



PARKDALE SECONDARY COLLEGE NEWSLETTER

Fortnightly Newsletter - Monday 27th April 2020

Principal's Report – David Russell

I thank you all for your continued support of the staff and school community as we navigate together through these uncertain times. There has been much speculation in recent days of when schools may resume their normal working conditions. I have received no official word on any end to the current online/remote learning that is currently operating. As has been our practice throughout the Coronavirus (COVID-19) pandemic, we will inform you when we have information.

Teaching and Learning

We are now into our third week of online/remote learning. I have been very pleased to receive numerous emails from parents about how well this transition has progressed. We knew when it started that there would be initial problems, some we could address, others, beyond our control and this was the way it panned out. The first 30 minutes of the first day were very stressful for everyone as Compass, on cue at 8.50am, decided to become problematic. Beyond our control but fortunately a situation that has not repeated itself in the following days.

The staff worked incredibly hard in preparation for the transition. They modified curriculum and delivery methods and learnt how to use different platforms. They had to do this without actually knowing just how teaching would look, and work, when students are not actually sitting in front of them. As with all things new, there are those who currently have more knowledge with the technology side and are doing some things that other teachers are not. I am sure that this will change as staff, like students, become more confident.

Teachers have also grappled with the question of how much work to set. They have the experience in the classroom but remote teaching changes the equation. The first week has seen feedback from parents varying from too much to too little work set. Staff have also found that students who completed work easily in normal classes are working more slowly and those who struggled to complete the work in class are now finishing ahead of time. It is a different environment and all participants are becoming accustomed to the new working conditions and in the coming days/weeks adjustments will be made.

There have been numerous mentions in the media around parents feeling overwhelmed at having to teach their child(ren). We are not asking you to do this. You are there to support your child(ren) by providing them an environment that is conducive to work. Yes, check in to see how they are going as you would normally but you are not expected to do the teaching. If students have questions they need to communicate with their class teacher.

Staff Update

The start of Term Two has seen a number of staffing changes. Returning from leave are Mr Tim Thompson and Ms Stephanie Chiocci. I thank Ms Rebekah Phe and Mr Tom Johnson who replaced them during term Two. We now farewell Ms Megan Kennedy (Team Leader Year 7 and 8) who commences family leave on Monday 27th April. We all wish her well and look forward in anticipation for exciting news in the coming weeks. Ms Emily Payne has been appointed Acting Team Leader Year 7 and 8 and the return of Ms Chiocci to her role as Year 9 coordinator, has seen Ms Vanessa Leslie move to the Year 8 coordinator role. In terms of teaching, Mr Tom Johnson will continue at the college, as the replacement for Ms Kennedy, but retaining the classes he taught in Term One. Ms Chiocci will take on the bulk of Ms Kennedy's teaching load with some minor shuffling of classes. In a couple of weeks, Ms Kirsty Sonneveld will be going on family leave as well. Mr David Bose has been appointed as Ms Sonneveld's replacement and has already commenced at

the college to assist in a smooth transition. Ms Phe will also be returning, teaching Maths in our English language centre and junior classes. Ms Michelle McCormack, who has been taking a number of Food Technology classes in Term One as a CRT, is now employed part time in this role and we welcome Ms Ashlea Diamond who will also be taking Food Technology classes. We also welcome Ms Ashlee Ogilvie to our student wellbeing team. Ms Ogilvie has been working as part of this team on a casual basis and has now been appointed to a full time role.

Communication

Please understand that teachers are available for assistance during normal working hours only. During the school day, as would occur with actual face to face teaching, they will be in class throughout the day and will only respond to those students in their timetabled class, when in class.

Attendance

Through this remote/online learning period we are still required to mark student attendance. We are doing this by asking students to sign in on the daily attendance sheet that is sent each day from their respective Year Level Leader. It is essential that students do this each day during Tutor Group time (8.50am – 9.05am). Class teachers will also mark their own class rolls through students interacting with them during their timetabled lesson.

IT issues

Our IT team lead by Mr Luke Bayley have been working extremely hard supporting students, parents and staff through this transition. This has included issuing loan devices, addressing Compass problems for parents, general IT advice and problem solving.

We have received a number of requests for assistance with internet access. Although the government has indicated they will provide access and to contact the school. At this point in time we have not received any notification if we will receive any of this assistance. For the last two weeks we have endeavoured to source prepaid dongles to give access but these are out of stock. We will continue to pursue this avenue and notify families who have contacted us when we have them.

