The Pelican
Newsletter of Western Port Secondary College

RUOK?

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Web:  www.westernportsc.vic.edu.au
Join us on Facebook and TIQBIZ
Important Dates:

Wednesday 16th September—End Term 3

Monday 3rd October—Term 4 Begins

Tuesday 1st November—Melbourne Cup

Tuesday 6th December—Awards Night

BELL TIMES 2015

Warning Bell 8.45am
Period 1  8.50 am - 9.47 am
Period 2  9.51 am - 10.48 am
Recess  11.12 am - 12.09 am
Period 4  12.13 am - 1.10 pm
Lunch   13.58 pm - 2.55 pm
Principals Report
Term 3 is fast drawing to a close and it has once again been a busy term. You will find lots of detail in this newsletter about the various events and activities that have taken place and I hope you will find it interesting reading!

Teaching and Learning - Reporting
Reports are available now on Compass, please make sure you review these if you have not already. There is still time for students to improve where they need to before the end of the year.

R U OK Week
There have been many activities and events last week to celebrate R U OK day. This important initiative raises the awareness of mental health issues and strategies for support. Year 10 Leaders and in particular Donna Nairn have done a fantastic job organising and co-ordinating this program – Well Done! (See articles elsewhere in this newsletter)

Book Week - LSEY
Hastings High Street came alive for Book Week with young children from local primary and preschools dressing up as their favourite book character and parading up and down the main street. There were regular intervals for children to stop and have a story read to them by a High Street Trader or some of our Year 9 Students, many of whom joined in the act by also dressing up. Approximately 150 children participated in this initiative organised by the Linking Schools and Early Years association which supports literacy intervention and improvement for young people in Hastings. Well done to all our students involved.

STEM Centre (Trade Training Centre)
We are busily working on plans for how our new STEM centre (TTC) will be best utilised to support the education and outcomes for our students. The fit out and purchases of equipment are being finalised at the moment and we look forward to sharing more of our exciting plans with you in Term 4!

Deb Ball 2017
Once again the traditional WPSC Debutante Ball was a fantastic night! I am sure I can speak for all present when I say it was a real treat to see the Debutantes and their partners in their ball gowns and tuxedos perform both traditional and not so old dance routines at the City Hall in Springvale. This event takes a lot of work and I thank Kara Dunstan, Lily Hibbert and Jane Evans for all their hard work.

Keep Informed:
Website - www.westernportsc.vic.edu.au
TiqBiz – register via the website
Facebook – friend us via www.facebook.com

The College does have a Facebook site – please join this for College updates via social media.

Feedback:
I always welcome feedback from our parents and the wider community. Please feel free to contact me via phone or arrange an appointment via the office.

I hope all students and their families enjoy a safe and happy Term 3 holiday, and I remind Year 12 students to stick to their study routines during the break!

Michael Devine
College Principal
Assistant Principal

Year 8 Infinity Young Entrepreneurs
The Year 8 Young Entrepreneurs are well underway with their entrepreneurial projects. Last week they presented progress reports to Mr Devine who gave them critical feedback on their presentations.

Plans are underway for our first WPSC Twilight Market in Term 4 and our Gala Sculpture Park Opening. Year 8 students designing a bush shelter for our bush block met with SBAT, Hands On Learning and VET Construction students to work out which group will construct which component of the design.

The Nature Play Project group visited Balnarring Pre-School to learn about their Nature Play Project and meet with teacher Karen Anderson who is mentoring them with their project.

Balnarring Preschool recognises the importance of children exploring, engaging with and experiencing natural environments. Their program encourages children to play and learn in the outdoors and fosters an appreciation of the environment. The culture of The First Peoples of Australia is a core component of Balnarring Pre-school’s philosophy.

Balnarring Pre-School have been working with Boon Wurrung elders. Their Going out on Country Program connects the children to the land which develops their understanding of First Peoples culture. Throughout the year the children hear stories from Elders, participate in music and movement related to First Peoples and learn some of the Boon Wurrung language.

