



Heatherwood News

October 2021

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IMPORTANT DATES

2nd Nov (TUE) **Melbourne Cup Day Public Holiday**
Student do not attend school

17-Dec (FRI) ***Last Day of Term 4**

***Students will be dismissed at 1:45pm instead of 2:45pm and can therefore be expected home one hour earlier.**

Message from the Principal



Dear Parents and Carers,

Well, we have nearly made it back to normal (whatever you believe normal to be). As students return to full time onsite studies the focus will be on everyone's wellbeing and quickly establishing routines that provide students with a sense of predictability and security.

I have greatly appreciated the feedback we have been receiving from the community about experiences they have had during lockdown and the offsite supports that they had during remote teaching. Without your feedback we do not know from your point of view what went well and if (we hope never) we are in that position again, what we could do to improve our practises.

As the Department of Education - Operation Guide is continuing to be updated we will keep you informed of any impacts that will have on our programming and any upcoming special events.

I would like again to thank you, your family and especially our students for their resilience and determination to meet the challenges that have been faced by everyone during this period of remote learning. I am sure that in a month or perhaps a year when you reflect on this period of time there will be some memories that will bring a smile about what you had to do to entertain, and be creative to remain positive and engage your child and all members of the family.

Paul Hills - Principal

Welcome back to school



Words cannot express the joy of seeing all the students so pleased to come back to school. We welcome students and staff back with open arms as we ease everyone into routines, meeting friends face to face and most importantly education and learning. The Wrap Around Teams have worked well to keep us in touch with students during lockdown, helping them feel safe, valued and important. A new appreciation, two way, between families and staff as we worked so supportively this year. Home programs, such as cooking, animal care and gardening and many more, have been features of students' interests and skills. We have celebrated much - Book Week, the Olympics, SRC special dress up days, the AFL finals. We have run weekly assemblies, presenting awards for Student of the Week, Athletics, gold, silver, bronze, Reading Certificates and shared stories. We have encouraged students to have social zoom sessions with their friends, the way they would get together at recess and lunch so that social experiences can still occur. Most of us knew nothing of Zoom or Google Drive at the beginning of 2020 and our progress in working with these programs is remarkable. The year of 2021 will go down in history and in the coming years we will all marvel at the way we survived, and sometimes even thrived. As we now finish the year, we look forward to the Year 12 Graduation and getting to meet new students for 2022.

Lesley Foster – Assistant Principal

Transition back to Onsite Learning

Extracted from **Beyond Blue Website:** shorturl.at/qBKV2

As secondary school students across Australia returning to on-site classrooms, Professor Brett McDermott, a child and adolescent psychiatrist, offers advice for parents and carers on how to best support teens making the transition.

For parents helping teenagers return to school, McDermott says, that firstly, it's important to talk openly with them to find out whether they're nervous about going back to school, and if so why. It may be stressful, friendship issues, or general anxiety about having to go back into the classroom after so much time spent at home.

Reassure them that you understand why they may feel unsettled by the change and encourage open dialogue (ReachOut provide this useful advice on how to encourage effective communication with your teenager).

Remember the bigger picture

If your teenager is reluctant to return to school, McDermott advises being empathetic but not losing sight of the bigger picture. Which in this case is that "school is likely the best place for them when it comes to developing into a fully-fledged adult," he says.

"The challenges of adolescence – developing a strong moral compass, forming and sustaining healthy relationships, and understanding right from wrong – are a key part of shaping every young person's future."

"And the best way to do this is by interacting with people every day. These daily social interactions add up – you slowly build a skillset – which helps us develop a sense of who we are. It takes practice, and for most of us while we're young, that happens at school – not while staring at a screen in our bedroom."

So while it's helpful to acknowledge your teen's worries and speak openly about them, when it comes to dealing with their unwillingness about returning to school, it's important to remind them that school is the best place for them.

Getting back into a good routine

To ensure a smooth transition back to on-site learning, McDermott suggests setting a steady routine before the return. Or if they have already started, doing so as soon as possible. This way, they have some time to get back into the swing of things, especially as staying up late and sleeping in is common for teens and, for some, can be a difficult pattern to break.

"Encouraging your teenager to get ready the night before, making sure they enough sleep, wake up early, eat a good breakfast, and generally get back into a good routine, can really help," he says.

A shared experience

Some teenagers may feel anxious about going back to school while COVID-19 is still a consideration. According to McDermott, the best way parents can help alleviate that anxiety is to empathise while demonstrating complete confidence in the decision. "Most teenagers still look to their parents for reassurance," says McDermott, "so if you're showing confidence and adopting a pragmatic 'everybody goes to school and it's safe to return' approach, they'll likely follow your lead."

