

# TRARALGON COLLEGE NEWS RESPECT RESPONSIBILITY RESILIENCE

June 2025

### TERM TWO NEWSLETTER

Vol 1 Issue 3



### **IMPORTANT DATES AND EVENTS**

#### **JULY**

30th June - 4th July NAIDOC Week activities

4th Semester Reports & End of Term

21st Term 3 Resumes

23rd VCE Information Evening

29th Year 11 & 12 Job Skills Expo

30th July - 8th August Year 9 Morrisby Testing

#### **AUGUST**

7th Year 10 Course Counselling

14th Campfire Conversations

15th Progress Reports

20th Student Free Day

#### **SEPTEMBER**

9th Wellbeing Expo - Shakespeare Street

11th VM Advocacy Day

12th VCE, VCE VM Unit 4 Course Completion

12th Medieval Day

12th Progress Reports

16th Wellbeing Expo - Grey Street

18th & 19th PTS Conferences

19th Last Day of Term 3

22nd - 24th Practice Exams for Year 12's

In this newsletter

Upcoming Events and Important Dates

Message from the College Principal

Safety Reminder

**Every Day Counts** 

What's been happening?

Thank you's and Community
Announcements



### MESSAGE FROM THE COLLEGE PRINCIPAL

# Educating with purpose, leading with passion - a new era at Traralgon College

It has been a busy final stretch of the term with a great deal going on at the College. We are very excited that we have been able to staff, and significantly expand, our extra-curricular activities for both students and staff. Based on student feedback, this term saw another highly successful Year 7 Camp at Rumbug. Camps are always long days and nights for staff and students alike, but everyone had an amazing time completing the challenges and building relationships with both their peers and staff. We were also excited to reintroduce a middle school camp in early June; once again students and the staff that attended had a great time. Next term, we look forward to the introduction of a celebratory Year 12 camp at the end of formal classes in September representing a welcome break before the school holiday practice exams.

We have continued our indigenous commemorations and celebrations this term alongside our Koorie connections and campfire conversation activities. We have honoured both reconciliation week in May and NAIDOC this week with smoking ceremonies, a welcome to country and various activities for staff and students to enjoy. I would like to take this opportunity to thank our amazing Keso Aunty Vera Harrold for all her commitment and hard work in this space over many years, but especially this past year at the college as we try to build our indigenous programs and social support networks at both campuses. In addition, we would like to thank Willie Pepper, a proud Gunaikurnai man, for all his support by sharing his story, educating staff and students and bringing indigenous stories, rituals and customs to life for all of us.

The College remains committed to rebuilding and expanding a strong and vibrant performing arts culture across the school. We have seen a great deal of excursions and activities in this space. One highlight in particular was the 'Behind the cover of Rollingstone' excursion. This was an excursion that I continued to hear students talking about excitedly long after they had returned. In addition, students and staff are busy preparing for a play production later in the year. We continue to expand our instrumental music offerings and performance opportunities. Our interschool sports, PE excursions, camps and activities have all been running full steam ahead, offering students the opportunity to engage in competition across schools, connecting them with their environment and challenging them to push themselves out of their comfort zones.

Our Science, Technology, Engineering and Arts program is expanding via greater involvement with Gippsland Tech School as well as partnering with our local feeder primary schools to develop, promote and expand science across both primary and secondary settings.

In the VCE and VCE – VM space most of our students will have completed their Units 1 and 3 studies and will be moving on to Units 2 and 4. We are proud of the effort and focus of our students. They have shown commitment to their studies and have risen to the challenge of the high expectations of the VCE and VCE-VM pathways.

Early this term our Student Representative Council (SRC) was nominated. Last week we hosted a meeting of all SRC members at our Shakespeare street campus. This represented a great opportunity for members from both campuses to get to know each other and to provide feedback to the leadership team on things that are important to both students and the staff.

There continues to be major works occurring across the college as we have been lucky enough to receive funding to upgrade facilities at both campuses. Some roofing will be replaced, ramps will improve access to buildings and the basketball court is being refurbished at Grey Street.