To stream line our processes can I please ask that you contact the IT team via the following email addresses depending on the nature of the assistance required.

For loan device and internet access assistance please email Parkdale.sc@education.vic.gov.au

For all other IT assistance please email helpdesk@parkdalesc.vic.edu.au

David Russell
Principal

Junior School Report

Welcome to term two

Although it has been a challenging few weeks, the students have settled into remote learning remarkably well. The staff have enabled a smooth transition through careful preparation. The Year Leaders and Coordinators have prepared resources, conducted assemblies and communicated constantly with the students. This enables them to identify quickly what is working well and address any areas of concern. I urge students to touch base with their Year Level Coordinators or classroom teachers if they have any questions or are unsure about something. At the end of last term, the Junior Leaders attended a leadership conference with the Senior School Leaders. It was a great opportunity for the junior and senior leaders to get to know each other. Thanks to Elly for writing up this report about the conference.

Junior School Student Leadership Team Report

“On Tuesday the 10th of March, the Junior Leadership Team, as well as some members of the Senior Leadership Team, visited the city to attend a conference held by Youth Leadership Academy Australia.

At the conference, there were many guest speakers who all explained a slightly different interpretation on their take of what the word 'leadership' means to them and how they have shown it during their lives. Each speaker was young and had a different story, however the topics were relatable to both the Year 9's and 12's who participated.

We heard from mental health advocate, Matt Runnalls, who spoke about his battle with suicide and how he turned his life around and became a leader in his own way. Will Massara was the next speaker and he explained how he turned a bad experience into a business. He is CEO and founder of Youth Leadership Academy Australia at the young age of 17. A quote he preached to all of us was that "every day we have a choice" and that we can always be the next person to make a change. We then heard from three teenage entrepreneurs, one being Will Connolly, also known as the 'Egg Boy.' He made worldwide news after he smashed an egg over a senator's head in 2019. Will spoke on how he quickly gained a lot of attention and popularity and how he wanted to use his newfound platform for good, instead of wasting it. He has raised around \$500k towards various charities and doesn't plan on stopping his good deeds anytime soon. Finally, we heard motivational speaker Gianna Lucas. She spoke about her struggles with anxiety and how she overcame them. Gianna informed us on how we can set good goals and follow through with our hopes and plans.

Overall, the conference was very inspiring and left us feeling excited for the futures ahead of us. Youth Leadership Academy Australia taught us about our purpose in life and why it is important to show up and be grateful for what we have. The experience taught all of the students what leadership is and how high school students can really make an impact in our lives and do something good with what we have. The speeches were very empowering and on the behalf of everyone who attended the day, it was a really valuable experience that has taught us all on how we can be better people and achieve amazing things throughout our lives."

Elly McGenniss – Junior Performing Arts Captain



I hope everyone managed to view the moving ANZAC Day Service produced by Ms Baker and thanks to the students who assisted to make this service very special. I also hope the Year 7 and 8 students enjoyed the short 'We're all in this together' video put together by Ms Payne – it certainly gave me a bit of a giggle!

June Sainsbery

Assistant Principal- Junior School & Wellbeing

Remote learning has progressed very well, and we are very proud of our students, staff and parents for getting through the first two weeks! Congratulations to all.

We are currently awaiting further advice from the VCAA (current advice can be found at <https://www.vcaa.vic.edu.au/news-and-events/latest-news/Novel%20coronavirus%20update/Pages/default.aspx>) regarding the VCE and are hopeful of having more information this week. At present we have been told the following:

- The General Achievement Test (GAT) has been postponed from June 10th until October or November 2020
- Unit 3/4 VCE examinations have been postponed until at least December 2020
- School-based assessment tasks will be reduced where possible to relieve pressure on students
- VCAL students will be provided with more time to complete their courses and timelines will be consistent with the revised dates for the VCE
- Study Scores and ATARs will still be calculated (more information can be found at <http://www.vtac.edu.au/update-covid-19.html>)
- Students will be able to access tertiary institution enrolment in 2021
- Timelines for applications made through VTAC for 2021 will not change

From a school perspective, modifications have been made to assessment to allow some to be completed at home and others to be postponed until the return to school. Subject teachers have been very proactive in their planning to accommodate the remote learning situation and ensuring that Outcomes can be met, and scored, under these circumstances.

We are currently planning the end of Semester One, including the usual end of semester exams and reporting, and will communicate this plan to all shortly.