Our students had a rich learning experience that will influence their design of a nature play program in the bush block at our school. Comments and observations from our students included:
‘Getting kids more active and not having so many boundaries about learning and playing.’
‘It makes me happy that there are people out there doing this: making it into something for children.’
‘I’m intrigued that someone has done this in the community so close to us.’
Karen’s comment that “You need to be strong in your belief and about what you want to do”, inspired our students to keep going with their commitment to their project.

Hannah Lewis
Assistant Principal

Western Port Secondary College is now using an App to communicate with you

Please install this free app onto any device to see all the college news and information. Information from us, our Website, Facebook and soon the parent’s portal are all at your finger tips from this one great App. Available for Iphone, Androids, tablets and Ipads and PC’s.

Visit www.tiqbiz.com.au for more information
R U OK? Day is a national health promotion initiative to raise awareness of the importance of connecting with people we care about in an effort to encourage and maintain good mental health. Each year at Western Port Secondary College we celebrate this mental health event to educate, inspire and empower our whole school community to meaningfully connect with people around them, promote mental health and wellbeing, and share information about where you can seek help or support.

This year at Western Port Secondary College our Year 10 student leaders organised a variety of school activities to demonstrate positive and fun ways we can care for and connect with each other. Throughout the week our student leaders organised a student v’s staff soccer match during Tuesday lunchtime cheered on by the whole school population, resulting in a student victory by a narrow margin. Mental health curriculum activities have been completed at each year level; this included the student leaders providing peer education about positive strategies for helping not only yourself, but friends who may not be travelling very well, and sharing of youth service support information. Another example of mental health education within the College has been the provision of Mental Health First Aid training to our Year 10 students.

On our R U OK? Day our entire College participated in creating a Human R U OK? sign on our sports oval. At lunchtime there were student and staff performances as part of a music concert, and the R U OK? Day photo booth, all organised by the student leaders that had prepared a sea of yellow posters, streamers and balloons creating a wonderfully colourful backdrop.

We were delighted to have our local Mornington Peninsula Shire Youth Services, Shed 11 youth workers, Amber and Bec, and Peninsula Health Community Health worker Kristen joining us, as part of a community approach to strengthening the important message of positive mental health.

Western Port Secondary would also like to thank the many Principals from our local primary schools, Mr Neale Burgess (Hastings MP) and our Councillor David Garnock for dropped into the College to share this event with us throughout the day.

Photos from the event reflect the enjoyment and importance of sharing this meaningful message. Well done Year 10 student leaders and thank you to all the students and staff that supported the event.

Kids Help Line 1800 55 1800  (24/7 free from a landline)
Lifeline 13 11 14  (24/7 free from a mobile)
Parent Line 13 22 89
Reach Out – http://au.reachout.com
Beyondblue - www.beyondblue.org.au and Youthbeyondblue - www.youthbeyondblue.com

Jeanette Trembearth
Adolescent Health Nurse
The Year 11 VCE Psychology class went to Melbourne Zoo to analyse the community conservation campaign, ‘Don’t Palm Us Off’ through consideration of contemporary research and prior understanding of group behaviour, in order to examine the campaign and its effectiveness. Palm oil production is the single biggest threat to orangutan survival. These campaigns are informed by theories of Social Psychology, incorporating Community Based Social Marketing (Dr Doug Mackenzie Mohr) and the tri-component model of attitudes using the Connect, Understand and Act model. Students were surprised to find the palm oil is contained in so many products such as Magnum ice creams, Cheezels and even M&Ms! You may be unknowingly contributing to the destruction of orangutan habitat as currently it is not compulsory to label palm oil in Australia. Often food manufactures include palm oil in their products but are allowed to label it as vegetable oil. Please click on the link below to join the growing list of Australian’s who support palm oil labelling.

CONGRATULATIONS!
Nicco McDonald and Darcy graduated from Tools of the Trade Term 3 ran by SALCOS.

