



This week at Heywood & District Secondary College

A part of your community.....

From the Principal

We have had another very busy week – our Grade 6 Parent Information meeting and our “Aiming Higher” Year 9 Presentation Evening were just a couple of the highlights.

The parent evening was a real opportunity for us to showcase our new Active Learning program, followed by information and a tour of the College. Our Year 7 students were proud and happy to show our visitors their work and answer any questions. They did a wonderful job as tour guides, being a credit as role-models for our school.

On Tuesday night our Year 9 students presented projects from their “Aiming Higher” class to peers, staff and parents in the College theatre. It was pleasing to see the diversity and range of projects that students presented. Throughout the year it will be interesting to observe the development and learning from all students in future presentations. The hospitality skills of the students were also very proudly on display with a fantastic spread for supper.

Credit must go to Ms. O’Dea, Miss Drida and Mr. Dyke for their work to arrange the evening.

One of the key components of our College is the high expectations that we have of everyone within the school community. The students are expected to display this in their behaviour, work ethic and attitude, along with the professional standards of our staff and finally, our parents who continue to support the school in all aspects.

Currently our staff have been discussing our achievements to date, from what we do well as a school, to what we would like to be doing well in 5 – 10 years’ time, including areas that we need to improve in. This is the beginning of our self - assessment and reflection of our practice here at Heywood. This will help us determine our priorities in the future.

Stay safe and healthy and have a great weekend.

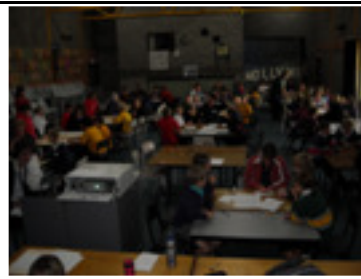
““The three words of success –
Care , Share and Dare” Anon”
Anon

Fiona McKenzie
Acting Principal.

From the Assistant Principal

Monday was certainly busy. We had our annual Attitude to School Survey. Students were asked to respond to a series of questions so that we can find out how they feel about being at school. The information from the survey data that we will receive later in the year is useful for us in planning programs and activities.

We also held our annual Maths Games Day for Year 6 students from local primary schools, which was an outstanding success. Not only did students improve their numeracy and problem-solving skills, but they also realised the benefits of teamwork and organisation. Thanks to the Maths staff who really demonstrated what cooperation can produce.





Our Grade 6 parent information session on Monday afternoon gave us the opportunity to show case the Year 7 program, active learning centre and the rest of the school curriculum and facilities. It was the best attended event for several years and was testament to the organisation of Stephanie Tashkoff, the enthusiasm of the Year 7 host students, faculty staff and Ms O'Dea's catering crew.



Wednesday evening saw a fine cavalcade of presentations by our Aiming Higher students. The event was entirely planned and run by these students. Topics presented ranged from the Holocaust and Homelessness through to the Victorian Bushfires, Light and Clay Bird Shooting.

Congratulations to all the Year 9 Aiming Higher class. You should be very proud of your research, teamwork, ICT, problem-solving and presentation skills – awesome effort.



With today's Newsletter I am sending home a pamphlet on attendance titled, "It's Not OK To Be Away". As part of our Annual Implementation Plan the school is focussing on improving our attendance rates. Regular school attendance is a pre-requisite for improved participation and educational outcomes, and is the responsibility of everyone in the school and the wider community. The "It's Not OK To Be Away" initiative developed by the DEECD is designed to change attitudes to school attendance and requires the support of both parents and community. Regular attendance is essential to make sure learning is not disrupted and to ensure that all young people have strong foundations for life-long learning. As a school we

also help young people develop important social skills, such as friendship building, teamwork, communication skills and a healthy self-esteem. What is your responsibility as a parent? Ensure your child attends school on all school days and is on time every day. And also make sure you provide the school with an explanation if your child is away; contact the school if your child does not want to go school; arrange doctor and dental appointments out of school hours; arrange personal shopping trips or birthday celebrations with your son/daughter out of school hours; do not allow your child to stay at home for minor reasons. We ask that you read the pamphlet, discuss it with your child, and work with us as we endeavour to improve attendance across the school.

***Robyn Sutherland
Assistant Principal.***

Sun Hats

Reminder

From May, put sun hats away.

Autumn leaves are falling and so are Victoria's UV levels - so now is the time to think about your sun exposure and vitamin D levels over winter.

When UV levels are 3 and above, sun protection is required because that is when the sun can damage skin and eyes and lead to skin cancer. However, in Victoria, average UV levels from May to August are low (1 or 2) so sun protection isn't needed unless you are in alpine areas or near highly reflective surfaces such as snow or water.

