

The Somerville Source

News from Somerville Secondary College



MAY 22ND 2020: # 02

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These have been very strange times for all schools, and an unusual time to be leading a school as a newly appointed principal to the school, however right from the start I have been able to be confident of two things:

The dedication of our staff from our admirable teachers to our thoughtful education support staff, and the school leaders who I am proud to work with each day. Our students who have embraced this challenge, finding the positives and supporting each other.

I would like to say a big thank you for working with us over this unusual time in education and adapting as we have found more effective and efficient ways of supporting learning. I understand that at times there must have been levels of frustration, however we can all say that we have learnt new things and have become more competent in using technology.

As we have worked through this term, we have continually reflected on what has been working well and what needed to be tweaked. By gaining feedback from students and staff there have been strategies engaged to ensure that the student engagement was continually being considered as has been the wellbeing of staff and students re screen time and wellbeing.

Students completed a survey and there was feedback regarding tiredness and screen fatigue being a challenge in remote learning. This is in accord with feedback received from teachers and parents as well. Our changes were consistent with advice from the Department of Education and Training regarding expectations for face to face teaching time during remote learning, as well as being in line with the approach taken by other schools.

Teachers adjusted their plans for this term, to recognise that we could not hope to cover the same amount of content at the same pace during this term. The good news is that through changes that we have made at SSC as well as those proposed by the VCAA, there will be more time to cover the content needed this year. I know this is particularly on the minds of students studying VCE Unit 3/4 subjects this year.

These changes include:

The extension of semester 1 submission dates.

No NAPLAN for Year 7 and 9 students in May

Unit 3/4 exams to occur in December rather than late October/early November. A review of all VCE Study Designs by the VCAA for Unit 4 to reduce, where possible, school-based assessment tasks such as SACs. All our VCE teachers have embraced these changes and communicated these changes to their students.

Dates To Remember



Monday 25th May
Staff PD day. No classes or student supervision on-site

Tuesday 26th May
VCE and Year 10 students taking VCE studies return to school

Monday 8th June
Public holiday-Queen's Birthday

Tuesday 9th June
Years 7-10 students return to school

Friday 26th June
Last day of Term 2

Please continue overleaf...

Welcome back!

Principal Report (from page 1)

...Our Welfare Team has been fabulous in developing wellbeing newsletters and challenges to keep us active and healthy over this time which have been well received by our Somerville School community.

We have been able to source devices from the DET to provide support for families that were experiencing some issues through no internet at home. Many people trying to use the family Wi-Fi at once causing internet congestion or approaching data limits on phones/home internet, as well as other internet problems.

As you would be aware, we were unable to run the Open Night as planned this year, however Katie Johnson has put some great information on Facebook and on our website from our students about their learning and experiences at Somerville Secondary College. We have also produced a promotional brochure which is being shared with our local primary schools and I have had the opportunity to have a number of remote Q and A sessions with current and prospective parents which I have thoroughly enjoyed.

While we have had minimal staff and students on the school grounds, we have been actively completing upgrades to the facilities with roof repairs, upgrading classrooms, replacing the phone system to make the school more accessible to our community.

I am really looking forward to the students returning to engage back in their learning at school while utilising skills that have also been developed over this time. I'd like to thank those families who have shared their experiences with me and other school leaders over the past week or so. I thank our students for the ways in which they have shown patience and resilience in adapting to this changed style of learning and we are very much looking forward to their return over the next few weeks and the many exciting events that will occur both inside and outside of the classroom as we move forward as a school.

Sarah Burns

College Principal



Assistant Principal Report

You may have noticed on our electronic sign at the front of the college, that we have a saying “with challenge, comes opportunity”. It has brought me great joy over the past few weeks, seeing our students and staff use this adversity to develop new skills. Students have been sending me videos of challenges that they have undertaken, I have seen students engage in online collaboration, teachers getting out of their comfort zone to develop new and engaging methods of learning for their students. The next chapter of our return to school will see us all being able to utilise these new skills to support our learning journey further.