Given the information that we currently have, some important directions are clear.

1. Year 12 students in both VCE and VCAL will be able to meet the requirements of the respective certificates this year and it is more important than ever to keep up with work and complete the tasks set by teachers, and to keep pushing themselves to do their best.
2. Year 11 students sitting a unit 3/4 study in 2020 will be sitting examinations and having Study Scores calculated, which will contribute to their ATARs in 2021 and need to maintain focus and try their best.
3. Unit 1/2 studies and Intermediate VCAL outcomes, maintain their significance in meeting the minimum number of units required to receive a VCE/VCAL qualification and prepare students with the key knowledge and skills required for unit 3/4 studies and the senior VCAL certificate.
4. Year 12 students must continue planning for their post-school pathway in 2020, including researching courses and institutions online, speaking to family, friends and teachers, and keeping up-to-date with careers information from our Pathways Team.
5. Year 10 students need to be focussed and persistent in their studies to ensure they are learning the key skills and knowledge for their chosen pathway, VCE or VCAL, in 2021.

Senior School Report Continued

On a different note, it is pleasing to see that a number of students are planning for a return to school. I have been receiving some subject change requests for Semester Two. At this point I am unable to consider subject changes and ask that all requests hold off until Week 5 (11th May) begins.

Finally, we have had one of the most difficult times I can recall in my time at Parkdale. Thank you to all our students and parents for your amazing support and patience over the past two weeks. We have always prided ourselves on our sense community and the way in which we pull together in tough times. More than ever, if you require assistance in anyway, please reach out to our staff at school and we will do what we can to help.

Michael Tuck
Assistant Principal- Senior School

Welcome To The Library At Parkdale Secondary College

Parkdale Secondary College eLibrary- eBooks and Audiobooks Anytime, Anywhere
When visits to the library are no longer available, how can you find new books for your children to read? Never fear the Library team are here! With just a few clicks students can have access to our free 24/7 eLibrary. Here they will find thousands of eBooks and audiobooks available for a two week borrowing period.

As with all digital technology there are multiple ways to access these exciting resources

eBooks & Audiobooks : Anytime, Anywhere

For the love of reading

Borrowing our eBooks and Audiobooks is as easy as

- 1 Download the ePlatform app from your app store
- 2 Find our library and log in using your library ID
- 3 Browse and borrow to read or listen to on your device

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ePlatform has apps available for Apple, Android and Windows 8/10 devices, to make reading and listening even easier.

The ePlatform mobile apps are the easiest, fastest and most enjoyable way to read and listen to a huge range of titles from the eLibrary. It's quick, simple and free to install. Within minutes students will be able to read library eBooks anywhere, any time, on most devices. The ePlatform app makes it easy to borrow, read and listen on iPad, iPhone, Android Phone, Tablet or Windows 8/10 device – without downloading any additional software. Students can even read and listen offline.

Download the app from the app store now to access the library's eBook & Audiobook collection!



Once the App is open, students sign in using their student code and the password Library1

Use the Library Website

Enter the Library Website from the <https://go.parkdalesc.vic.edu.au/>

Enter the student code into the field – no password required. If your child experiences problems please contact suzanne.flavin@education.vic.gov.au

Search the catalogue using the search terms eBooks or audio books. Select a book, click on the record and a new window shown below will appear.

A screenshot of a library app interface. On the left is a book cover for 'Girl Online GOING SOLO' by Zoe Sugg. To the right of the cover are several buttons: 'Write a review', 'Add to My List', 'Make a reserve / booking', and 'Show Me Where'. The main area displays the book's details: 'Composer: Sugg, Zoe', 'Audio 1 copy available', 'Year: 2016', 'Type: Audio Book', 'Age Range: 0', 'URL: View QR code - https://parkdalesc.wheelers.co/audiob...', 'Subjects: AUDIOBOOKS; TEENAGE GIRLS - FICTION; BLOGS - FICTION; INTERPERSONAL RELATIONS - FICTION', 'Notes: Downloadable eAudiobook MP3', and a 'Summary' paragraph. At the bottom, there are tabs for 'Information', 'Copies (1)', 'Reviews', and 'Contents'.

Now follow the hyperlinks, by clicking on the URL field for the book, it will take you to another page, again click on the URL, this takes you to our eLibrary where the book can be borrowed.

