also had our big inter Learning Team Competition at lunch time in the canteen plaza between a CFA volunteer vs students and a staff vs CFA volunteer race. Points were awarded to the student/staff member who was able to put the firefighter outfit on the fastest. Our aim was raise awareness about how fast our heroes have to get ready when called out to an emergency. Congratulations to Monash who won the student race and Frost who won the staff race!

All eight of our Kenny Home Groups were amazing in coming up with ideas to raise money and awareness in our school. We had some sausage sizzles, morning teas, movies and popcorn at lunchtime and individual students who went out of their way to door knock in their neighbourhoods. Congratulations to Kenny 1 Home Group who won our little competition to raise the most money of \$318! They enjoyed their pizza lunch on Wednesday the 11th of March. We are really proud to announce that we were able to raise a total of **\$1700!** We are now able to donate \$850 to the CFA Volunteers Bushfire Appeal and \$850 to the RSPCA Bushfire Appeal.

We would like to say a big thank you to all of our Kenny Carer students for taking the time to raise money and help out on the day and in the days leading up to Kenny Day! We would also like to thank all of our Kenny parents and colleagues at Berwick College who donated and helped out on the day to make it all possible.



MIGHTY MONASH



The Monash Learning Team have had a great start to the year with a term full of individual and collective achievement.

Our students have put in a great effort across our College events including Swimming Sports, Kenny Day, Maths Week and ICARE Day. Our great results in each of these have put us tied for first on the Learning Team Ladder!

The College Leadership Assembly saw **Amber Henderson & Elijah Roewer** get inducted as our Monash Captains for 2020.

We also were proud to celebrate **Ally Mitchell, Ellie Christodoulou and Chloe Bayliss** as they received certificates for being awarded Dux of their year levels for Semester 2, 2019.

We have had a range of individual achievements across the term. **Filip Trpenoski and Amber Henderson** were awarded Swimming Carnival age group champions due to great results across multiple events.

Tyler Langston, Bayley Burton and Wyatt Smith did a great job of organising a successful BBQ and Basketball Fundraiser for our Basketball Academy. One of our Year 9 Dance Academy students, **Maddy Treloar**, had the incredible opportunity to dance alongside Katy Perry at the Women's T20 World Cup Cricket Final. Well done Maddy!



This year we have been promoting positive behaviour and our college values through awarding students with 'Green Chronicles' when they have shown our values to a high standard. Our Monash students have received 433 Green Chronicles (over 50 per week!). Special mention to our students who received seven or more Positive Behaviour Values Postcards (Green Chronicles): **Charlotte Bartholomeusz, Sarah Borradale, Ally Mitchell, Saffron Wardrop-Brown, Charlie Johnson, Filip Kuljanin, Stefan Kuljanin, and Thomas Stapleton.**

Keep safe over the break and we look forward to more growth and achievement across Term 2!

Mr Paul Roberts & Ms Lucy Tusan—Monash Learning Team

YEAR 7S ARRIVE!

Term 1 2020 year 7s arrive.

The first day at Berwick College was a scary one, There are a lot of tall and strong people at Berwick, a lot of year 8 and 9 students tried to talk to me and some of my classmates, and I don't know if it was just me or if we were all a bit terrified in a way.

My class was called 7.11 or 711 for short, we called ourselves *slurpees* as a nickname but we didn't use it as much. We were the only year 7 class in Monash so we were a unique class to me. Our class had a really fun and frustrating term this year but we got through it 1 by 1. Our class this term created a strong bond over these last few weeks and when term 2 rolls around we will create an even bigger bond.

By Keira Hei Reedy 7.11

FLYNN PHOENIX



The end of Term 1 approaching quickly and while we recognise the collective tension regarding current world events, we must continue to ensure the focus is still on academics – wherever your child may be studying it is important they keep up to date, check in with teachers and communicate any areas which need clarification. Parents, please continue to update Compass when your child is absent (regardless of reason) as this assists us in developing support plans and structures for students with extended absences.

While Term 1 Parent/teacher interviews have been cancelled, digital technology and Compass means that teachers can still be contacted. Parents are encouraged to regularly check Compass for assessment results, student attendance and behavioural concerns. Parents should also contact teachers to check on their child's progress in lieu of these meetings.