The major staffing update is that we have appointed two new Assistant Principals to the college: Daniel King and Aaron Reid.

Daniel comes to Traralgon College from his current position as Assistant Principal at Lowanna College. Dan has led Maths/Numeracy improvement and senior school outcomes in his previous role and will perform a similar role at Traralgon College and provide oversight and review of our Likeminds program. Dan's field of expertise is maths and science, stemming from an industrial chemistry background. Dan is also a highly acclaimed educator, being a recipient of a Teaching Excellence award.

Aaron Reid has been appointed from his role as Learning Specialist in the PE department. In addition to his current role as an instructional leader at the college, Aaron comes with a wealth of teaching experience in primary, secondary and special school settings and across several learning domains. Aaron has a demonstrated capacity to deliver high quality student outcomes in the VCE space and has substantial VCAA assessor experience. He has worked in climate and engagement spaces and has high level managerial, administrative, budget and compliance experience. Aaron has significant experience in behavioural health challenges and the implementation of therapeutic curriculum.

The expansion and development of our leadership program at the college has been coupled with extensive professional learning in the teaching and learning space. With this work we are focusing on developing our teacher practice and continuing to improve student outcomes. Preliminary Attitudes to School Survey and NAPLAN results already look promising with further improvement anticipated for this year.

Over the past two days we have had a review team completing an analysis of the past four years at the college and designing our next four-year strategic plan. The review itself involved talking with staff, students, parents and school leaders as well as canvassing their views on college progress over the past four years and the future direction of the college moving forward. It was a really positive experience for all involved and we are so proud of our students for the way they represented themselves and the college during the student forums. Our college values of respect, responsibility and resilience were clear in all of their interactions with the reviewers. It continues to be an exciting time to be at the college.

As the term closes, I'd like to wish our students a safe and restful holiday break. We look forward to welcoming you all back for Term 3, 2025!



#### SAFETY REMINDER

#### THE IMPORTANCE OF TRAFFIC & ROAD SAFETY & AWARENESS

The safety of our entire school community is of utmost importance. As we all travel to and from school—whether walking, biking, using e-scooters, e-bikes, being a bus traveller or driving—all members of our school community are reminded that they must abide by all Victorian road rules, which can be found at <a href="Home-Transport Victoria">Home-Transport Victoria</a>.

In addition, parents are reminded to follow the school parking and access signage located at both campuses. There is strictly no access to bus loops at either campus for student drop-off or pick-up.

#### Designated Student Drop-Off & Pick-Up Zones:

- Shakespeare Street Campus: The designated area is located at the front of the school on Shakespeare Street, clearly signed "PICK UP & DROP OFF ONLY." Please do not enter staff carparks or the Bus Exchange area.
- Grey Street Campus: Drop-off and pick-up occurs on the Grey Street service road, where zones are marked with yellow line markings and signage "Drop Off Pick Up." The Bus Exchange area is for staff vehicles only during school hours.

#### **Supervision Before and After School:**

Please be aware of the supervision times provided by school staff:

- School grounds are supervised from 8:35am to 9:00am and from 3:13pm to 3:35pm.
- Bus Exchanges are supervised from 8:10am to 8:55am and from 3:13pm to 4:00pm.

For safety reasons, students should not remain on school grounds outside of these times unless prior arrangements have been made. Staff are not available for supervision outside these hours.

## Other Key Safety Reminders include but are not limited to:

Walking & Crossing - Always use footpaths and school crossings. Be sure to look both ways before crossing and follow the instructions of crossing guards when present.

Bikes & Scooters, E-Bikes & E-Scooters - Ride responsibly, wear a helmet, and obey all traffic signals. Dismount when approaching crowded areas and never ride against traffic. Traffic & Parking - Please do not park on school grounds at any time. Observe all posted signs and be mindful of student drop-off and pick-up zones.

Speed Limits - Adhere to speed limits around the school, especially in school zones. Slow down and remain alert for students walking or riding.

Stay Alert - Avoid distractions like mobile phones when walking, riding, or driving near the school.

