

News letter



In the blink of an eye!

Dear Carers, Parents, Students,

We have reached the end of another action-packed year at Hallam Secondary College. It has been a year in which we made significant progress toward the goal of becoming a 7 – 12 school.

We started the year with our first Year 7 cohort joining us under a new name, new branding and new uniform. More importantly we also had a new teaching and learning program for all our students.

Our new Year 7 students have settled well into the school and been warmly welcomed by our Senior students. As these first Year 7 students move up into Year 8 we welcome a new Year 7 cohort for next year. In 2025 we will have the complete 7 – 12 complement.

www.hallamssc.vic.edu.au

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- Year 7 - Gumbuya World
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- BK 2 Basics Christmas Drive
- Being SunSmart!

Important Dates

Wednesday 20th December

School Closes for 2023

Wednesday 31st January

Students first day for 2024

7-9 February

Year 7 Camp

(See the website for more dates and times)

This year we worked with our Architects to design the new Gymnasium, Junior Years Learning Centre and Administration Building. These new buildings are what the school and community deserves and marks a \$24.2 million Government investment in our future. The building works will begin mid-2024 and the result will transform our school.

One of the highlights of the year was the Year 12 Graduation. Congratulations to all our Year 12 students on graduating. This year we had more students than ever before successfully completing their Senior certificate.

Our Careers team have worked with Senior students and families throughout the year and I am confident that everyone of our graduates has a pathway to future success.

I particularly want to acknowledge Amy Meddis who is our VCE Dux for 2024. Amy gained multiple awards at the Year 12 Graduation and her success in the VCE was well deserved.



Congratulations to the entire class of 2023 and our VCE Dux (highest ATAR) Amy Meddis.

I would like to thank all students and families for their hard work and support throughout the year. This time of the year means different things to different people. I am also aware that this year has brought more than its fair share of challenges for many families both at home and in other parts of the world.

I hope the vacation brings you an opportunity to connect with the significant people in your lives and refresh the batteries ready for the new year.

Mobile Phones

A reminder that the Department of Education has in place a mobile phone ban that requires students who bring mobile phones to school to have them switched off and securely put away during school hours.

The department is requiring all schools to ensure this ban is in place and enforced from the start of the 2024 school year. The ban applies equally to all government schools right across the state.

This helps ensure that school is a learning environment free from unnecessary distractions and disruptions.

By ensuring mobile phones are kept away at recess and lunch times, students can interact with each other face-to-face, without the distractions and social pressures that mobile phones can cause.

I ask for the support of all our families, staff and students in continuing to support the implementation of this policy in our school. In the event of an emergency or if you need to immediately contact your child, I ask that families contact the school office who will pass on a message as required.

Café/Canteen – card or cash payment only

In 2024 the Café/Canteen will only accept payment by Bank card or cash.

Students will not be able to use their mobile phone to make payments in the Café/Canteen.

This will also apply to any other payments made during school hours. This will come into force from the start of Term One.



Kind regards
Simon Sherlock
Executive Principal

Year 12 Graduation Evening

The 2023 Hallam Secondary College Graduation Evening was an outstanding night, with more than 330 in attendance to celebrate our students reaching the end of their secondary education.

There were many highlight thought the evening with guests enjoying the Bandok Tati group performance, the lovely food from Cranbourne Race Course, singing performances by Hallam Secondary students, and our student awards.

Thank you to everyone involved in the organisation of the event and to all the attendees for making the night such a special occasion.



Hair & Beauty

Hairdressing students have worked effectively to complete 2023 coursework. A fantastic effort by all students to work on new and existing clients. Best wishes for 2024!



Year 7 - Gumbuya World

As part of the Year 7 Activities Week (Our end of year transition program for our current Year 7 students), our students headed out to Gumbuya World for a fun filled day. Thankfully the weather was pleasant enough for them to all enjoy the water.