Students will need to sign into the platform to borrow, sign in using the student code and the password Library1

Go directly to our eLibrary

Finally you can go directly to our eLibrary by using - <https://parkdalesc.wheelers.co/>

Sign into the platform to borrow, sign in using student code and the password Library1

We look forward to seeing your sons and daughters back in our physical library sometime in the future, but in the meantime we hope you will encourage them to read and enjoy our digital library.

Happy reading to you all.

Pauline White- Teacher

Sue Flavin- Teacher

Textiles

It is always pleasing, as a teacher, to see students applying skills they have learnt in the classroom to projects outside school.

Over the school holidays, Daisy Matlock took the opportunity to transfer the skills she acquired in both Art and Textiles to produce a small range of 'up-cycled' denim garments, that include creative and unique prints - each individually designed and hand printed by Daisy. These items are for sale on Etsy, an online shop for craft products. Helping Daisy to advertise her pieces were **Model:** Billie Dixon and **Make-up:** Sophie Marshal.

Another student who has developed her sewing skills outside the classroom is Millie Asker. She has produced a range of stuffed animals that show a high level of skill and craftsmanship. Each toy could easily be sold in any number of toy stores.

I look forward to seeing more products made by these students over the coming year.



Amy Dallas
Textiles Teacher

Year 12 VCAL

YEAR 12 VCAL FUNDRAISER

"Thank you to everyone who supported the **year 12 VCAL** students in their Donut and Muffin fundraiser for **Wildlife Victoria**. They **raised a total of close to \$1,000** over the two days of sales and completely sold out of donuts on their second day of sale.

A **huge thank you to 'Mr Donut' in Mordialloc**. They were extremely generous, selling us the donuts and muffins at below cost price, so we were able to raise as much money as possible for the organisation Wildlife Victoria and the bushfire effort.

Year 12 VCAL Continued

We are very proud of the VCAL students and their efforts and organisational skills. We are looking forward to the future VCAL fundraisers. A fantastic effort, well done!”

Nikki Jones – Year 12 VCAL student



Year 12 VCAL Team
Kerri Fulton- Teacher

Year 11 VCAL

The Year 11B VCAL students and staff challenged themselves by hosting a ‘Pizza Lunch’ for the College earlier in March. The students demonstrated meeting Work Related and Personal Development Skills Learning Outcomes by working as part of a team to ensure that OH&S, Crowd Management, Stock Control, Food Handling, and Hygiene guidelines were implemented and in the process, had a lot of fun working together and bringing smiles to staff and students alike!

In all, the class raised \$473.95 (after expenses) which will be donated directly to State Schools’ Relief. We have arranged to present the funds directly to the CEO later in the Semester. (You can find out more about this amazing organisation by visiting their website: <https://ssr.net.au/>). In class, the students learned more about the important work SSR undertakes and have shared their learning on the College TV screens for other students to understand where their pizza money proceeds were going.

We would like to acknowledge and thank Domino’s Mordialloc (Main Street) for their generous support and delivery of the delicious pizzas and to the Parkdale Secondary College students, thanks for supporting us to support others in the community.



Tracey Seach
VCAL Teacher

Thursday, 16 April 2020

Good morning all,

Due to the current COVID-19 pandemic and the inability of parents & families to access uniform suppliers, State Schools' Relief will honour all current vouchers **for an extended period of six (6) months** beyond the expiry date printed on the voucher.

All new vouchers issued will display a common expiry date of 30th September 2020.

If you could kindly forward this communication to all relevant parties within your school it would be greatly appreciated.

Should you have any questions about this information, please contact us on 8769 8400 between the hours of 8.30am - 5.00pm, Monday to Friday or email us at contact@ssr.net.au

Please continue to stay safe, stay healthy and look after each other.

Kind regards,
the State Schools' relief team.



heartlinks
Sharing, Learning, Building

Heartlinks we know families



Operating as a social enterprise of Family Life, Heartlinks has been providing trauma informed, quality counselling services to children, parents and families in the Bayside and Mornington Peninsula areas since 2015.

In response to the global COVID-19 pandemic, Heartlinks has transitioned to providing the same quality counselling services utilising a secure, online tele-health platform called CoviU.

It is normal for families to feel afraid or overwhelmed during these uncertain times and some stress and anxiety is to be expected. However, if anyone in your family is finding the enforced adjustments to your lifestyle difficult - such as working from home, remote schooling, unemployment, isolation from friends and family - the Heartlinks counselling team is here to support you.

