

NEWSLETTER ISSUE 4

Friday 8th May 2020

KEY DATES	
Term 2	
Friday 15th May	Parents and carers return Application for Year 7 Placement 2021 Forms to Primary Schools
Monday 8th June	Queen’s Birthday Public Holiday
Saturday 20th June	High Achievers 2021 Testing 9:30am to 12noon
Sunday 21st June	Basketball Academy 2021 Trials
Monday 22nd June	Dance Academy 2021 Trials
Friday 26th June	Report Writing Day—Student Free Day End of Term 2
Monday 13th July	First Day Term 3
Friday 31st July	Year 7—11 Semester 1 Reports available
Friday 7th August	Year 12 Reports available




Information for families with students in Grade 5 and Grade 6 is contained in an online power point presentation on our [website](#).
 This is a large file and you will need to select Download twice but it contains helpful information regarding our High Achievers, Dance and Basketball Programs, Learning Teams and overall school processes.

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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





PRINCIPAL'S REPORT

...“Learning is not attained by chance, it must be sought for with ardour and attended to with diligence.” —Abigail Adams..

I am very proud and grateful to our students, staff and families for the way they have responded and adapted to the change in teaching and learning. The efforts of our students and staff demonstrate our College values of resilience, cooperation and personal achievement. We have completed our fourth week of remote learning, following the advice from the State Minister of Health and the State Minister of Education and through hard work, perseverance and mutual support. We miss hearing the laughter outside as students play through recess and lunchtimes and the daily hive of activity, learning, experience and professional collaboration.

There will be ongoing dialogue through the review of survey feedback of our school community as remote learning continues and we adapt our approaches accordingly. I am looking forward to the May 11th announcements from the Premier for the immediate future. We will also consider what elements of remote learning we will retain. The Department has advice, tips and resources to help parents and carers support their child's continuity of learning from home: <https://www.education.vic.gov.au/parents/learning/Pages/home-learning.aspx> and an advice line: 1800 338 663.

Teachers will continue to prepare assessments that are meaningful, fair and consistent following the latest VCAA advice. We get regular updates from DET and pass on the relevant information as soon as it arrives.

Our online Information Evening was breaking new ground and had some glitches but we have appreciated the positive feedback from our feeder schools and wider community.

During this time as distance stretches between us and our colleagues, our students, our families and our friends, please make sure you stay connected. It is easy to drift away. Making the effort to make the phone call, organise the FaceTime or send a message will help avoid those feelings of isolation. If you or your child need support, reach out. Our Wellbeing Team has communicated several areas of additional support that is available and also practical reminders to parents and students to daily practise self-care, exercise daily, find creative ways to maintain connections, create new routines and limit social media exposure.

Ms Kerri Bolch—Principal

CONGRATULATIONS TO THE FOLLOWING STUDENTS...

SCHOOL WIDE POSITIVE BEHAVIOUR UPDATE

Berwick College students have continued to display the school ICARE values through their online learning.

The following students have now taken over the lead for each year level for number of positive chronicles this year:

Year 12:

Ruby Coupar

Year 11:

Ridham Mittal (Frost)

Year 10:

Sebastian Campbell (Dunlop)

Year 9:

Kyrollos Beschay (Frost)

Saffron Wardrop-Brown (Monash)

Year 8:

Stefan Kuljanin (Monash)

Year 7:

Danny Cai (Kenny)

Josh Christodoulou (Frost)

Dayme Mian (Kenny)

Natalie Siu (Frost)

Congratulations to all students who have received **green chronicles** this term!

SWPBS Team





PAST STUDENTS UPDATE



During this time of physical separation and social distancing, many of us have had to find creative ways to connect with our family and friends, valuing and treasuring in a fresh way, the positive relationships in our lives.



The College has been reaching out to our past students who upon graduating, became part of the multi-generational connections and history within our local community and across the world.



We are proud of our alumni community and thankful for their continued support of our College. It has been lovely to receive emails of stories, thanks to teachers and support staff who encouraged them to achieve their goals as well as some funny stories.



In keeping with our *Crescam, I Shall Grow, I Shall Increase, I Shall Prosper*, pictured below are some of our past students, a graduate photo and a photo of their career or profession.