A reminder that the last two weeks of Term 2 is 'headstart' for Term 3. Students should be aware of this and ensure they are keeping in touch with the work requirements for a smooth transition into Semester 2.

Congratulations to the following Flynn students;

Flynn Smith (*right*) competed in the U15 National Cricket Championships representing Vic Country, congratulations Flynn!



Paige Ford (*below*) represented Flynn in the Kenny learning day, she was required to get dressed in full CFA uniform as quickly as possible.



We hope the Flynn students have a fantastic break, and stay safe!
We look forward to returning next term with renewed focus and drive towards all aspects of college life!

Mr Vaughan Chaplin and Mr Adam Nettleingham
The Flynn Learning Team.

O'DONOGHUE OTELLAS



As Term 1 concludes, I wanted to thank all O'Donoghue families for your support over the past few weeks.

We have seen circumstances at school that we haven't seen before and I wanted to pass on how impressed I have been with all O'Donoghue students. They have dealt with uncertainty and concern and still focused on their education which I want to congratulate them on.

We wish Ms Amanda Fester (OD1 Homegroup Teacher and previous O'Donoghue Assistant Student Learning Leader) all the best as she prepares to have her first child. We were also sad to say goodbye to Jack Edwards, one of our 2020 O'Donoghue Learning Team Captains who has moved on to another school. We wish him all the best with his move and will appoint a new captain at the start of Term 2.

The College will keep communication with families going but at this stage we will return to school on Wednesday the 15th of April.

If there is anything we can do to help or any questions you have please feel free to contact us.
Wishing you all a safe and happy break

Mr Jesse Nugent O'Donoghue Student Learning Leader nugent.jesse.d@edumail.vic.gov.au 8768 1052

Ms Bree Villella O'Donoghue Assistant Student Learning Leader villella.bree.b@edumail.vic.gov.au 8768 1098

DUNLOP DIGGERS



KENNY DAY

Students in the Dunlop Learning Team put effort into the activities provided during home group for Kenny day, working as a team. During lunchtime our Student Captain **Lithira Weerasooriya** and Home Group Teacher **Mrs De Leon** represented our team in a competition of who could get into firefighting gear the fastest, with Mrs De Leon coming second in the teacher round.

Dunlop came third overall on Kenny Day which was an excellent effort.



Considering the cancellation of parent-teacher interviews please feel free to email staff if you would like an update or have a question regarding your student's report. Also please regularly check for emails from the school.

We hope that all of our families stay safe over the holidays.

Ms Rebecca Hann—Dunlop Learning Team Leader **Mr Jake Uhlenberg**—Dunlop Learning Team Assistant

MATHS AND NUMERACY @HOME

MATHS AND NUMERACY

As more and more of us are limiting our movements and staying home, it's important to keep our minds and bodies active. Developing Numeracy skills can be likened to developing your fitness or the skills required for particular sports; the more you train the better you get at it. There are many online resources available that may assist you in keeping your numerical muscles active at home, here are a couple of suggestions:

VICTORIAN MATHS CHALLENGE

A fun way for you and your family to explore and solve problems. Take on as few or as many challenges as you like.

Work together to find your own solutions.

<http://vmc.global2.vic.edu.au/>

MUSEUM AND SCIENCE WORKS AT HOME

Whilst their doors might be closed, there's still a whole lot of magic going on. Museum at Home lets you connect, explore and learn more from your favourite museums everyday.

<https://museumsvictoria.com.au/>

THE DEPARTMENT OF EDUCATION AND TRAINING'S FUSE NUMERACY RESOURCES

Find informative and engaging online educational resources to support the teaching of mathematics from Foundation to Year 10. These resource packages are aligned to the Victorian Curriculum.

<https://fuse.education.vic.gov.au/pages/numeracyresources>

MATH STARTERS

This site offers online quizzes and games such as bingo, letters and numbers, which students enjoyed during Maths Week. It also includes a new Maths at Home resource.

<https://mathsstarters.net/>

The Maths team wish you and your families all the best during this very difficult time.

YEAR 7 ICARE DAY 2020



Students in year 7 spent a fun filled day getting to know each other and their leaders at the first Year 7 ICARE day.

The day gave students a chance to develop an understanding of the College ICARE values whilst having a great time doing a range of activities. Students created Learning Team activities and banners to build team pride and demonstrate how the values can live in our Learning Teams.