Over the past few months we have seen a huge increase in screen time in all of our households! Excessive screen time can affect your eyes, posture and indeed your mood! I thought I would share with you some tips on how to reduce screen time for both your child and yourself!

Easy Ways to Reduce Your Screen Time

1. Eat your meals without a screen

Shut down your screen when you eat!

2. Don't watch movies or TV in bed
3. Set a timer - Set a timer to limit your time on the screen.
4. Ban phone charging from the bedroom

Don't charge your phone next to your bed as it will tempt you to check for messages.

5. Take up another hobby for boredom

Instead of turning to social media or consoles when your bored, go for a walk, read a book, do some craft!

6. Call someone instead of using social media to chat
7. Think of other ways to access information

Instead of always turning to Google use a book or seek help from those in your house first.

8. Exercise as you watch

Complete some simple exercises/stretches as you watch.

Source: <https://interestingengineering.com/11-easy-ways-to-reduce-your-screen-time>

Katie Johnson

Assistant Principal



Admin Matters

Attendance Hotline. 59-731098

Somerville Secondary College values our partnership with Parents in providing your children with an education that will help them to move into successful careers and open the door for a range of opportunities. This success is dependent on a consistent attendance record. Missing out on assignments, support, problem solving and important information on subjects impacts on students and often it is difficult to catch up. We urge parents to also support us with attendance by ensuring that if there is reason that keeps your child at home, you contact the absence hotline on 59-731098 or email studentabsence@somervillesc.vic.edu.au

If the absence is for more than a couple of days, teachers can email work to your child to support them while they are away from school.

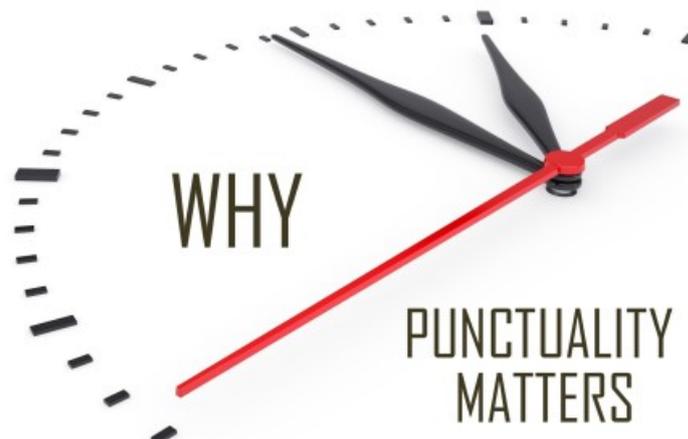


If you are unable to pay your College fees in full, we are more than happy to discuss the option of a payment plan. By doing this you can make regular payments (weekly, fortnightly or monthly) at a cost that is affordable to you. It is advisable that you sign up to a payment plan as soon as possible to ensure that your payments can be spread over a longer period of time, making them more affordable to you.

We have various options available:

1. Centrepay—If you receive a family allowance or pension payments from Centrelink every fortnight, you can elect to have an amount deducted from your payment. This payment will come to us every fortnight. There are no fees involved for you.
2. Credit/Debit Card—We will deduct the agreed amount through our EFTPOS facilities here at the College. All you need to do is provide your card number, expiry date and complete the Authority Form and we will do the rest.

If you would like to commence a payment plan, please feel free to call the College and speak with one of our Admin staff who can go through the options with you. Phone: 5973 1000



VCAL Ventures!

VCAL students have been doing some wonderful tasks and projects during the time of Remote Learning and Isolation.

Some students have been engaged in landscaping and gardening projects around the home. One student has devised a full exercise program and set up his own gym. One student, in anticipation of a return of the AFL has organised a football clinic with friends, instructing in football techniques and drills. (Once social distancing rules allowed for 5 extra people being at home!)

Students were required to design their own study area/ work space while engaged in Remote Learning. Others have been planning and organising family dinner menus, baking cakes, often involving and teaching younger siblings new skills.