Malaysia Study Tour
Information—It’s not too late!
There are currently 15 students and two parents attending the Malaysian Study Tour, its not too late to join, contact Thuy Ta on 5979 1577 if you would like to go along.
Sport Helpers

These students listed below helped interschool sporting teams in the capacity as a coach, manager, umpire or scorer. The school thanks you for your support and help. Each student will receive a certificate, which can be used in later years as a reference showing leadership qualities, resourcefulness and commitment.

Katelyn Davis  Jessica Hendrick
Joshua Hastie  Harrison Janz
Ben Paarlberg  Victoria Hogan-Keogh
Rebecca Tanner  Taylor De Brota
Georgia Densley  Jayden Elms
Kiara Lacey  Martin Choy
Cohen Archer  Tamara Brewer
Khloe Mc Cullagh  Zak Millane
Zoe Vanson  Kelly Bobrowski
Jessica Hendrick  Bailey Williams

‘Bay to Bay proudly supporting Beyond Blue’

The Year 11 VCAL class have been training hard all term to prepare for the fundraiser on October 4th. This is what they have to say:

We’ve created this fundraiser because we want to make a difference. We are inspired by the work of Beyond Blue and wanted to support them by raising money. As a class we decided to raise money to support people suffering with mental illness as we have all been affected in some way by anxiety or depression. Too many young people suffer with mental health conditions and they need to know that they are not alone, there is help out there for anyone. We have been training hard for a 30km walk over Arthurs Seat in October. We are looking for sponsorship for this massive effort, with all funds going towards Beyond Blue. We have been working as a team and have decided on a team goal of raising $10,000 for Beyond Blue. As well as raising funds we would like to raise awareness of mental health issues and teach everyone how to seek help. We encourage anyone who is struggling, maybe feeling sad all the time or having issues with anxiety to reach out. At the very least, visit the Beyond Blue website, call their hotline or speak to a close friend.

Please take the time to donate and support these fantastic students! The link to the everyday hero page can be found on the schools Facebook page. Donations are tax deductible.
Earth without Art is just Eh!
DEBUTANTE BALL 2016
Mindfulness apps

In a world full of busy, fast-paced environments with little time for a break, Mindfulness provides an opportunity to slow down, rest and recuperate, even when you are on the move.

Mindfulness meditation has been used in the treatment of stress, resilience, anxiety, depression and other physical and mental illnesses.

Mindfulness Apps can help both beginners and advanced practitioners alike.

Apps like “Smiling Mind” (free and available for both iPhone & Android), “Calm” (free, available for iPhone & Android) and “Mindfulness Training App” (free, only on Android) are readily available across a number of devices.

These apps aim to be a quick and efficient way to introduce wellbeing, de-stress and breathing strategies and exercises into your life.

They can also be used for children of all ages.

Smiling Mind is a great app to get you started. It was developed by a team of psychologists with expertise in youth, adolescent and adult therapy, and is recommended by Beyond Blue, Inspire Foundation and The Resilience Project.

Check out mindfulness apps in your app store. You’ve got nothing to lose but stress!

Easy veggieful recipe

An easy and quirky way to have some fun and increase vegetable intake for the family! (Serves 6)

Ingredients:

- 1-2 Packets Rice Paper
- 150g vermicelli rice noodle
- ¼ head lettuce, sliced
- 1 cucumber, sliced
- 1 carrot, grated
- 1 capsicum, sliced
- 1 can bean sprouts
- ½ cup fresh mint leaves
- 1 shredded cooked chicken breast (or ¼ BBQ chicken)
- 1 large bowl hot water

(Any additional vegetables as desired)

Method:

Cook vermicelli noodles as per packet directions.

Grab one piece of rice paper and gently dip into the bowl of hot water. Remove rice paper and lay flat on a clean surface.

Top the rice paper with a small amount of each filling. Do not overfill and ensure to leave a 5cm inch border along each edge.

Roll up the rice paper tightly around the filling to the middle. Then fold in the sides and continue rolling. Transfer the completed roll to a plate.