Berwick COLLEGE

Nathan Aliotta

 CLASS OF 2015
 Apprenticeship Mechanical Plumbing



Berwick COLLEGE

Nufar Gofman

 CLASS OF 2014
 Monash University Law



Berwick COLLEGE

Dr Shannon Ford

 CLASS OF 1990
 BA MScOsc (uni of Qld) MA PhD (ANU)

Berwick COLLEGE

Justin Leppitsch

 CLASS OF 1992
 Professional AFL Football / Coach

Berwick COLLEGE

Dr Alecia Bellgrove

 CLASS OF 1987
 Marine Biologist
<https://aleciabellgrove.wordpress.com>

Berwick COLLEGE

Dr Luke Rodda

 CLASS OF 2003
 Chief Forensic Toxicologist
<https://pathology.uq.edu.au/about/faculty/dr-kevin-croft-phd>



Berwick COLLEGE

Matthew Adams

 CLASS OF 2006
 WWE (BuddyMurphy) Professional Wrestler



Berwick COLLEGE

Casey Chellew

 CLASS OF 2008
 Bachelor of Creative Arts – Dance

Berwick COLLEGE

Sergei (Serg)Evglevski

 CLASS OF 2015
 Olympic Pistol Shooter

Berwick COLLEGE

Brett Donaldson

 FOUNDATION STUDENT 1981
 Licensed Estate Agent & Auctioneer

Berwick COLLEGE

Tayla Peacock (Cramer)

 CLASS OF 2003
 Bachelor of Midwifery—Monash

Berwick COLLEGE

Jessica Humphrey

 CLASS OF 2012
 Communications Director—Oraco BA in Communications (Honours)

We thank ICT staff member, Mrs Carol Wallace who has updated the past student page on our website

<http://www.berwickcollege.vic.edu.au/information/past-students-staff/> to enable our alumni to provide the College their details as they continue their educational or professional journeys and to connect for future reunions.

SCIENCE INQUIRY

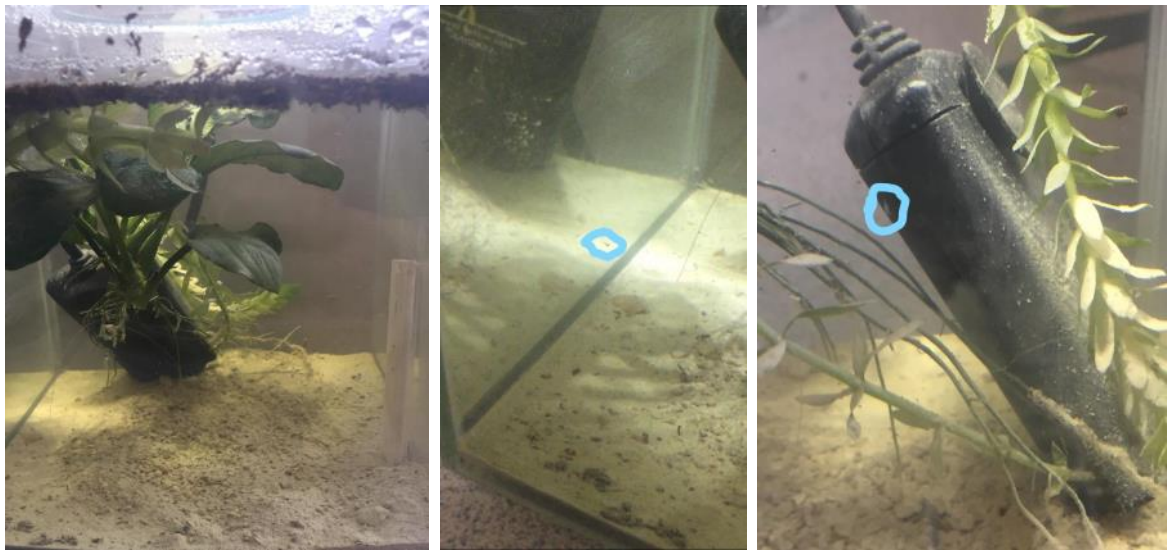
9.6 Science is currently studying the immune system, and how it works to combat disease. Students will analyse data related to bacteria growth, and discuss COVID-19 for their assessment.