CAFE Reminder

A reminder that Students will only be served at the Cafe during the Recess and Lunch breaks. Once the music starts to signal the end of the break, service will stop to ensure there is enough time to consume their purchase. Food and drinks are not allowed in class.

Sports Awards Night

Earlier this term, Hallam Secondary College held its annual awards evening to recognise the success and achievements of our student-athletes in the Hallam Secondary College Sports Academy.

It was great to have guest speaker former Australian & NRL Player, Nate Miles (Who also joined the Sports Academy the year in a coaching and mentoring role) sharing his knowledge and to present some awards.

Well done to the student-athletes who received an award and a big congratulations to Holly Johnson and Bobby Deo on winning the Female and Male Sportsperson of the year awards!

2023 Sportsperson of the Year Award

Sportsperson of the Year – Male:
Bobby Deo

Sportsperson of the Year – Female:
Holly Johnson

Rugby League - Male

Storm Development Cup: Senior Best & Fairest: Izaak Batey

VRL Cup: Intermediate Best & Fairest: Waka Hammond

Senior Coaches Award: Bobby Deo

Intermediate Coaches Award: Micah Warena

Best Forward: Phoenix Woods

Best Back: Memphis Wallace-Unoituapola

Rugby League - Female

Best & Fairest: Mystique Metuatini-Tetevano

Coaches Award: Justice-Mercedes Huriwai-Daymond

Rising Star: Anahera Williams

Australian Rules Football - Male

Darren Flanigan Cup - Senior Best & Fairest:
Dakota Maxwell

Runner Up Best & Fairest: Max Gay

Senior Coaches Award: Jack McDonald

Intermediate Coaches Award: Michael Galway

Rising Star: Brayden Deville

Australian Rules Football – Female

Seniors Best & Fairest: Ashleigh Thatcher

Seniors Runner Up Best & Fairest: Demi Running

Senior Coaches Award : Shanae Allen

Intermediate Best & Fairest: Demi Running

Intermediate Runners Up Best & Fairest:
Ashleigh Thatcher

Intermediate Coaches Award: Abbey Rogers

Netball

Most Valuable Player - Senior: Lara Goodman-Hancock

Most Valuable Player - Intermediate: Lily Whibley

Senior Coaches Award: Georgia Olle

Intermediate Coaches Award: Chloe Richardson

Rising Star: Michayla Allen

Leadership Award: Holly Johnston

Inspire Sports Group Award: Lily Whibley

Basketball

Dandenong Ranges Trophy: Senior Best & Fairest: Beau Williamson

Sports Academy Development Cup -
Intermediate Best & Fairest: Ethan Massouh

Senior Coaches Award: Max Breman

Intermediate Coaches Award: Micah Bignell

Senior Most Improved: Austin Van Helmond

Intermediate Most Improved: Junior Jada

To see the full list of winners and pictures from the night, please visit the website:

<http://www.hallamssc.vic.edu.au/2023-sports-awards/>

Careers & Pathways News

/HEADSTART

APPRENTICESHIPS AND TRAINEESHIPS

Congratulations to all the School Based Apprentices and Trainees (SBATs) who had such a successful year. It's been fantastic getting to know you all and seeing you flourish in your chosen field and move on to Full Time work now that you have completed your studies at Hallam.

Head Start supports students undertaking School Based Apprenticeships/Traineeships (SBATs). Students undertaking a SBAT attend Hallam Secondary College part time, work part time and attend Training. Mentoring and monitoring is given to students throughout their SBAT guiding them towards full time work once they have completed their secondary education.

Working closely with the Careers Team at Hallam, I look forward to meeting with more students in 2024. We are looking for enthusiastic Senior students who are considering entering into an Apprenticeship/Traineeship whilst they are completing their senior studies at Hallam Secondary College.

Many industries are experiencing a skills shortage – therefore Employers are wanting to engage with the Head Start team to employ a School Based Apprentice/Trainee in their business.