By working together and following these safety measures, we can create a safe environment for our students and community.

Thank you for your cooperation and commitment to keeping our school safe!



#### **EVERY DAY COUNTS**

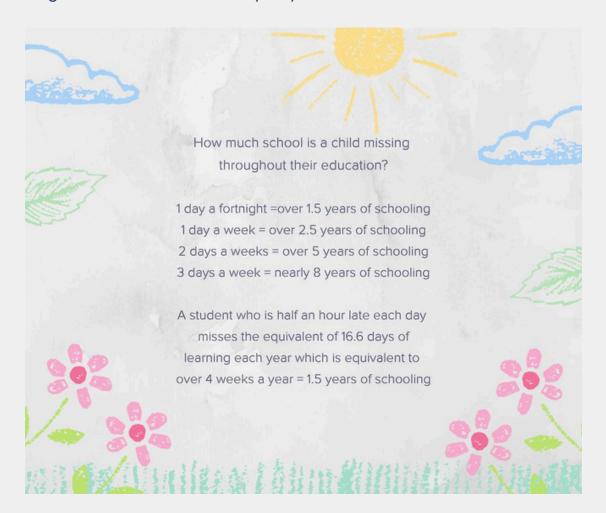
### THE IMPORTANCE OF REGULAR SCHOOL ATTENDANCE

At Traralgon College, we prioritise regular school attendance. We will work with families to ensure students are in class with their peers and teachers and enjoying all the benefits that brings. Attending school every day means experiencing what counts – the learning, friendship, fun and opportunities that can shape your child's future.

We understand that there are times when your child will need to miss school but to ensure minimal disruption to their education, please consider scheduling family holidays or medical/dental appointments outside of school time. If your child is well enough to attend but is worried about friendships, schoolwork or exams, please encourage them to come to school. Avoiding school can make these feelings worse and can create a negative pattern of behaviour. If your child is having difficulty attending school, talk to their teacher about getting support.

We know that parents and carers can be juggling challenges daily to get your children to school. If your child must miss school, notify us as soon as possible via Compass so we can work together to support them.

For more information about the importance of everyday attendance, see Attendance and Missing School. Remember, Every Day Counts.





# YEAR 7 CAMP

Here are some pictures of our 2025 Year 7's enjoying their time at camp rumbug















# YEAR 7 CAMP

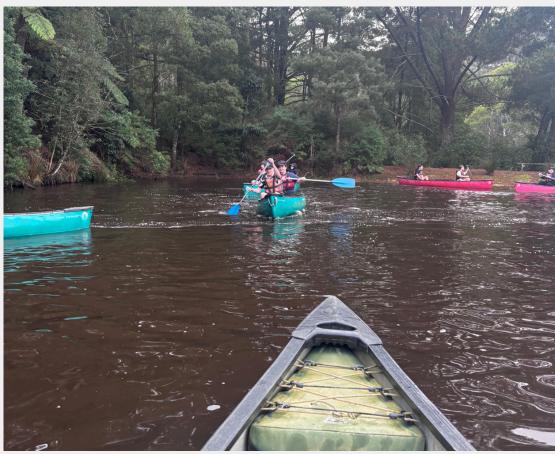














# MIDDLE SCHOOL CAMP

Here are some pictures of our 2025 Middle Schooler's enjoying their time at camp















# MIDDLE SCHOOL CAMP















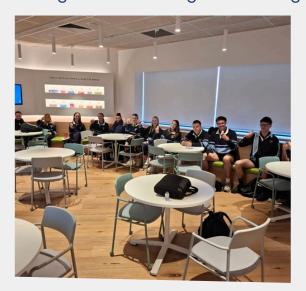
# YEAR 12 BUSINESS MANAGEMENT EXCURSION TO YAKULT AUSTRALIA

On the 12<sup>th</sup> of June, the year 12 business management class hopped on a train at 7:50 to go towards Dandenong to go on a factory tour of Yakult Australia.

Yakult Australia is the only manufacturing plant of Yakult bottles in the Asia-Pacific region. This gave our students the opportunity to visit their facilities and see how they make 400,000 bottles a day.