Such projects have shown much initiative and resourcefulness, not to mention saving parents/carers time and labor.

We look forward to seeing all the VCAL students return to school and are excited to see some inspiring projects in the future.

The VCAL Team



SSC HPE News

Hey everyone!! Hope you're keeping active during our remote learning? In Year 7HPE this week we have a challenge to keep us active and to earn Sommie Money! Anyone can get involved – have a go!

Week 6/7 Challenge – try as many levels as you can! Please practice each day and let me know what your record is by this Friday (Week 6) – use as a break activity – *you will earn "Sommie Money" for every attempt, just email Ms Angus your results!!!*

Level 1 – Balloon challenge – count how many times you can keep the balloon off the ground using any part of your body.

Level 2 - Using a volleyball/netball size ball - count how many times you can keep the ball off the ground using any part of your body.

Level 3 - Using a soccer ball sized ball - count how many times you can keep the ball off the ground using any part of your body, except your hands/arms (as in Soccer).

Please remember to email your results to Ms Angus;

sophie.angus@education.vic.gov.au

Have a fabulous week of Remote Learning!!!!

Stay safe,

Ms Angus

Health and Physical Education Key Learning Area Head

HPE and VCAL Teacher

By The Book!

Welcome back to where we left off...

During the past couple of months the habit of recreational reading has been re-discovered for many people. Both adults and young people who have had to cope with a different lifestyle found reading again. So if we are looking at silver linings, reading would be one of those.

The opportunity to read for busy people is often one of the first sacrifices to be made. The enjoyment of reading has never lost its value, but priorities change. Family first.

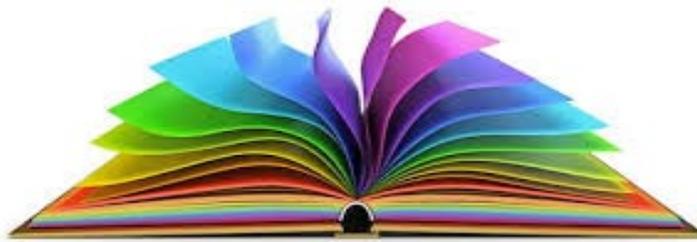
I found that as children mature and become independent, you gain back a bit more of your own time. Using this for yourself is very rewarding. I know many parents who are looking forward to being in this position.

So having an adventure in a different country or universe while staying safe is possible with reading. Saving mankind or a pet by tackling evil (but misguided) geniuses can happen before the weekend!

Drive the Porsche, take control of the plane (or the world). Leap from the moving train without ruining your nails - and teach the bully to change their ways with kindness. It is all there for you behind the front cover!

Sue Curran

Library Manager



National
Careers Week
18-24 May 2020



Careers Week has joined Health & Wellbeing Week to provide lots of career information with a focus on Health & Wellbeing.

All week our Student Bulletin has featured career advice on these employment options. This information is also available on the College website.

Many students have been in touch with our Careers advisor, Amy Joseph.

Amy can design students a map of what they need to achieve to get to their ideal career.



Health & Wellbeing week has been instrumental in supporting with Remote Learning at Home.

Their valuable advice for regular breaks from your computer screens and hydrating - taking a walk or switching off. Knowing when to walk away from a frustrating problem.

The Wellbeing office is always on hand for advice and support.

Thank you to everyone who participated in Health & Wellbeing Week.

The team looks forward to seeing you all again soon!