Our dedicated professional team is available to provide counselling to children, parents or families around issues such as:

- Managing stress and anxiety
- Emotional regulation
- Understanding child development and behaviour
- Parenting challenges
- Parent-child relationship issues
- Sibling issues
- Family change and lifestyle adjustment
- Grief, loss and trauma
- And much more

Heartlinks qualified and experienced counsellors have expertise in a range of areas and provide a safe, confidential and non-judgemental space in which to explore your concerns.

All Heartlinks counsellors use child-focussed and trauma-informed therapeutic practices and always consider the issues and the individual in the context of their environment, experiences and family.

Bookings and more information:

To book or for more info, visit us at heartlinks.com.au
Email heartlinks@familylife.com.au or call (03) 8599 5488

Facebook: <https://www.facebook.com/heartlinksau>

Instagram: <https://www.instagram.com/heartlinksau>



Social Enterprise



How does phone based counselling work?

- Your counsellor will contact you via phone at the scheduled appointment time
- Your counsellor may wish to email you content prior to or following a session to support the counselling work
- Telephone sessions are private and confidential just like if you were meeting in an office. The counsellor will ensure that they are in a private space, we ask that you do the same

At Heartlinks, we believe that counselling is most effective when the client and the counsellor work in collaboration to explore issues, strategies and solutions. If you are unsure if we can help you, please phone the Heartlinks office for a confidential discussion.

How does online counselling work?

- Heartlinks uses CoviU as a video conferencing platform to provide online counselling
- You do not need to download an app or create an account to access CoviU, all you need is a device that has a camera and microphone, such as a computer, tablet or smartphone
- Your counsellor will send you an invitation to the counselling session via email or SMS, you then click on this link to access the session and follow the prompts
- CoviU sessions are private and confidential just like if you were meeting in an office. The counsellor will ensure that they are in a private space, we ask that you do the same
- Your counsellor may wish to email you content prior to or following a session to support the counselling work
- Your counsellor is able to share their screen with you and may use this capability to enhance learning or to share information during your session
- You can read more about CoviU's privacy policies and security of data by following the links below:

<https://coviU.com/static/privacy>

<https://help.coviU.com/en/articles/412368-privacy-security-of-data>

Counselling sessions

In response to the COVID-19 pandemic, Heartlinks has reduced our fees for counselling and has extended service hours.

- The frequency and number of sessions is dependent on individual concerns and will be discussed between you and your counsellor
- Appointments are available from 9am to 7pm Tuesday to Friday
- The fee for a 50 minute session is \$120
- Fees are to be paid at the time of the service or in advance



Bookings and more information:

To book or for more info, visit us at heartlinks.com.au
Email heartlinks@familylife.com.au or call (03) 8599 5488

Facebook: <https://www.facebook.com/heartlinksau>

Instagram: <https://www.instagram.com/heartlinksau>



Social Enterprise



heartlinks

Sharing, Learning, Building

Looking after YOU

Maintaining your health and wellbeing during COVID-19

It is **normal** to feel afraid, anxious or overwhelmed during these uncertain and rapidly changing times, so it's important to:

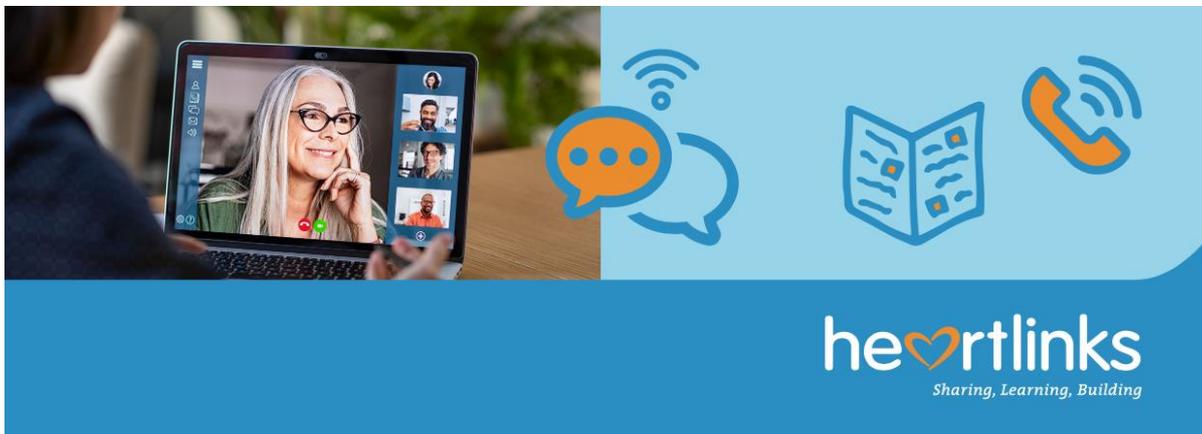
- **Allow yourself time to adjust and acknowledge your feelings:** Whilst not dwelling on them, naming our feelings helps us manage them far more effectively
- Practice **Mindfulness:** Even 3 minutes a day has proven benefits. Suggested Apps are Calm, Insight Timer and Buddhify
- Show **compassion and kindness** to yourself and to others and where possible, practice gratitude and enjoy the simple pleasures of life
- Focus on maintaining a **“calm and cautious”** perspective, challenging negative thoughts you may have with realistic thoughts or evidence
- Monitor your exposure to constant media reports or other messaging: You are allowed to **‘turn down the noise’**
- If **working from home** or self-isolating, where possible:
 - Think ahead and plan for what you may need, such as:
 - Food and medications
 - Cleaning products
 - Work materials
 - Games and other activities for your children
 - Access to internet and phone services
 - **Be organised and plan your day** with a realistic to do list
 - Implement **routines and set boundaries** between work and personal time, and allocate specific work hours in a dedicated work space: Our emotional health is strongly affected by regular routines so try to maintain your normal wellbeing routines
 - Take regular breaks and keep **MOVING**