After getting there at around 11, we stopped at a local diner to have some food before walking down to their facilities. The tour lasted for an hour, and it was specifically tailored to the VCE course. Afterwards, students got a taste of some Yakult hot off the press, before we made our way back to Traralgon.

This was a great opportunity for our students to engage in community, whilst also taking a lot of learnings and having some good bonding time together also.











# YEAR 9 OUTDOOR EDUCATION SURF'S UP AT SANDY POINT!

As we enter winter, it's the the perfect time to reflect on the warm, sun-filled day our Year 9 Outdoor Education students spent at Sandy Point. Guided by professional instructors, they took part in a two-hour surf lesson packed with energy, learning and fun. With ideal offshore winds and gentle, beginner-friendly waves, the conditions were spot on for first-time surfers. Students showed great persistence, with many managing to stand up and ride their first waves. It was a day full of determination, laughter, and plenty of wipeouts—a fantastic introduction to surfing and a memorable experience by the ocean!













## **YEAR 12 VM TRIP TO ROAD TO ZERO**

This term, our Year 12 VM students went on a little adventure to Melbourne and walked around the Road to Zero exhibit. The experience was taken as part of their Unit 4 Literacy and PDS requirements and gave students the opportunity to explore current road safety issues and how Road to Zero are actively working on solving them.

As part of the day, students were split into groups and asked to make a short road safety ad. Their creativity shone through, and they remained fully engaged throughout the activity.

We are incredibly proud of how our students conducted themselves. They showed respect to all speakers and represented Traralgon College with pride. In fact, the program conductor even took the time to compliment them on how well they behaved — a complement to both them and the school.







# YEAR 12 VM TRIP TO ROAD TO ZERO













# MIDDLE SCHOOL EXCURSION BEHIND THE ROLLING STONES PODCAST

In May, a group of our Year 9 and 10 students headed to Melbourne for a special event hosted by Rolling Stone AU/NZ and the Department of Education Victoria. We had the amazing opportunity to watch a live recording of their Behind the Cover podcast and learn how the iconic magazine covers are created.

Students heard from photographers, designers, makeup artists, journalists, and other creative professionals who help bring the music and entertainment industry to life. It was an eye-opening experience that showed how a love of music can lead to a wide range of exciting careers.

Even better, some of our students impressed the team so much that they were invited to stay in touch and were even offered the chance to apply for Year 10 work experience!







## **BEHIND THE ROLLING STONES PODCAST**



















### YEAR 9 ROBOTICS

#### **EXTRA-CURRICULAR STUDIES IN AI TRAINING**

As part of an exciting extracurricular learning unit, our Year 9 Robotics students have been exploring the world of artificial intelligence training. Using simulation battle software, students were challenged to train an AI to compete in a IvI martial arts tournament.

The students were tasked with teaching their AI from scratch how to move, punch, kick, block and make decisions by modelling the behaviours and choices they wanted the AI to copy. The students then enjoyed cheering on their AI as they fought to determine the AI martial arts champion on the classroom!"











# YEAR 7 ART & DESIGN GIPPSLAND TECH SCHOOL EXCURSION

Our Year 7 students recently went on an exciting excursion that combined art, science, and technology. Throughout the day, they explored creative possibilities using advanced tools like virtual reality, microscopes, iPads, and AI image generators.

They were especially fascinated by the textures revealed through digital microscopes and loved designing characters and environments in virtual reality. Students also took part in thoughtful discussions and debates about the use of artificial intelligence in art but the highlight of the day was stepping into the VR experience, where students brought their creative ideas to life in immersive 3D spaces.















## **MIDDLE SCHOOL PHOTOGRAPHY**

Middle School Photography students recently took a creative deep dive into depth of field techniques using toy Hot Wheels cars and dinosaur models. Through hands-on experimentation with aperture settings, students learned how to control which parts of an image appear sharp and which fade into a soft blur. This activity helped them build a stronger understanding of camera settings and composition, while having fun bringing miniature scenes to life. The results speak for themselves enjoy some of the fantastic student work featured in these pictures!

