Deb Weinmann - Protective Behaviours



PE & SPORTS NEWS



Meet a Paralympian

During remote learning, two senior classes of S3 and S6 participated in a fantastic opportunity to meet Paralympian direct from the Olympic Village in Toyko, Japan. We got to zoom directly to Craig Campbell (Assistant Coach of the Australian Women's Wheelchair Basketball Team) and meet one of the players Amber Merritt (Australian Paralympian Aussie Rollers Player).

It was great to hear directly about the life of a Paralympian and how much commitment goes into player's sporting career. To hear the different point of view from the coach's perspective of working in an elite sporting field. The rules they must follow in the unusual delayed Toyko Paralympics with all the covid testing each day and how the team formed such great bonds together supporting each other through the games.

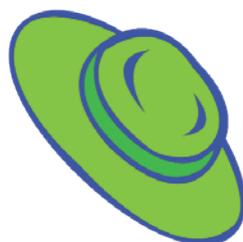
Thanks to the Australian Basketball organisation for making this live cross possible. A great opportunity for all.

Warmer Weather Reminder

As the weather is getting hotter during term 4, please remember to bring **hats** and **water bottles** to school every day and especially when we get back into being active in Physical Education. Please apply sunscreen each morning and bring a small roll-on **sunscreen** to school to reapply during the day.

Stay cool, rehydrate your body, and protect your skin- Hats, Water bottles & Sunscreen!

Sam Ditty - PE Department



Nutrition Week 2021



For Nutrition Week this year all students have had the opportunity through Google Classrooms to improve their understanding of healthy eating habits. Daily quizzes and games have been popular. Middle and Senior students have also been introduced to ‘Mood Foods’ through a series of powerpoint presentations.

Our mood affects the food choices we make but our food choices also affect our moods.

To function properly our brains need the right balance of nutrients and micronutrients. Teenage brains are still developing and If the needed chemicals are missing the following is likely-

- trouble with thinking / remembering / learning
- reading /spelling / maths can be hard
- harder to control impulsive behaviour
- increased risk of depression and anxiety
- more likely to consume too much ‘comfort food’ or ‘junk food’

Some simple steps to help improve our brain health, and our mood include trying to eat a wide variety of foods each day.

By ‘Eating a Rainbow’ we will include more of the foods which help our brain. Most people are familiar with ‘Go for 2 and 5’ which refers to having 2 serves of fruit and 5 serves of vegetables every day.

If you would like more information - Google **mood foods** or **brain foods** on the internet.

Lynn Penrose, Liz McLean, Elizabeth Reid - Nutrition Week Committee

The Treasure Hunt

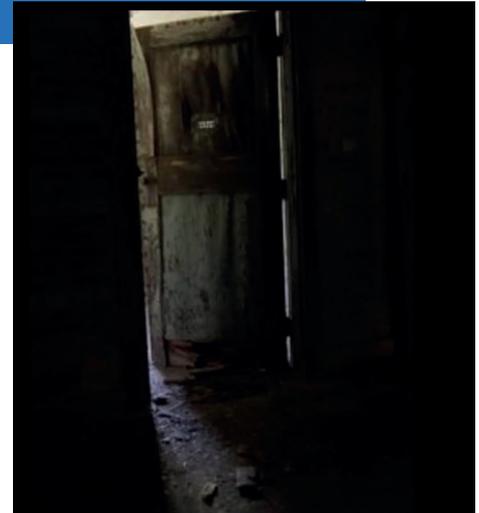
The old creepy door stood in front of them. Looming. They didn't know what was on the other side of the door, it could be good. It could be bad. Hashem, Bianca, Jarrett, Cooper, Kyle, Lachie and Erin argued about what to do next. The door was in the basement of the school. It was dark, pitch black inside, light outside. The creepy old dirty door squeaked. We wanted to run but we also wanted to stay and see what was on the other side of the door. The light shone, was it the stormy night outside? Or was it something magical?

The best thing was that only some people from M2 knew about the secret basement. Hashem knew the secret to what was behind the door and he was destined to protect what was on the other side.

Erin asked the group "what should we do next? We need a plan to get inside the room!"

It was decided that half would distract Hashem and half the group would work on getting through the door. We went back outside into the daylight to collect some equipment to help us sneak inside. But we quickly came across a problem. We returned to Hashem, having covered the door with electric wires for extra security.

M2 Students



Book Week 2021



This year Heatherwood celebrated Book Week a little later in the year than planned, in the hope that we would be out of lockdown. Never mind. The students embraced the theme of Old Worlds, New Worlds, Other Worlds and many had really original costumes. It's amazing what you can do during lockdown and on zoom! We had a variety of book related class activities during the week and finished with a Book Week dress up day on Friday October 15th. As you can see from the photos, staff and students really got into the spirit of the day.

Bernadette Mccaffrey – Teacher Librarian

Book Week 2021 Photos