- Be conscious of **eating healthy food, exercising regularly, getting outdoors** as much as possible [ensuring you follow health official directives] and getting enough, **quality sleep**
- **Relax & reset:** Take time to do something that is relaxing for you
- Be cautious of not becoming a 'Do It Yourself [DIY]' expert which may lead to injuries
- If you have financial concerns, speak to your employer or to Centrelink

Children:

- **Readjust your expectations** of what they, and what you, can achieve in a day: Whilst having boundaries and maintaining safety, you may need to be more lenient with children's screen time
- Try and incorporate as much **fun and play** in their day as possible
- Children may need extra attention at this time: They will remember your calm, patience, love and care during this time more than any 'home schooled lessons'
- **Provide truthful information**, at an age appropriate level and **minimise their exposure** to news reports or overheard conversations
- **VCE students** may require extra practical and emotional support during what is already a stressful period: Check with your school for advice on how best to support their studies

heartlinks.com.au



Keeping safe:

- Isolation, financial hardship, job loss and uncertainty may add additional strain to you, your family or your support network. If you or someone you care for is unsafe developing a safety plan may [help](#) : If you are in immediate danger call 000

Staying connected:

- It is especially important during this time to **maintain social connections**, even whilst adhering to 'social distancing' policies
- Utilise available technology such as the telephone, Whatsapp groups, online tools such as Google Hangouts, Facetime, Zoom
- **Be creative:** Set up challenges for yourself or with others, share thoughts about TV shows, create an online book club etc
- Participate in community 'online' events

Heartlinks:

Heartlinks is a social enterprise of Family Life and provides children's and parenting counselling services, offering bespoke professional support and learning through individual and family-focused support, seminars and tailored group workshops. Our qualified and experienced counsellors have expertise in a range of areas and counselling support will be tailored to your individual needs.

All Heartlinks services are in the process of transitioning to online platforms and can be adapted to suit the changing needs of the community. If you and/or your family are in need of support or you can't find the right supports, give Heartlinks a call on 8599 5433 to discuss your needs.

Bookings and more information:

To book or for more info, visit us at heartlinks.com.au
Email heartlinks@familylife.com.au or call (03) 8599 5488

Facebook: <https://www.facebook.com/heartlinksau>

Instagram: <https://www.instagram.com/heartlinksau>

Services:

- **Counselling:**
 - Fee for service counselling offered via secure video or telephone
 - Expert support focussed on parenting, child behaviour, family relationships
 - Support to manage working from home and self isolation, with a focus on how to support your children
- **Parenting workshops:** Group or one to one workshops
 - Focusing on topics such as positive parenting during Covid-19
- **Trauma informed training, for professionals and volunteers:**
 - Generates an understanding of trauma and its effects on the individual and the systems around them to inform organisations responses
- **Here4U: Active bystander training: Social Awareness Training for your Organisation**
 - Provides participants with the tools to identify, respond and support women and children experiencing domestic abuse in our community
 - How to support men's behaviour and attitude change, and challenge social norms that support violence against women including racism, homophobia and ageism