Continue rolling until all ingredients are finished.

Serve immediately and dip with sweet chilli sauce, soy sauce or homemade peanut sauce (see below)

Optional homemade peanut sauce

- 3 tbl smooth peanut butter
- ½ cup light coconut milk
- 1½ tbl Hoisin Sauce
- ½ tbl Cayenne Pepper (optional)
Saver Plus gives local families incentive to save - Jenny’s story

With a ten-year-old daughter and high school a few years away, Jenny saw a need for a new computer and an improved savings habit. At first, the prospect of saving regularly was daunting after hearing about the Saver Plus program well before she actually joined in 2010.

“At first I was scared of committing to putting money away because I couldn’t see the light at the end of the tunnel. A few years later I said ‘I need to do this’,” she said.

When Jenny joined Saver Plus she didn’t think too far ahead, but has now developed a savings habit that has continued well after she completed the program.

“I feel more secure and I have more confidence in myself too. I got a lot of satisfaction from saving for a new computer. I’d never really saved for anything before.”

To find out more about Saver Plus call or sms 1300 610 355 or email saverplus@bsl.org.au.

The Better Health Channel

Do you have a question about health and wellbeing but struggle to find a good source of information?

There are many websites, blogs and publications that offer information about health and wellbeing. Unfortunately some of these are not based on evidence and the information they provide could be incomplete, inaccurate or completely incorrect!

To help everyday people access the best quality information about health and wellbeing, the Victorian Government has developed and maintains the Better Health Channel.

The Better Health Channel provides information on a huge range of topics that is:

- quality assured
- reliable
- up to date
- easy to understand
- regularly reviewed
- locally relevant

The website does not have any commercial advertising and does not accept any corporate sponsorship so readers can be confident that it is not influenced by private third parties.

Information on the Better Health Channel is provided to help people stay healthy or understand and manage their health and medical conditions. It does not replace care provided by medical practitioners and other qualified health professionals.

Saver Plus for our school families here at Western Port Secondary College
TUMBLE DRYERS are handy, but can pose risks if not maintained safely.

Do not use the dryer without a lint filter.

Make sure you clean the lint filter before or after each load of laundry. Remove lint that has collected around the drum.

Let your dryer complete its full cycle, before removing your load, including the full cool-down.

Follow the manufacturer’s operating instructions and don’t overload your dryer.

Turn the dryer off if you leave home or when you go to bed.

Clothes that have come in contact with flammable substances, like gasoline, paint thinner, or similar, solvents should be laid outside to dry, then can be washed and dried as usual.

For further information go to: www.cfa.vic.gov.au
**Tina’s Glass & Glazing**

For all your glazing needs including:
- Replacement windows
- Safety Glass
- Domestic Glazing
- Mirrors

Call: **Tina Connor**
0423 946 150
tinaglassglazing@hotmail.com.au

Police Check and Working with Children Check
TRADE qualified

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**Trinity Healing**

Term 3 Kid’s Mindfulness and Meditation – 6 Week Program
Term 3 Teen’s Self Esteem, Mindfulness and Meditation – 8 Week Program

Programs designed to foster a greater sense of self awareness and promote positive self-esteem.

“A well thought through and engaging program that teaches kids vital skills they can use daily”
Teagan – mum of Caleb (5)

Now taking enrolments. All programs are run in Hastings. For further information please go to [www.trinityhealing.com.au](http://www.trinityhealing.com.au) or call Deanne Ogden on 0437331308.

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**CENTREPAY**

WPSC would like to announce that we now offer Centrepay as another means of payment. This is a system to assist families with automatic deductions from their Centrelink payments that can go towards College charges. There are no fees associated with this arrangement and the General Office is happy to assist with registration.
FOR SALE
Boys shorts with Emblem size 16 $20
Boys Elastic Shorts x 2 with Emblem Size 16
Boys elastic Long Pants size 16 with Emblem $20
Boys Sport Top Size 16 $15
Please call Kerrie on 0439 957 652