While our class works on our key topic, we have 'topics of interest,' which are topics that the students put forward through questions.

At the end of last term we had a student ask the question "Other than spiders, which animals have more than two eyes?" After discussion, the students showed interest in a species called 'triops' which are small crustaceans. Some of these fascinating creatures are considered 'living fossils' as they have been found to be relatively unchanged over the past 300 million years. The class decided that they would like to observe the growth of these animals if possible.

Due to the remote nature of learning, Miss Hann acquired some dried eggs which have now hatched after being exposed to pure water. The students now receive updates every few days into the growth of live triops. Currently not even the size of a full stop, they will grow very quickly.

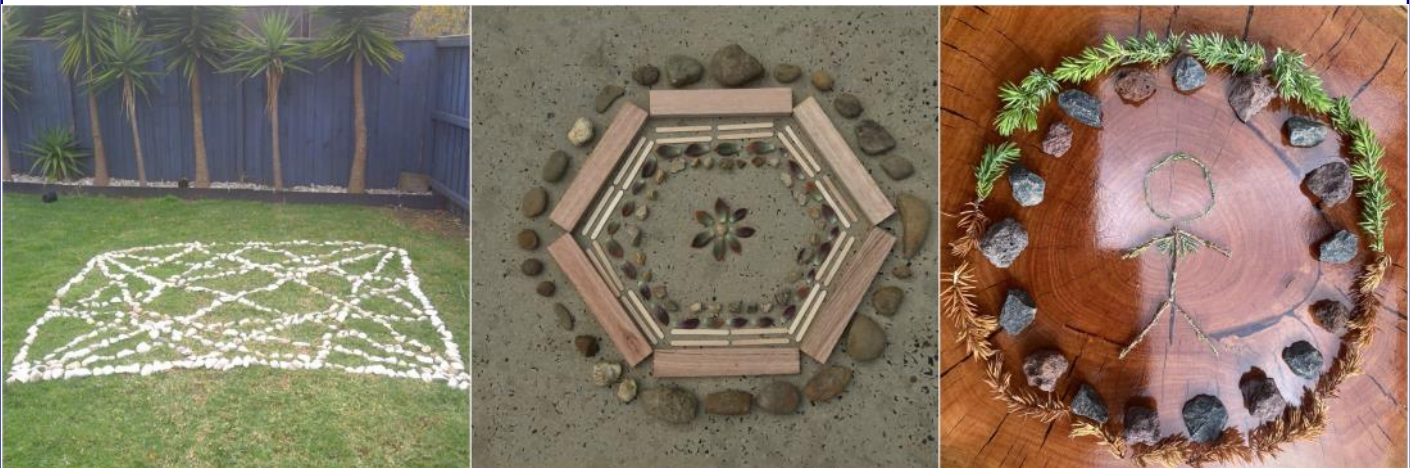
Miss Hann



THE ARTS

As part of the Year 9 Art program students created their own Ephemeral Art in their yard, using natural objects they found in their own gardens.

Ms Danielle Edwards.



YEAR 8 COOKING AT HOME ASSIGNMENT

Students were required to research a main meal and dessert and produce these dishes for their family, taking into account food allergies and dislikes/likes. The feedback from the parents was glowing and they really enjoyed having a night off from meal preparation and cooking! Students made an assortment of dishes from a range of different cultures including Indian, Thai, English and Chinese.—Mrs Carly Lentowicz



TECHNOLOGY

Students have to examine advertising strategies used to promote products on the market and then redesign or enhance the product using strategies such as placement of product, slogans, backgrounds etc