# **YEAR 12 UNIT 3 ARTWORKS**













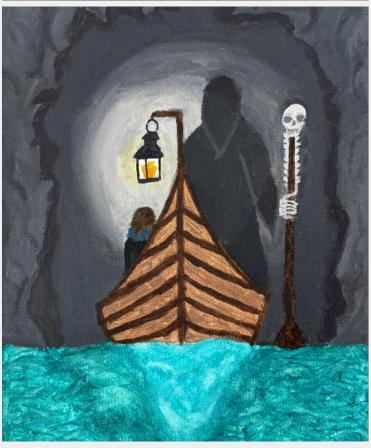
# **YEAR 12 UNIT 3 ARTWORKS**













# **YEAR 12 UNIT 3 ARTWORKS**





#### **YEAR 7 ART GALLERY**

Step into the creative world of our Year 7 students! This semester, they explored a variety of techniques and media, producing an impressive collection of artworks that showcase their imagination, effort, and growing skills. Here's a glimpse into their artistic journey so far.





# FROM THE SPORTS DESK

#### TERM 2 SPORTS REPORT

Written by Chris Lehner

#### **JESS TAKES GOLD!!**

Traralgon College's very own superfish
Jessica Whiting is the highlight of term 2 winning
Gold in the 50m Butterfly at the State Schools
Victoria Finals in Melbourne. Her success
continued overseas at the Vietnam Age Group
Championships, where she earned Gold in the
50m Butterfly and Silver in the 100m Butterfly.

All of us at Traralgon College are super proud of Jess as she balances a massive training load and a part time job at a local coffee shop whilst still maintaining a near perfect progress report score of 3.92.

Alongside her gold medal Jess also finished fifth in the 100m butterfly and 100m freestyle.

Congratulations Jess!





SCHOOL SPORT VICTORIA

Our small team of cross country runners were exceptional with 7 of our 9 runners making it to Gippsland finals in Drouin while Lucy Sedgwick has qualified for the State finals to be run in Melbourne next term.



## FROM THE SPORTS DESK

#### CHELSEA SUTTON SHINES FOR VIC COUNTRY

Written by Ms Laura Jonston

Hardworking Year 12 student and star player for Gippsland Power Chelsea Sutton has been representing Vic Country at the U18 Girls National Championships. Chelsea made an immediate impact, kicking a goal in her first game against the Allies. Over the weekend, she was named among the best players and added another goal to her tally in the match against Queensland in Brisbane. Chelsea's next challenge will be a clash against Vic Metro on July 20, followed by another interstate trip to South Australia. Good luck, Chels!



Other than swimming it's been a busy term sporting wise with soccer, AFL, netball and cross country taking place. All the students involved in sport this term have represented the college wonderfully well, always displaying our college values of respect, responsibility and resilience with pride.

We have had some great success for the term as well with our senior boys soccer team and senior boys netball team both making it through to Gippsland finals next term. Our junior girls footy team had a great day out as summed up on the next page beautifully by coach Freya Sadler







# FROM THE SPORTS DESK

#### YEAR 7 & 8 GIRLS AFL INTERSCHOOL SPORTS DAY

Written by Ms Freya Sadler

Our Year 7 and 8 girls football team put in a fantastic effort at the interschool sports day, proudly representing the Traralgon College in three hard-fought matches. Despite a tough first game against Lowanna, the team bounced back strongly with a great win over Kurnai College, securing a spot in the play-off for third place against Yarram. Although we didn't come away with the win in the final match, the determination and

sportsmanship on display were outstanding. Special mention goes to Djirra Pender, who took on the demanding role of ruck for the entire day. She was consistently physical in the contest, able to win the ball and get it out of the pack effectively. Maddi Harker was everywhere on the ground-her tackling pressure and focus on the ball were a highlight of the day. Regan Thomas led the team as captain with a strong all-round performance, providing constant encouragement and support for her teammates.

It was a positive and enjoyable day all around, with every player giving their best and showing great teamwork, resilience, and school spirit. Well done to all involved!