We have opportunities in the following areas in various locations:

- Landscaping
- Business/Supply Chain Operations (Warehousing) • Brick Laying
- Roof Tiling
- Glazing
- Engineering (Metal Fabrication)
- Baking
- Childcare
- Swim Instructor/Life Guard
- Cabinet Making
- Commercial Cookery

The Head Start Office and Careers Offices are located in the Senior Centre, come by and have a chat when you are back at school

Have a Safe and Happy Holiday and Festive Season.

If you would like to learn more about Head Start School-Based Apprenticeships and Traineeships (SBATs), please contact Head Start Industry Coordinator, Nerida Parsons on 0407 453 705 or Nerida.parsons@education.vic.gov.au



Feedback

We welcome feedback from students, families and members of the community. This information allows us to see where our strengths lie and also the areas in which we should seek to improve. Please email Business Manager, Sue Quinn at: Sue.Quinn@education.vic.gov.au or call 9703 1266.

BK 2 Basics Christmas Drive

Thank you to everyone who donated to the BK 2 Basics Christmas Drive.

BK 2 Basics has worked with our Breakfast Club all year.

The donations of new toys and non-perishable food items will be distributed to local families who may be struggling to provide for their children during this time of year.



Being SunSmart!

By Suellen James, Adolescent Health Nurse

It is well-known that too much of the sun's ultraviolet (UV) radiation can cause sunburn, skin and eye damage and skin cancer.

Ultraviolet damage accumulated during childhood and adolescence is linked with a greater risk of skin cancer later in life. In Australia, skin cancer is the most common type of cancer and is also one of the most preventable cancers. The sun's UV rays are invisible. Whatever the weather, if the UV levels are three (3) or more, it's important to protect yourself following these steps - Slip, Slop, Slap, Seek and Slide!

Don't just wait for hot and sunny days to use sun protection. You can check the sun protection times each day so you and your family can be protected when needed. Daily local sun protection times and weather details can be found on the free SunSmart app. Sun protection times can also be found at the Bureau of Meteorology website.

For best protection, Cancer Council Victoria recommends the following sun protection measures:

1. Slip on some sun-protective clothing that covers as much skin as possible.
2. Slop on broad spectrum, water resistant SPF30 (or higher) sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.
3. Slap on a hat – broad brim or legionnaire style to protect your face, head, neck, and ears.
4. Seek shade.
5. Slide on some sunglasses – make sure they meet Australian Standards.



Protect yourself in **five ways** from skin cancer



SLIP



SLOP



SLAP



SEEK



SLIDE

How can I talk to my teenager about having a tan?

By SunSmart

Any change in natural skin colour is a sign the body is trying to protect itself from UV radiation and DNA damage.

If you notice your children's skin starts to change colour – what people often call a 'tan' – that's a clear sign that damage is being done. The more the skin is exposed to UV radiation, the greater the risk of damage, premature skin aging, and skin cancer.

Talking to teenagers about UV radiation and the damage it causes to skin cells can highlight the risk of being outdoors without sun protection.

Encourage your teenager to watch Dear 16 Year Old Me which demonstrates what people wish they'd known as a teen in relation to skin cancer.

How can I talk to my teenager about sunburn?

We know that sunburn feels painful and can blister and peel afterwards. That is a significant example of the harm from UV radiation on skin cells. Sunburn is a sign of damage and even after the initial pain, peeling and colour goes away, the damage will linger. UV exposure adds up over time. Skin remembers and records all UV exposure and DNA damage leading to an increased risk of skin cancer.

Talk to teenagers about sunburn as a serious sign of damage and explain how skin cancer is formed each time the skin cells try to repair themselves, meaning they can mutate and cause cancer that in some cases can spread to other organs in their body. But this can be avoided, including the initial burning, pain and peeling of sunburn, by using sun protection.

How can I encourage sun protection behaviours?

If you want to make a serious impact on your children's sun protection behaviours, make sure you are setting a positive example. It's hard to get teenagers and children to use sun protection if you don't use all five forms yourself.