10 Ways to Boost Your Energy Instantly

1. Stay Hydrated
Being dehydrated can lead to fatigue, crankiness, and foginess



2. Walk Around the Block
Even a short walk can get your endorphins flowing



3. Spend time in the Sun
A few minutes in the light can brighten your day



4. Sip Tea
For energy without a crash

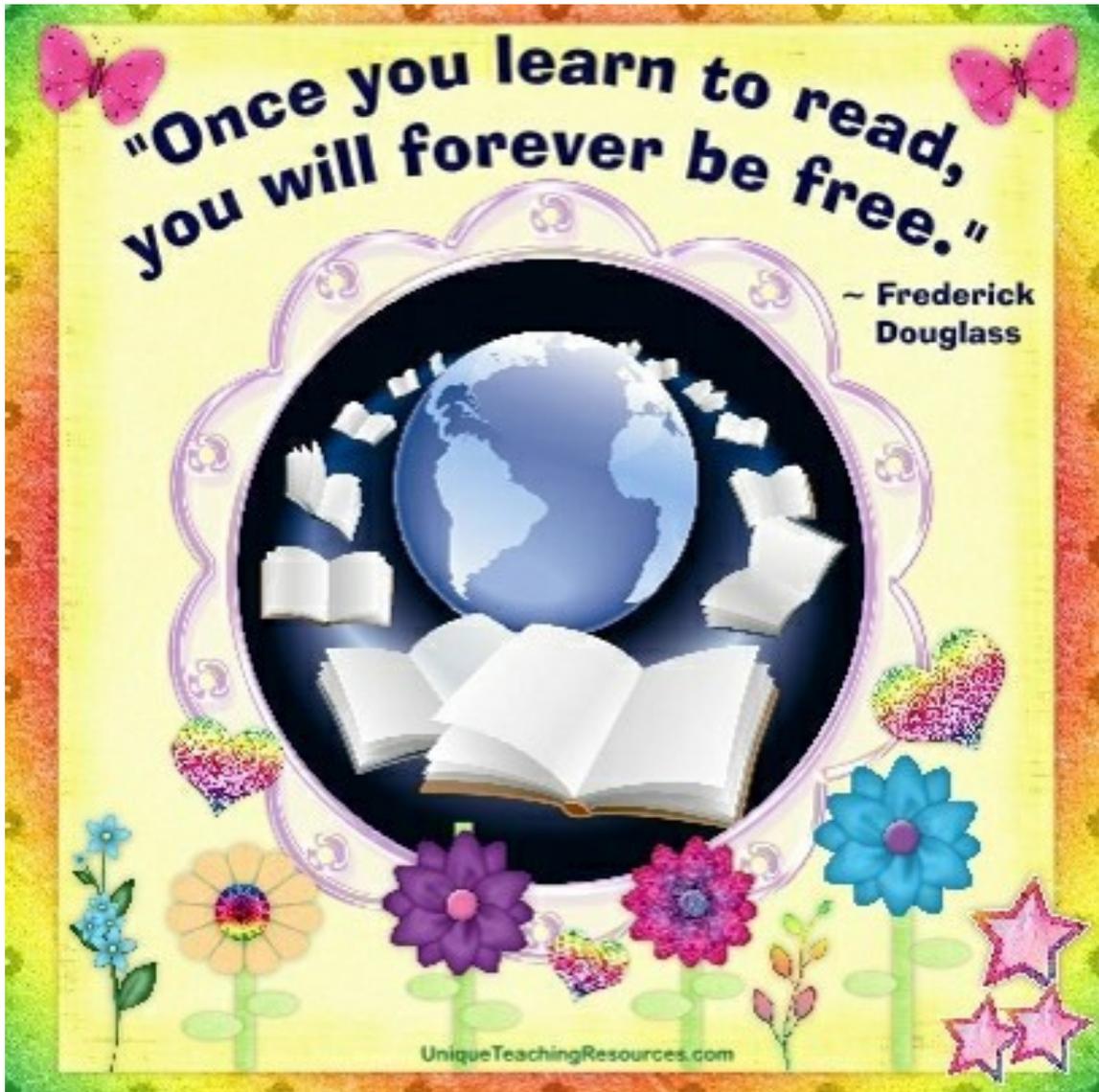


5. Eat More Mini Meals
Eating good food frequently keeps your energy up



6. Take a Tech Break
A few minutes away from the gadgets can give you a boost





EVERY
SCHOOL DAY
COUNTS



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