All students then took part in an interactive digital Goose Chase which was a fun way to learn their way around the College. The final activity was a round robin style novelty sports session which included giant Jenga, three legged races and other team building activities.

Students and staff had a fantastic day and staff were proud of the way in which our students represented the College ICARE values. The Learning Team results were as follows:

1st Dunlop 2nd O'Donoghue and Flynn 3rd Chisholm and Monash 4th Frost and Hollows 5th Kenny

Many students were recognised for demonstrating College Values on the day.

INQUIRY: Alexandra Murphy, Harvey Clausen, Alannah Bartils, Jed Davey, Skye Owen, Charlie Johnson, Rachel Osborne, Kurtis Scott, Mitchell Zeunert, Riley Nason, Lauchie Shead

CO-OPERATION: Hydee Dalton, Payton Rosser, Max Monteith, Jonathan Hall, Hayden Lang James Belli, Summer Achilles, Akshith Yannam, Mitzi Henry, Jessica Weeks, Macka Rees

ACHIEVEMENT: Jake Cigetic, Leah Dankovic, Lili Taivai, Danny Cai, Maddison Wilkin, Caitlyn Halt, Hayden Pierce Ethan Nettleingham, Paige Ford , Lilian Bissell, Mika Flenner

RESILIENCE: Max Brough, Kirstyn Woolcock, Riley Thomas, Emily Slaven, Jesse Falvo, Vafa Shoghi, Nik Prvulovic Tyler Pallant, Alexander McKenzie, Mackenzie Auhl, Rhys Meehl

EMPATHY: Grace Daly, Mia Stafford, Taya Wilson, Ayomi Herath Mudiyansele, Tara Gallagher, Keira Hei-Reedy, Mitchell Gilchrist, Addison Scott, Sayla Baldacchi, Ava Rausa, Hannah Robertson

Thanks to all staff and students involved for making the day a huge success.

Mrs Michelle Lewis—Junior School Leader



CAREERS EDUCATION/VET NEWS



YEAR 12

During Term 1 Year 12 students have been researching courses, training or employment pre-requisite requirements to ensure they are ready to apply during Term 3 as an integral part of their Career Action Planning. This involves identifying some of the following; ATAR and study scores for 2021, external tests, interview, portfolio, audition or other requirements that may be necessary to undertake during 2020 as part of the application process.

Due to the early school closure, Term 1 appointments will continue via Google Classroom during the term break and into Term 2. Mrs. Karen Crawley will be in touch with Year 12 students to provide information about how to access the classroom page.

UCAT

Students who are interested in undertaking a Medicine or Dentistry course at university in 2021 should refer to the link below regarding this test which must be undertaken during this year. Bookings open 11 March, 2020 and close 11 May, 2020. Testing begins 1 July, 2020 and finish 31 July, 2020. Results are provided to the universities early September, 2020. The UCAT is a mandatory requirement for these courses.

<https://www.ucat.edu.au/ucat-anz/dates-and-fees/>

Please contact Karen Crawley (crawley.karen/k@edumail.vic.gov.au) if this applies to your son/daughter.

YEAR 11

Year 11 students are currently completing their Career Action Plan for 2020 to 2021 related to their preferred career. This includes investigating the program and subjects within school that will support their chosen pathway. Students have been accessing Career Tools and researching their preferred subjects and the occupations that relate to the subject area. This includes investigating the role and responsibilities, personal requirements and education and training related to the occupation.

Should school closures continue during Term 2, Year 11 students (who have not yet completed a Careers Action Plan) will be contacted by Mrs. Karen Crawley and/or Ms. Corinne Duhau with regard to how to access their learning via Google Classroom.

YEAR 10

Year 10 students will commence their Career Action Plans for 2020 to 2021 related to their preferred career during Term 2. Part of the exploration during this session will ask the students to access Career Tools and undertake a Career Quiz. The quiz is a series of questions which help students to pinpoint and/or identify careers that best suit them. Should school closures continue during Term 2, Year 10 students will be contacted by Mrs. Karen Crawley and/or Ms. Corinne Duhau with regard to how to access their learning via Google Classroom.

STRUCTURED WORKPLACE LEARNING (SWL) – YEARS 10, 11 AND 12

Students in Years 10 to 12 have begun to settle into their Structured Work placements during Term 1. These placements include; schools, construction placements, veterinary clinics, retail, fitness placements, health services settings, hairdressing, beauty and information technology.