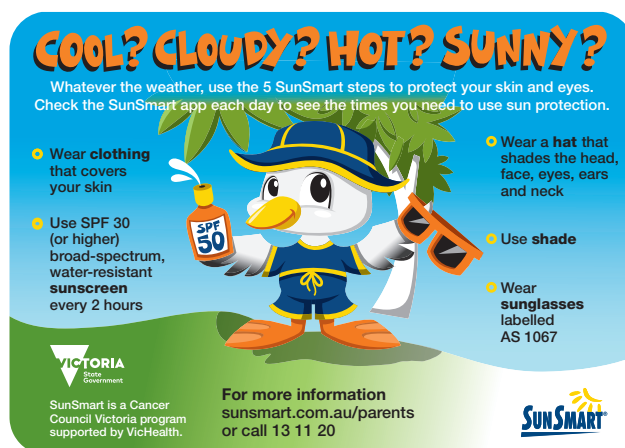
We recommend you all understand UV, and the impact it has on your skin and health. Download the free SunSmart Global UV app, be aware of the UV levels during the day and encourage your children who have a phone to download the app too so they know when the UV index hits 3 or above.

Sources:

<https://www.cancer.org.au/save-your-skin/five-sunsmart-steps>

<https://www.sunsmart.com.au/advice-for/schools-early-childhood/early-childhood-resources/early-childhood-family-notices-information-sheets>

<https://www.sunsmart.com.au/protect-your-skin/be-a-sunsmart-family#teens>



STARTING SECONDARY SCHOOL OPENS UP A WHOLE NEW WORLD!



HERE ARE SOME HANDY TIPS FOR FAMILIES:

Plan how your child will get to and from their new school

It is important to think about the best options for your family and be familiar with the rules - so that ALL children are safe around schools.

If you are in Year 7, your family still has 2,400 more school trips to make!

ie. 10 school trips per week x 40 weeks per year x 6 years of secondary school

Reduce your car trips around peak school times

There will never be enough carparks right outside the school gate for every family. Consider walking, riding or scooting to and from school. Look for nearby parking locations such as parks, sporting reserves or shopping areas and walk the rest of the way. Watch our *Active Travel* animation for more information (link below).

Support and encourage greater independence

Secondary school provides a great opportunity for independent travel for your child. Is public transport an option? Can you walk them part of the way? Can they start the walk home themselves and meet you at an agreed meeting place? Can they ride/scoot to school? Do they have friends/family they can walk with? Active travel has so many lifelong benefits for young people:

- A great regular source of physical activity (improved fitness, cardio & metabolism).
- Better academic performance (burn off excess energy and gain more focus).
- Opportunities to interact with friends and others in their community.
- A great time to think, relax, reflect on their day.
- Opportunities to make decisions independently, learn from mistakes and gain the confidence that comes with success.



Follow the signs around your school



The signage around your school is there to keep all children safe. Please read and follow the signs:

SCHOOL ZONE 40 KM – slow down, lots of children



NO STOPPING – you cannot stop your car here at all



NO PARKING SCHOOL DAYS – this is a 2-minute only Drop off Pick up Zone

Parking Compliance regularly patrol school precincts and fines are issued for illegal behaviour. Watch our *Driving Safely Around Schools* and *Drop off and Pick up Zones* animations for more information (link below).

Use the safest crossings

Where available, School Crossings are the safest place for all pedestrians to cross the road, no matter what age. Encourage your child to choose the safest crossing option. Watch our *School Crossings* animation for more information (link below).

Be considerate of the local community and each other

Double-parking, parking on nature strips and blocking driveways are illegal and dangerous. Be patient and think about the impact of your behaviour. Watch our *Driving Safely Around Schools* animation (link below).

Make a commitment to being Safe Around Schools

Take the time to learn more: Watch our short *Road Safety Animations* available on YouTube - City of Casey Safer Communities. Read all information from your School and seek further information if you are not sure.

Visit casey.vic.gov.au/safe-around-schools

We can all work together to get everyone to school and home again safely.