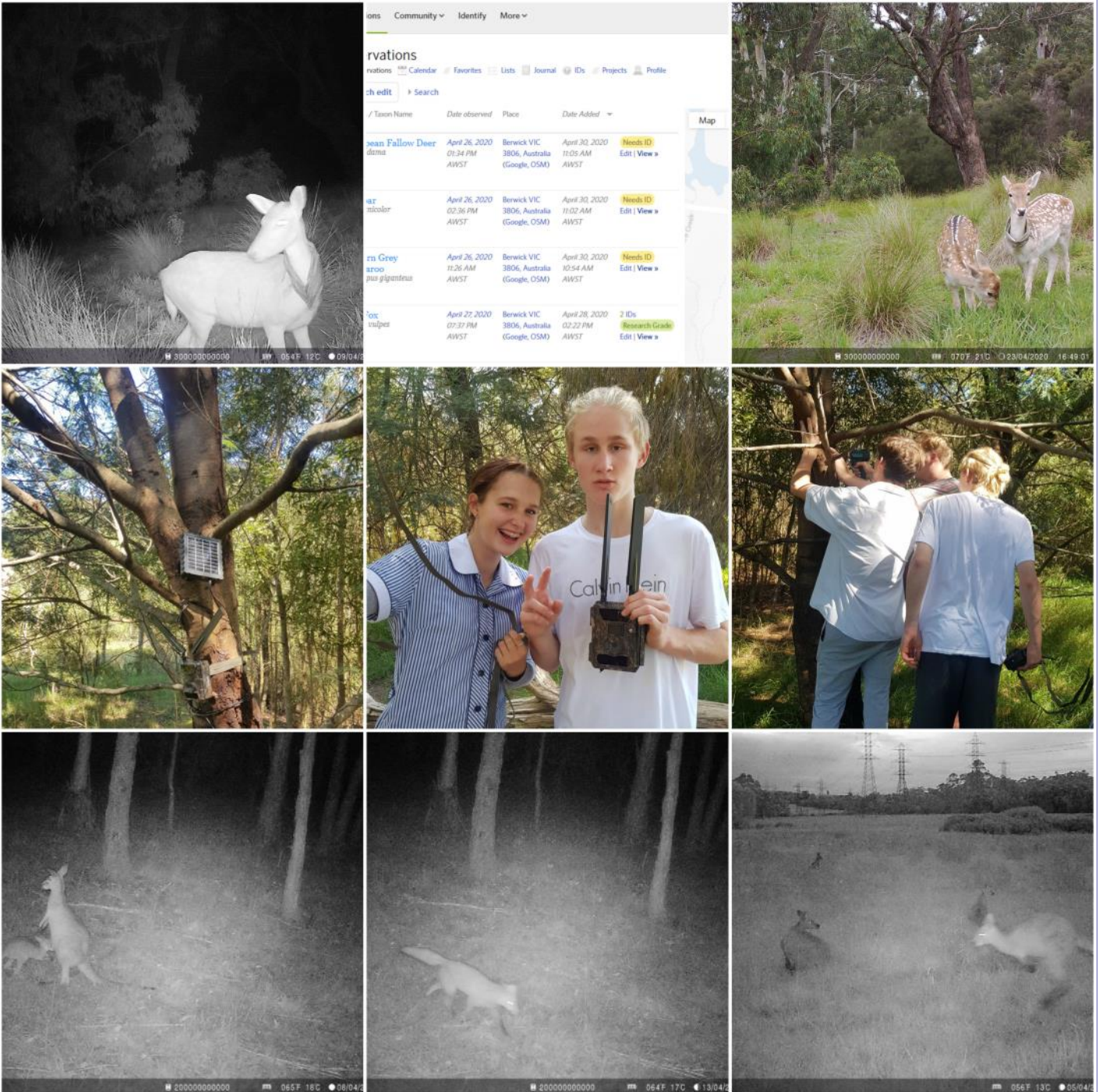


ENVIRONMENTAL SCIENCE

We have been working to collate all the photo data from our four trail cameras into a document to send off to Parks VIC and Casey Council.

At this stage we have received around 800 photos from our cameras. The students are also transferring that data across to an online nature observation website called iNaturalist.

We are studying invasive species as well as how ecosystems are formed over hundreds of years. A project we are undertaking for this term is to create and a self-sustaining environment in a jar, also known as a terrarium. We are hoping to decorate the classroom once we return to school.



WELLBEING CORNER

Hey awesome parents & students!