On the 11th of June the year 7 girls, year 8 girls and year 7 and 8 boys travelled to Sale to play SSV netball. All teams improved over the day and achieved at least one win for each team. They had a great day, lots of fun and positive interactions with students and umpires from other schools.

A big thanks goes out to all students who have participated, staff who have coached teams and parents for supporting the school in our interschool sports program and we look forward to term 3.



### THANK YOU FOR MAKING A DIFFERENCE

#### Appreciation from the Rotary Club of Traralgon Central.

On behalf of the Rotary Club of Traralgon Central, we pass on huge appreciation to your school and parent community for support to Give a Damn. Give a Can. While the club receives wonderful community support, the schools are front and centre, annually contributing over 75% of the total collection; this year we anticipate collecting approximately 14,000 cans.

GADGAC has been running now in excess of three decades. We frequently hear from parents who recall contributing through their school as children themselves. The canned food collected and distributed from the Traralgon Vinnies Food Bank, lasts the centre about 5 months.

A record 16 schools has been involved ranging in size from large secondary colleges to small bush schools. Special thanks to parents for allowing your children to raid the pantry and to the school co-ordinators, whose spirit of generosity, initiative and community spirit leads to such expansive collections.

Traralgon Secondary College has been a generous supporter; this year a collection of 102 cans. Thanks to the teachers, Junior School Council and project co-ordinators for making this happen. The collection has been passed onto the Vinnies Food Bank.

Special note to the students at the West Campus who designed the advertising posters: Thank You. So creative and well thought out. Maybe there's a career path there somewhere!

Ian Whitehead. Rotary Club of Traralgon Central.





#### **DOCTORS IN SCHOOLS**

DOCTORS IN SECONDARY SCHOOLS



# **Doctors in Secondary Schools program at Traralgon College.**

Did you know there is a doctor at Traralgon College if your child needs to see one?

Through the Department of Education's **Doctors in Secondary Schools program** students at our school can see a doctor or nurse in a private consulting room here at school every second Thursday.

#### Who can see the doctor?

All students from Years 7 to 12 can see the doctor or nurse on their own. If the doctor decides a student is not mature enough to consent to medical treatment, or if they think it's best to involve parents or carers, they will first discuss this with the student.

The **parent/carer information sheet** available at Doctors in Secondary Schools | vic.gov.au has more information on student consent to medical treatment by the doctor.

#### What does it cost?

Seeing the doctor is free! Appointments are bulk billed through Medicare.

# How can my child make an appointment to see the doctor?

- Text or call the Doctors in schools nurse- 0447782506
- Email- keegan.johns@lchs.com.au
- Speak to a member of the wellbeing team at school.

# Can I attend the appointment with my child?

Yes. You can also make an appointment for your child.

# What can my child see the doctor about?

Anything they would see their regular doctor about.

#### When is the doctor at school?

Term 3- The Doctor is at Traralgon College every second Thursday beginning on the 18/7/25. On the alternate weeks on Wednesdays beginning the 24/7/25, the nurse with the Doctors in schools program is available on her own at the college for consultations.

# Who can I talk to if I have questions?

You can contact Doctors in schools directly on the information provided or alternatively you can call and speak to the wellbeing team leader on 51762240.



# Vaping



When a vape heats a liquid (juice) it makes an aerosol – a fine spray of **chemicals** that go deep into your lungs when you breathe it in. Some of the chemicals settle in **your lungs**. Some pass through your lungs into your bloodstream and go **all around your body**.

# What are you vaping?

Vapeliquid containsmanydifferent chemicals.

# Vapes can contain the same poisonous chemicals found in biofuel, paint thinner and bug killer.

Some chemicals found in vape aerosols can cause cancer. Others can cause swelling and irritation in the throat and lungs and can impact the heart.

Many flavours are made up of chemicals that **damage** lung cells or irritate the lungs.

When you vape, your lungs' natural defences may not be able to protect you as well as they normally would against infection from bacteria, viruses and mould.

Our lungs are designed to breath in clean, fresh air that powers our bodies and brains.