Unfortunately, due to the COVID_19 Coronavirus and current circumstances surrounding school closures and work-place restrictions, Structured Work placements for all Year 10 FLP students and Year 11 and 12 VCAL students had to be cancelled effective Monday 23rd March, 2020.

School resumes in Term 2 for students on Wednesday 15th April. Should schools remain closed during this time, Structured Work placements will continue to be postponed until schools re-open.

Any queries, please contact Karen Crawley (crawley.karen.k@edumail.vic.gov.au).

WORK EXPERIENCE (YEAR 10 STUDENTS) – GAME OF LIFE CLASSES – SEMESTER 1

Year 10 Game of Life students worked very hard to obtain work experience placements for the week commencing Monday 23/3 to Friday 27/3 inclusive (or alternative dates in some cases). Some of the placements obtained were; retail, construction, health services, school settings, information technology, beauty, hairdressing and working with animals.

Unfortunately, due to the COVID_19 Coronavirus and current circumstances surrounding school closures and work-place restrictions, all Work Experience placements for all Game of Life Students during Term 1 (regardless of the dates) have been cancelled. Any queries, please contact Karen Crawley (crawley.karen.k@edumail.vic.gov.au).

VET (VOCATIONAL EDUCATION AND TRAINING)

VET Community Services – Excursion to the RSPCA

During Term 1, the VET Community Service students went to the RSPCA (an independent, community-based charity providing animal care and protection services across Australia). They had a wonderful time interacting and feeding the barn animals, and exploring the shelter. The students learnt a lot about the qualifications required to work in various roles at the RSPCA, the rights of animals, responsibilities of pet ownership and the different ways that members of the community can engage and support the RSPCA.



As per advice home from our Principal, Ms. Kerri Bolch, should schools remain closed at the start of Term 2, Wednesday 14th April, all students will be required to undertake their learning at home via an online learning platform.

VET COURSES HELD AT BERWICK COLLEGE

All students undertaking a VET Course held at Berwick College will be contacted by their individual VET teachers (either via email and/or phone) to ensure they can access the remote online learning platform and are ready to learn. Students will be required to access their learning during their scheduled VET class timetable and complete work as set by the teacher within the timeframe set.

For information, VET courses held at Berwick College are;

- Applied Fashion and Design & Technology (Belinda Smith)
- Automotive Vocational Preparation (Rupert Cranswick/Tim Donohoe)
- Construction Pathways (Jim DeVries)
- Community Services (Carly Lentowicz/Karen Crawley)
- Dance (Amy Pyke/Annalise Occhietti)
- Electrotechnology (Rupert Cranswick)
- Outdoor Recreation (Lauren Pearson/Julian Walton)
- Small Business (Gavin Watson/Brendan McGreal)

VET Courses held off Campus

Due to the COVID_19 Coronavirus and current circumstances surrounding school closures and workplace restrictions, VET Courses held off campus at Chisholm Institute or any other alternative learning settings have been cancelled for the week commencing Monday 23rd March, 2020.

VET Courses do not resume now until Term 2, Wednesday 15th April. Should schools remain closed during this time, Berwick College will provide advice about how students can access their learning via remote access.

Any queries, please contact Karen Crawley (crawley.karen.k@edumail.vic.gov.au).

COMMUNITY NEWS



futuresinmind

Parent Group 2020 Calendar

JANUARY

21st January 2020 - 6:30-8:00pm

Using emotion coaching to improve communication with your child or teen.

Would you like to improve communication with your child or teen?
Do you want to reduce conflict with your child or teen?
Would you like to learn some new strategies to make this happen?
Emotion coaching is an effective way to improve your child's ability to express their emotions in a productive way, self regulate and become more resilient. This presentation with focus on the five steps of emotion coaching and how to apply these to your child or teen.

Presenter: Karen Collidge Investment: \$20
<https://www.trybooking.com/BHFSD>

FEBRUARY

18th February 2020 - 6:30-8:00pm

Parenting your child in the screen age.

Do you struggle to limit your child's screen use?
Do you worry about your child's behaviour when screens are taken away?
This presentation will discuss why limiting screen time or removing screens is so difficult for parents today. Practical suggestions will be explored to help parents to set appropriate screen limits.