Well done on making it through 3 weeks of online learning! We have noticed that different people are responding in very different ways to the transition to online learning – some are thriving, whilst others are finding it difficult to cope. Please know that **your wellbeing team is here to help!**

CONTACTING US...

If you or another person is having a difficult time coping with anything, we'd love to be a listening ear and hopefully help you feel a little better! You can contact us by either;

Calling us between the hours of 8:30am and 4:30pm, Monday to Friday. Frank (our fantastic chaplain!) is available on 8768 1019, and Sam/James/Carrie (our cool youth workers!) are rotating on 8768 1023. If we don't pick up, leave us a voicemail and a number to call, and we'll get back to you ASAP!

Sending us an email (our individual email addresses are listed on the [College website](#)). We will reply as soon as we can!

INSTAGRAM...

We've also got an Instagram account ([@berwickcollege_wellbeing](#)), which Amy is putting a heap of effort into updating on a daily basis with cool quotes, links to helpful resources, challenges and even some live streamed content!



HELPFUL RESOURCES FOR FAMILIES...

There are a truckload of new and helpful online resources coming out to support our mental health & wellbeing whilst physical distancing laws are in place. I've included links to a couple of our favourite ones below; Black Dog Institute's [weekly personal mental health check-in sheet](#).

Anglicare's 'Parents Building Solutions' program, (see brochure below).

The Resilience Project's [@home activity tool kit](#) for families.



Take care and don't hesitate to reach out if you are feeling overwhelmed!

- Sam, on behalf of the wellbeing team



PARENTS BUILDING SOLUTIONS ONLINE!!
For parents, step-parents, grandparents & carers of children aged 0-17 years.



- Are you feeling isolated at home parenting the kids?
- Are you wondering how to manage school work during changed circumstances?
- Would you like to be able to connect with other parents for support during this time?

Join us online with your mobile phone or computer to share experiences, ideas and learn strategies that work.

Commencing:

- Monday 4th May** (7.00 - 8.30pm) for 6 weeks
- Tuesday 5th May** (9.30 - 11.00am) for 6 weeks.
- Tuesday 5th May** (7.00 - 8.30pm) for 6 weeks .
- Wednesday 6th May** (1.30-3.00pm) for 6 weeks.
- Thursday 7th May** (9.30 - 11.00am) for 6 weeks .
- Thursday 7th May** (7.00 - 8.30pm) for 6 weeks.

Contact:

- Deb:** 0428 654 824
- Sandra:** 0447 500 355
- Jasbir:** 0431 203 177
- Michelle:** 0429 174 150
- Deb:** 0428 654 824
- Vanya:** 0429 454 693

*If none of these days/times suit or you would like to explore a group specifically for fathers/carers/other , please contact us for general enquiries on 9781 6279.

CAREERS EDUCATION NEWS

Careers Education is still continuing at Berwick College via remote learning through Google Classroom. In these virtual classrooms, the students are required to complete a Careers Education Plan using a range of Careers resources. They also receive information related to Careers/Pathways, such as virtual events, brochures etc. The Year 12's were up and running as at the start of Term 2. Most Year 11 students completed their Careers Education Plan in Term 1, however, there is a 'MOP UP' class occurring via Google Classroom next week. Year 10 students will be invited to join a class group next week to complete their Plan.

VIRTUAL CAREERS EXPO

There is a Virtual Careers Expo being hosted by Torrens University on May 7 and 8, 2020. You can download course guides, take virtual campus tours, talk to staff and past students.

Virtual Career Expo details:-

- Online
- Thursday 7th May and Friday 8th May | 12pm to 8pm (AEST)
- Explore the Virtual Careers Expo Hall
- Visit more than 50 stands hosted by exhibitors from across the country
- Talk to staff and student ambassadors through text or video chat
- Head to the Webcast Hub for live and on-demand video presentations
- Meet other students in our virtual social lounge
- Explore the virtual campus
- Attend from the comfort of your own home (or school)
- Learn more about how COVID-19 will affect your school year

To register go to this link and follow the prompts. <https://www.torrens.edu.au/about/virtual-careers-expo>

Note, you will need to type your name into the Classwork section entitled, Virtual Careers Expo, May 2020.