A Guide to Supporting Your Teen During the Holidays



Holidays can take students away from friends and their usual school supports. Changes to routine can cause some young people to feel stressed, isolated and alone. Being a supportive parent or carer is especially important when it comes to a time of change in a young person's routine or life.

According to Headspace (headspace.org.au), there are signs that may suggest things are not quite right with your young person and that you might need to talk to someone about what's going on. These include:

- ✚ Not enjoying or not wanting to be involved in things they would normally enjoy
- ✚ Unusual sleeping or eating habits
- ✚ Being easily irritable or angry with friends or family for no reason
- ✚ Being involved in risky behaviour they would normally avoid
- ✚ Feeling tense, restless, stressed or worried
- ✚ Crying for no apparent reason, feeling sad or down for long periods of time.
- ✚ Having lots of negative thoughts

Tips from Headspace to help you support your young person:

1. Recognise their distress or concerning behaviour
2. Ask them about it
3. Acknowledge their feelings
4. Get appropriate support
5. Check in a short time afterwards



It's helpful to ensure that your young person stays involved and remains active during the holidays. You can help by:

- ✚ Maintaining a regular routine (getting up in the morning, eating three meals a day, etc)
- ✚ Encouraging them to keep in contact with friends.
- ✚ Involving them in decisions and give them responsibility at home (such as deciding what to eat for dinner and helping prepare it)
- ✚ Encouraging them to get involved in activities or projects, and participating with them when you can.



If you believe that a young person is at risk of harm, you should seek professional support from your GP, mental health service or emergency department and keep the young person safe until help arrives.

Monash Health Psychiatric Triage Service: 1300 369 012

Support Services:

KIDS HELP LINE (ages 5-25) and **LIFELINE** (all ages) are both open 24 hours a day, 7 days a week, and offer free and confidential counselling.



13 YARN (all ages) is open 24 hours a day, 7 days a week, to talk with an Aboriginal or Torres Strait Islander Crisis Supporter.



EHEADSPACE offers free online and telephone counselling for ages 12-25 from 9am-1am, 7 days a week. Call 1800 650 890 or go to aheadspace.org.au



PARENTLINE offers free, confidential phone counselling, support and guidance for parents and carers of children. 8am-10pm, 7 days a week



YOUR DOCTOR (GP) can provide support. Many doctors and medical centres are open over the holidays including Hallam Family Practice where our Doctor in Secondary Schools GP, Dr Albert Ho, is based.



SUMMER

@Holidays THE YICS

JANUARY



TO

JANUARY



24

FREE ACTIVITIES FOR YOUNG PEOPLE AGED 10-17

SCAN ME



BOOKINGS ARE ESSENTIAL AND CAN BE COMPLETED VIA THE QR CODE

Contact the City of Casey:

Web: casey.vic.gov.au
Email: caseycc@casey.vic.gov.au
Phone: 03 9705 5200
NRS: 133 677 (for the deaf, hearing or speech impaired)

Customer Service Centres:

Narre Warren: Bunjil Place, Patrick Northeast Dve
Cranbourne: Cranbourne Park Shopping Centre

Youth Information Centres:

Narre Warren: 52 Webb Street, Narre Warren
Hampton Park: 22-26 Stuart Ave, Hampton Park
Cranbourne: Cranbourne Park Shopping Centre

[caseyyouthservices](https://www.facebook.com/caseyyouthservices) [@caseyyouthservices](https://www.instagram.com/caseyyouthservices)

[City of Casey Youth Services](https://www.youtube.com/CityofCaseyYouthServices)



TIS: 131450 (Translating and Interpreting Service) المترجم الفوري 翻译 مترجم شفاهى ਦੁਬਾਸੀਆ ಠಾಣಾ ಲೆಠೆಣಾಂ