Presenter: Karen Collidge Investment: \$20
<https://www.trybooking.com/BHFSD>

Karen Collidge is a Family Therapist and mental health nurse practitioner specialising in child, adolescent and family mental health. She works in both private practice and in public health at the Royal Children's Hospital.

Bernie Beyer is a Couples and Relationship Therapist, Art Therapist, family dispute resolution practitioner and mental health nurse practitioner. Bernie works in private practice with children, adolescents, parents and couples in North West Melbourne.

Futures In Mind Suite 5, 6-8 Lyall Road Berwick, 3806 P: 9796 2771 Numbers for groups are limited.

MARCH

17th March 2020 - 6:30-8:00pm

Supporting your child's mental health post parental separation.

Today, in Australia 1 in 3 marriages end in divorce, and of these divorces 47% of these relationships include children under the age of 18 years. This presentation will explore the mental health impacts on children who have experienced parental separation and discuss ways in which to support these children.

Presenters: Bernie Beyer & Karen Collidge Investment: \$20
<https://www.trybooking.com/BHFZN>

APRIL

21th April 2020 - 6:30-8:00pm

Emotion coaching to improve communication with your teen.

Would you like to improve communication with your teen?
Do you want to reduce conflict with your teen?
Would you like to learn some new strategies to make this happen?
Emotion coaching is an effective way to improve your teen's ability to express their emotions in a productive way, self regulate and become more resilient. This presentation with focus on the five steps of emotion coaching with a specific focus on teen development and how to apply emotion coaching in parenting your teen.

Presenter: Karen Collidge Investment: \$20
<https://www.trybooking.com/BHFZP>

MAY

19th May 2020 - 6:30-8:00pm

Emotion coaching to improve communication with your child.

Would you like to improve communication with your child?
Do you want to reduce conflict with your child?
Would you like to learn some new strategies to make this happen?
Emotion coaching is an effective way to improve your child's ability to express their emotions in a productive way, self regulate and become more resilient. This presentation with focus on the five steps of emotion coaching with a specific focus on child development and how to apply emotion coaching in parenting your child.

Presenter: Karen Collidge Investment: \$20
<https://www.trybooking.com/BHFZC>

JUNE

16th June 2020 - 6:30-8:00pm

From 0 to 100 in seconds.

Do you feel as though your child/teen can go from 0-100 in seconds without warning?
Do you find yourself confused about what is happening?

This presentation will focus on understanding the biology behind emotion regulation using the principles of polyvagal theory. From this understanding we will explore how to help your child learn to notice the cues in their body that let them know they are becoming dysregulated and ways support your child when distressed.

Presenter: Karen Collidge Investment: \$20
<https://www.trybooking.com/BHFZJ>



futuresinmind

Parent Group 2020 Calendar

JULY

21st July 2020 - 6:30-8:00pm

Is my kid ok?

Do you find yourself wondering if your child's behaviour is "just being adolescent" or something more?

This presentation will focus on what to expect when your child is navigating adolescence and what signs to look for to suggest further investigation. There will be a particular focus on depression and anxiety symptoms.

Presenter: Karen Collidge Investment: \$20
<https://www.trybooking.com/BHFZK>

AUGUST

18th August 2020 - 6:30-8:00pm

Supporting your child's mental health post parental separation.

Today, in Australia 1 in 3 marriages end in divorce, and of these divorces 47% of these relationships include children under the age of 18 years.

This presentation will explore the mental health impacts on children who have experienced parental separation and discuss ways in which to support these children.

Presenters: Bernie Beyer & Karen Collidge Investment: \$20
<https://www.trybooking.com/BHFZL>

Karen Collidge is a Family Therapist and mental health nurse practitioner specialising in child, adolescent and family mental health. She works in both private practice and in public health at the Royal Children's Hospital.

Bernie Beyer is a Couples and Relationship Therapist, Art Therapist, family dispute resolution practitioner and mental health nurse practitioner. Bernie works in private practice with children, adolescents, parents and couples in North West Melbourne.

Futures In Mind Suite 5, 6-8 Lyall Road Berwick, 3806 P: 9796 2771 Numbers for groups are limited.

SEPTEMBER

15th September 2020 - 6:30-8:00pm

From 0 to 100 in seconds.