# How vaping affects your body

# Vaping can cause:

- lung injury
- nausea
- coughing and throat irritation
- headache and dizziness
- seizures.

People who vape may be more likely to have bronchitis, wheeze, or shortness of breath.

Because vape aerosol is sticky and sugary, dentists are very worried about the effects of vaping on teeth and gums.



A partnership between:









# How vapes can cause injuries

Vapes can explode and catch fire, causing burns and severe injuries. Some people have lost teeth or injured their jaw, hands or groin area (when a vape has exploded in a pocket).

Most vapes contain nicotine, which is a poison that can make you very sick or even kill you if accidentally swallowed.





# How vaping can lead to addiction

Most vapes in Australia contain nicotine, even if it's not on the label. Nicotine comes from tobacco and causes addiction in people who vape and in people who smoke.

One vape may contain as much nicotine as a whole packet of cigarettes.

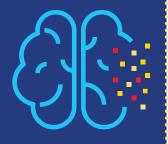
- While your brain is still growing you are more likely to become addicted to nicotine.
- Nicotine makes changes to your brain, which makes it harder to contro your nicotine use.

Loss of control over nicotine use can happen fast and makes it harder not to vape.

People can start having feelings of withdrawal even if they are not vaping every day. When they try to stop vaping, or haven't vaped for a while, they can feel:

- a strong desire to vape (cravings)
- more irritable
- that it's harder to focus on what they're doing
- nervous, anxious or restless if they can't vape.

Vaping to relieve these feelings ("to relax") creates a vicious cycle of ups and downs. How do you think this would affect stress levels?



# How vaping affects your mental health

Your brain is stillgrowing until you are 25 years old. Nicotine can change the way it develops, which may affect your attention, memory and learning.

People who are addicted to nicotine are more likely to have symptoms of depression and anxiety.

Quitting nicotine can improve your mental health. After feelings of withdrawal are gone, many people feel less stressed, less anxious, less depressed, and more positive about life.

# **Quitting vaping**

Thesooner youstop vaping, the better! It might feel challenging, but you can do it. You don't have to do it alone. There are lots of support options to help you. Speak with:

- your school nurse
- vour doctor
- Quitline we help young people quit vaping. We're free, friendly and every chat with you is private.







### FROM THE COMMUNITY

Key Assets Victoria is a not-for-profit foster care agency supporting children in care that operates in all areas of Melbourne and many regional areas. There is currently 12,458 children in Victoria that need the support of a loving caring foster family. We would be very appreciative if you would consider placing the attached graphic and notice below in your school newsletter or maybe you would be able to display it on your community notice board.

#### **FOSTER CARERS NEEDED**

If you have thought about foster care, please get in touch and ask the questions you have always wanted to.

Ring: Key Assets 1800 932 237 or 1800 WE CARE

Email: <u>info@keyassets.com.au</u>

Web: canifoster.com.au or keyassets.com.au

Please call if you require any additional information and like us on Facebook and Instagram



# Latrobe

The Latrobe Urgent Care Clinic (UCC) in Moe provides GP-led care for non-life-threatening conditions, without the need for you to visit an emergency department.

If you are experiencing any of the following illnesses or injuries, visit the Latrobe UCC instead of emergency:

- mild to moderate infections
- fever
- pain when urinating
- suspected minor fractures and sprains
- · back and muscle pain
- minor cuts, burns, and insect or animal bites
- heartburn, vomiting, nausea

- headaches, migraines and brief fainting
- constipation, diarrhoea, abdominal pain
- allergies and rashes
- light bleeding in the first trimester of pregnancy
- mild to moderate asthma attacks, coughs and other respiratory symptoms.

The Latrobe UCC accepts walk-ups, referrals and pre-booked appointments, and runs as a triage service, meaning people with the most urgent medical needs are seen first.

This service ensures vital emergency department resources are freed up for patients with more critical needs.

Call us: 5127 9111

Location: 42-44 Fowler Street, Moe (a map is on the back page)

Learn more: <u>Ichs.com.au/latrobe-ucc</u>