ONLINE RESOURCES FOR STUDENTS TEACHERS AND CAREER PRACTITIONERS



1 SKILLSROAD

SKILLSROAD is a comprehensive online platform that provides a one-stop-shop for young people and their parents and teachers to help them navigate the career planning process. SKILLSROAD has a broad range of resources such as industry videos, a job fit test and a resume builder enabling users to explore industries, search careers and learn more about further study.



2 MYFUTURE

myfuture is an easy to navigate website that allows young people to build a career profile and explore a wide range of occupations. There are many activities that help users to discover career pathways and develop self-knowledge for career decision making. The login system means results and preferences are saved. Case studies and success stories give examples of what can be achieved.



3 AUSTRALIAN APPRENTICESHIP PATHWAYS

AAPathways provides Australian apprenticeship and traineeship information and resources to people considering career options and to employers interested in recruitment. Funded by the Australian Government AAPathways has features such as Find My Work Type and Job Training Descriptions. The Job Pathway tool demonstrates the different training requirements and skill level for identified jobs.



4 JOBOUTLOOK

Job Outlook is an initiative of the Australian Government Department of Education, Skills and Employment. Job Outlook provides information about Australian careers, labour market trends and employment projections. Comprehensive resources, career tools and job profiles are designed to help people investigate career opportunities and different industries.



5 JOB JUMPSTART

Job Jumpstart helps students find new ways to explore careers and prepare for work by reading the articles and using the tools provided. Job Jumpstart has three themes: Looking for a job; Building a career; and At work. A resume quiz tool helps people understand what is relevant to include on a resume. It has plenty of job searching and readiness information with good resources for career practitioners and teachers.



6 MYSKILLS

The myskills website is the national directory of vocational education and training (VET) organisations and courses. VET is designed to help students get the skills need to enter the workforce and thrive. Browse industries and learn more about hundreds of occupations.

7 DEFENCE JOBS AUSTRALIA

Defence Jobs Australia provides all the information required for people interested in a career in the defence forces. Comprising the Navy, Army and Air Force, the Australian Defence Force has over 200 excellent career opportunities. The Defence Jobs website provides extensive information about jobs, pay & allowances and how to join including info for parents and careers advisors.



8 YEAR13

The YEAR13 website connects young people to all the options available to them after secondary school and beyond. YEAR13 provides career and life advice that helps young people find the opportunities that are right for them. Partnerships with multiple providers enables YEAR13 to give users as much information as possible about post-school options.



COMMUNITY NEWS



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>

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>

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>

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>

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/BHFZG>

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/BHFZI>

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.

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coordination



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Contact Sue:
0407 056 801 / sue@regencycalisthenics.com.au
www.regencycalisthenics.com.au

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



How much do you really **know** about Kids Helpline?

Did you know...?



All Kids Helpline counsellors are **tertiary-qualified professionals** (not volunteers)



In 2018, Kids Helpline responded to **67,264** counselling contacts



Kids Helpline can provide young people with **ongoing, case-managed support**

All this info and more is available in our free presentation resources for teachers and professionals.

[FIND OUT MORE](#)

[FREE DOWNLOAD NOW](#)

DID YOU KNOW?

ACE Foundation offers FREE STUDY CLASSES

with **tutoring** to all High School Students in the City of Casey **Mon-Thur | 4.30-6.30pm** stationery, snacks, WiFi & printing facilities provided
Forms are available from the general office



ace
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Aiding Casey Education

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✉ acefoundation@trcgp.com.au
🌐 acefoundation.org.au

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FREE LIVE ONLINE INFORMATION EVENING
Meet our staff - Ask questions
WHEN: Wednesday 13th May, 5.30pm (AEST / Sydney time) / 3.30pm (Perth time)
REGISTER ONLINE: studentexchange.org.au/info-sessions
Early Bird Discount
Deadline: 15th May 2020
For October - March programs

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View our larger word library of past students.

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DISCIPLINE

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• **CONTACT DETAILS**

Melanie Wickramasinghe
Mobile: 0405764255
Email: melanies.dance@gmail.com

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