UV Index levels do vary throughout the state. To check the UV levels in your area go to the SunSmart UV Alert in the weather section of your daily newspaper or go to www.sunsmart.com.au/ultravioletradiation/sunsmartuvalert. When UV levels are low, a "No SunSmart UV Alert" is issued and sun protection is not required.

To get enough vitamin D during the winter months, it is recommended that faces, arms and hands (or equivalent area of skin) are exposed to the sun for two to three hours over the week. People with naturally very dark skin may need three to six times these exposure times. So over the winter months, for healthy bone development, put sun hats and sunscreen away.

Coming Events

May

Mon., 11th – Friday, 15th -
Australian Business
Week (ABW)

Tue., 12th – Thur., 14th -
NAPLAN Testing
Years 7 & 9.

Tue., 19th - School Council

June

Tue., 2nd – Yr. 7 PING Melb.
Symphony Orchestra
Concert
11.00 – 12.30 p.m.

Mon., 8th – Queen's Birthday
Holiday

Tue., 9 – Thur. 11th -
Year 11/12 Exams

Friday, 12th – Pupil Free
Report Writing Day

Friday, 26th – End Term II.

* * *

Tax File Number Do You Need One?

Students have the opportunity to apply for a Tax file number through school. The process is much easier through school than Centrelink or the like. All Year 10 students who haven't got a tax file number have been given a tax file number application for mt through their Careers class.


Any other year level students who would like an application form, see Mrs Smith.

All application forms are to be returned to Mrs Smith by Friday, May 22nd as they will be sent to the Tax department

in a bulk post. The process takes approximately 28 days and the students tax file number is sent direct to them

Any queries or concerns see Mrs Smith.

Portland Careers Expo



CONNECT TO
YOUR FUTURE
CAREER EXPO
09

Where: SWTAFE
Portland Campus
When: 27 May 2009
7.15 pm

This Expo will provide the opportunity to engage with guest presenters who are current practitioners in their chosen vocations and will outline the day-to-day tasks involved within their career, and outline the career paths and education and training required to obtain employment in their field/industry as well as further career prospects/ advancement opportunities.

At the Expo there will be presenters from a range of career fields including Health, Finance, Building and Construction, Engineering, Hospitality, Law and Teaching, to name a few.

All students in Years 10 and 11 should have received a booking sheet, which provides a comprehensive list of the career fields being covered by the presenters. If your child did not receive a booking sheet, he/she should see Mrs Smith. Likewise, if your child is not in Years 10 and 11, but would like to attend the Expo, he/she should also see Mrs Smith to obtain a booking sheet.

Walking safely to school helps little steps become great strides

All the little steps we're taking as a nation to address the problem of childhood obesity mount up to help us make great strides, says Professor Tim Olds, an authority on exercise science and healthy lifestyle.

And initiatives such as Walk Safely to School Day help tens of thousands of children to take those little steps – and keep on taking them, he says.

Walk Safely to School Day is coming up on Friday, 15 May, and Professor Olds, of the School of Health Sciences at the University of South Australia, is a long-time supporter of the national event, which promotes the health benefits of walking and helps to foster regular walking habits from an early age.

“Every little bit does help and the walking safely to school initiative is no doubt having an effect,” he said.

The media, health experts and researchers talk about a paediatric “obesity epidemic” with exponentially increasing rates of obesity and overweight among children, he says.

However, some recent reports suggest that prevalence may have reached a plateau, he reported in a study that examined recent trends in the prevalence of childhood overweight and obesity.

Professor Olds reviewed 27 Australian studies of childhood weight status conducted between 1985 and 2007 that included data on 69,489 Australians aged 2-18 years, of which raw data were available on 58,643 children (84%).

The review found that there had been a distinct plateau in the percentage of boys and girls classified as overweight or obese, with almost no change over the past 5-10 years.

In boys and girls, prevalence rates had settled at about 23–24% for overweight and obesity together, and 5–6% for obesity alone.

There was no evidence of increases in the extent of the overweight within each weight-status category. Trends were fairly consistent across the age span.

There have been similar recent trends in Sweden, France, NZ and the US. While the reasons for this flattening are unclear, Professor Olds believes that the little initiatives parents take every day – from packing healthy lunch boxes to encouraging their kids to walk or cycle to school – are having a cumulative effect.

Prof Olds stressed that this does not mean we don't now have a continuing problem with overweight and obesity in children. Obesity in children is associated with serious physical, psychological and social consequences, and has been shown to increase the risk of premature illness and death later in life. As a result, it now recognised as a principal childhood health concern in developed nations.

For National Walk Safely to School Day, students are asked to walk to school – not just on Friday, 15 May, but every day or as often as possible.

This, said Prof Olds, will help every child taking part take many small steps to healthy adulthood.