WEEK

1



MON 15 JANUARY
OPEN 2 CONNECT
1:30PM - 5:15PM

TUES 16 JANUARY
CODE NAMES
2:15PM - 4:15PM

WED 17 JANUARY
OPEN 2 CONNECT
1:30PM - 5:15PM



THU 18 JANUARY
IRON FIST TOURNAMENT
2:30PM - 4:00PM



FRI 19 JANUARY
OPEN 2 CONNECT
1:30PM - 5:15PM

SCAN ME



MON 15 JANUARY
OPEN 2 CONNECT
1:30PM - 5:15PM

MON 15 JANUARY
PAPER PLANES
2:30PM - 4:00PM

TUE 16 JANUARY
PAPER PLANES
2:30PM - 4:00PM



TUE 16 JANUARY
MOVIE TIME
3:00PM - 5:00PM

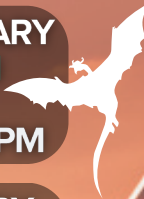
WED 17 JANUARY
LEGO LAUGHS
2:30PM - 4:30PM



WED 17 JANUARY
YARN BOMBING & AFTERNOON TEA
1:30PM - 3:00PM



THU 18 JANUARY
DUNGEONS N DRAGONS
5:00PM - 8:00PM



SUMMER

FRI 19 JANUARY
OPEN 2 CONNECT
1:30PM - 5:15PM

THU 18 JANUARY
OPEN 2 CONNECT
1:30PM - 5:15PM

SAT 20 JANUARY
OPEN 2 CONNECT
11:00AM - 3:45PM

FRI 19 JANUARY
SUMMER FEST
1:30PM - 5:00PM



CRANBOURNE

NARRE WARREN

HAMPTON PARK

2024

Cranbourne Shopping Centre,
High Street, Shop 156
Open: 1:30pm - 5:15pm | Monday - Friday

52 Webb Street, Narre Warren
Open: 1:30pm - 5:15pm | Monday - Friday

22 - 26 Stuart Avenue, Hampton Park
Open: 1:30pm - 5:15pm | Mon, Tues, Wed & Fri.
Thu 1:30pm - 8:15pm & Sat 11:00am - 3:45pm

FOLLOW US!

@caseyyouthservices



CHECK OUT
OUR TEENAGE
SCHOOL HOLIDAY
PROGRAMS
HERE:

FOR MORE INFO PLEASE VISIT US AT
WWW.CASEY.VIC.GOV.AU/YOUTH

CHECK OUT THE
CASEY360 BUS
SCHEDULE HERE:



WEEK
2

MON 22 JANUARY
OPEN 2 CONNECT
1:30PM - 5:15PM

TUES 23 JANUARY
ORIGAMI
2:30PM - 4:00PM

WED 24 JANUARY
OPEN 2 CONNECT
1:30PM - 5:15PM

THU 25 JANUARY
PIZZA & FIFA
3:00PM - 5:00PM

FRI 26 JANUARY
CENTRE CLOSED

MON 22 JANUARY
SMART PHONE
PHOTOGRAPHY
2:30PM - 4:00PM

TUE 23 JANUARY
OPEN 2 CONNECT
1:30PM - 5:15PM

WED 24 JANUARY
PIZZA & FIFA
3:00PM - 5:00PM

THU 25 JANUARY
DUNGEONS N
DRAGONS
5:00PM - 8:00PM

FRI 26 JANUARY
CENTRE CLOSED

SAT 27 JANUARY
OPEN 2 CONNECT
11:00AM - 3:45PM

SCAN
ME



CB SUMMER HP NW

MON 22 JANUARY
OPEN 2 CONNECT
1:30PM - 5:15PM

TUE 23 JANUARY
MULTISPORTS
WITH RECLINK
2:00PM - 4:00PM

WED 24 JANUARY
TEKKEN &
STREET FIGHTER
2:30PM - 4:00PM

THU 25 JANUARY
OPEN 2 CONNECT
1:30PM - 5:15PM

FRI 19 JANUARY
CENTRE CLOSED



CRANBOURNE
NARRE WARREN
HAMPTON PARK

20
24

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