Do you feel as though your child/teen can go from 0-100 in seconds without warning?
Do you find yourself confused about what is happening?

This presentation will focus on understanding the biology behind emotion regulation using the principles of polyvagal theory. From this understanding we will explore how to help your child learn to notice the cues in their body that let them know they are becoming dysregulated and ways support your child when distressed.

Presenter: Karen Collidge Investment: \$20
<https://www.trybooking.com/BHFZM>

OCTOBER

20th October 2020 - 6:30-8:00pm

Emotion coaching to improve communication with your child.

Would you like to improve communication with your child?
Do you want to reduce conflict with your child?
Would you like to learn some new strategies to make this happen?

Emotion coaching is an effective way to improve your child's ability to express their emotions in a productive way, self regulate and become more resilient. This presentation with focus on the five steps of emotion coaching with a specific focus on child development and how to apply emotion coaching in parenting your child.

Presenter: Karen Collidge Investment: \$20
<https://www.trybooking.com/BHFZN>

NOVEMBER

17 November 2020 - 6:30-8:00pm

Emotion coaching to improve communication with your teen.

Would you like to improve communication with your teen?
Do you want to reduce conflict with your teen?
Would you like to learn some new strategies to make this happen?

Emotion coaching is an effective way to improve your teen's ability to express their emotions in a productive way, self regulate and become more resilient. This presentation with focus on the five steps of emotion coaching with a specific focus on teen development and how to apply emotion coaching in parenting your teen.

Presenter: Karen Collidge Investment: \$20
<https://www.trybooking.com/BHFZH>

DECEMBER

15 December 2020 - 6:30-8:00pm

Supporting your child's mental health post parental separation.

Today, in Australia 1 in 3 marriages end in divorce, and of these divorces 47% of these relationships include children under the age of 18 years.

This presentation will explore the mental health impacts on children who have experienced parental separation and discuss ways in which to support these children.

Presenters: Bernie Beyer & Karen Collidge Investment: \$20
<https://www.trybooking.com/BHFZJ>

LIBRARY NEWS

"Books in hands!" Has been our motto this term and what a term it has been! We've hit half of the total fiction loans from last year in just 9 weeks! It has been amazing to see so many students take an interest in reading, suggesting stock, and coming in to grab the new stock we get!

Speaking of new stock, we were so happy this term to have been able to add 250 books to our shelves! We focused on getting some new fiction, graphic novels, comics and gaming books! These books were well received by students and we're looking forward to continue adding stock to our shelves.

Aside from just the books, our Library has been a hub of activity this term! We had programs running every lunchtime including Midweek Kahoots, Movie Screenings, Anime, Chess Club and the Secret Storytellers Society. Next term the Library and fabulous Storyteller Society students are launching an afterschool Dungeons and Dragons Club. For anyone who hasn't played, Dungeons and Dragons is an imaginative role playing game, following a story and adding in some maths! Plus it's just really fun to transport your imagination to a created world and slay a few dragons. The program (at this stage) will commence from week 2, every Tuesday 3.15pm - 4.30pm in the Library. Huge thanks to our hard working Storytellers who have been working hard to create a descriptive plot and story for our players to follow.

As the term draws to a close early, we'd encourage students to still take an interest in their reading by using some of our online resources. As always our online Library Eplatform is available on most devices, via an app, or using a webpage. Simply check out the college intranet or the school Library website for the link to hundreds of Ebooks and Audiobooks. Use your school computer logins to access the catalogue and borrow. If you have any questions about this program, how to access it and use it, please feel free to contact Ms Collins via email at

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COMMUNITY NEWS



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COMMUNITY NEWS



Berwick College is partnered with DBT in Schools.

They are providing psychological services to our school, placing a school psychologist in our school one day a week. This is very exciting for our school to help student's develop resilience, and coping skills for a range of challenges they may be facing. This may include challenges such as; anxiety, difficulty coping with friendships, grief, and dealing with parents separating, for example. The Psychologist will focus on helping student's build important life skills. For students with a mental health care plan from their GP this service is no cost to the parent. The sessions are confidential and provide an affordable and convenient service. If you would like your child to have some sessions with the DBT in Schools Psychologist, you should contact Kyra from wellbeing (8768 1022) or your students Learning team leader, who can help you engage with this service. For more information about DBT in Schools you can visit their website at dbtinschools.com.au



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