PARENT & COMMUNITY NEWSLETTER

TERM 2, 2021

Five Islands
SECONDARY COLLEGE

T | **4274 0621** F | 4276 2835 A | Military Road Port Kembla NSW

BIGGEST MORNING TEA

Cancer Council
Australia's Biggest
Morning Tea

FISC staff and students had a **TEA-RIFFIC** time supporting Australia's Biggest Morning tea—an initiative designed to bring people together to enjoy delicious morning tea and barista made coffee while raising money for people affected by Cancer.
Big thanks to the SRC who went above and beyond to co-ordinate this event and for gifting FISC a stunning commemorative artwork.

FISC PORTAL

Did you know that FISC Parents and carers can now access the FISC Portal to see student attendance and timetables.
Follow the directions below to access.

Instructions for logging on to Five Islands Secondary College Parent Portal

Access to the portal will allow you to see your son or daughter's attendance and timetable.

STEP 1

Go to the following web address
http://fisc.sentral.com.au/portal2

You only need to this step once

Register here

Complete the details and click

Your Account will need to be registered by the school before you can proceed to Step 2

STEP 2
Go to the following web address

http://fisc.sentral.com.au/portal2

(once the page opens save it to your favourites when you are on your home computer)

STEP 3

Five Islands Secondary College

Student and Parent Portal

Please enter your username and password below

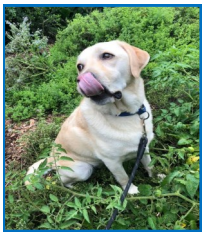
USERNAME

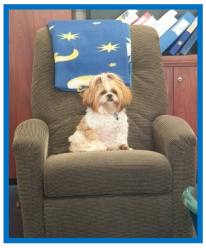
PASSWORD

Enter your username (email address) and password Click on Sign in

WALNUT AND DAISY

Daisy and Walnut are diligent canine staff members who embrace their employment at FISC as Support and Therapy dogs.
In a typical day they provide emotional support and can recognise signs of anxiety and help improve concentration and communications, as well as reducing the incidence of antisocial behaviour and bullying. Students have the opportunity to interact with them daily.
Studies conducted into the inclusion of dogs in the learning environment have proven significant benefit for students experiencing challenges with literacy, concentration and in overcoming learning difficulties associated with ADHD, ODD, and Autism.
(*Scott, Haseman & Hammetter, 2005).*





LIBRARY

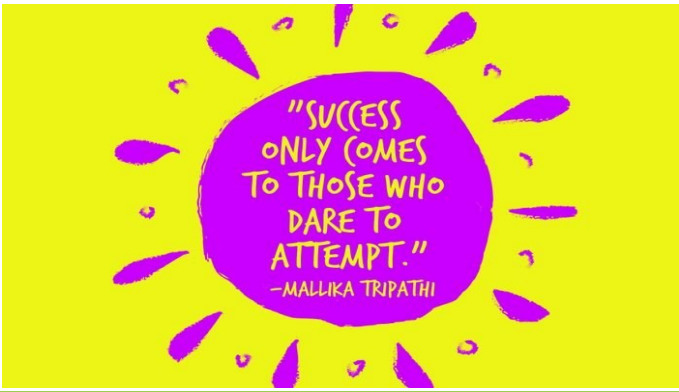
Don't get bored these holidays . Remember you have access to the College's subscription to ePlatform. There are lots of ebooks and audiobooks to choose from. Download the app on your phone or preferred reading device. Or, if you prefer to read "old school" we have heaps of new books for you to choose from.

BREAKFAST BBQ

Big thanks to the FISC staff and students who have come in early to cook up a storm at the Breakfast BBQ's throughout the term.
Students and staff all agree that the FISC bacon and egg rolls are delicious.

NO SMOKING OR VAPING

FISC has a no smoking or vaping policy.



PERMACULTURE

Winter is well and truly here now, but that hasn't stopped our awesome students from getting out and about in the garden. They have been busy with garden maintenance, mulching pathways and rebuilding the no-dig beds and planting our winter crop of broccoli, cauliflower, beetroot and plenty of greens.

A big shout out to a few of the Year 11 Permaculture students, particularly Remy Ruttan, Timothy Bull and Noah Curry, along with a few friends who have been using some of their own time during lunches to continue working in the garden and keep it looking great.

The garden is looking fantastic at the moment so if you have some spare time, or just want to clear your mind, come down and take a walk around.

CONSTRUCTION

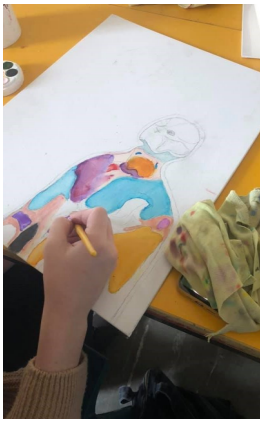
Year 12 Construction has been busy spreading mulch around the school. After several lessons of carting and spreading the mulch it was identified that the drain the mulch had been dumped on was extremely blocked. Students were outstanding in planning and preparing to clear the blocked drain. Removing the Metal grates on top of the drain and disposing of rusted grates and debris in the drain, it was cleared and barricaded until the 12 Metals class can manufacture new drain covers to make it safe again to remove the barricades.

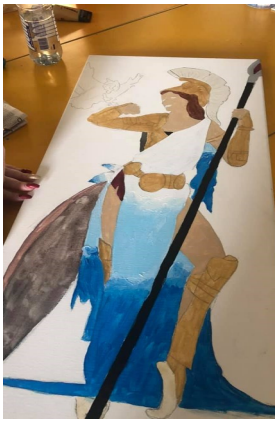
ANZAC DAY

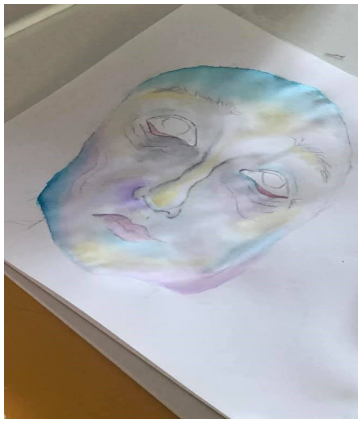
FISC students honoured our past and present ANZACS in a moving ceremony. Thanks to all of our student speakers and musicians who truly made this years ANZAC service the most special day by recognising it's importance in our Nations heritage.
The Wollongong Cadet Unit have been part of our annual service for the past 10 years and we sincerely thank them for contributing to our ANZAC Ceremony.

VISUAL ARTS

The creative juices certainly are flowing in the FISC Art department.
Year 12 Visual Arts Students are all working hard on their Major Works - we will keep you up to date with progress pictures.



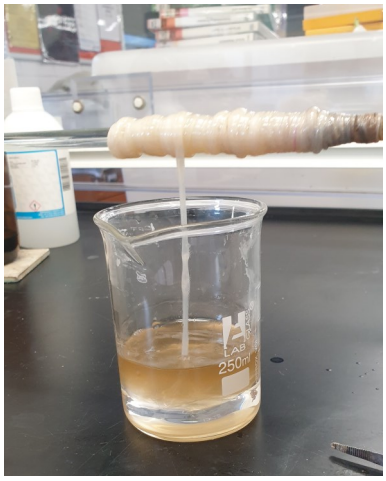


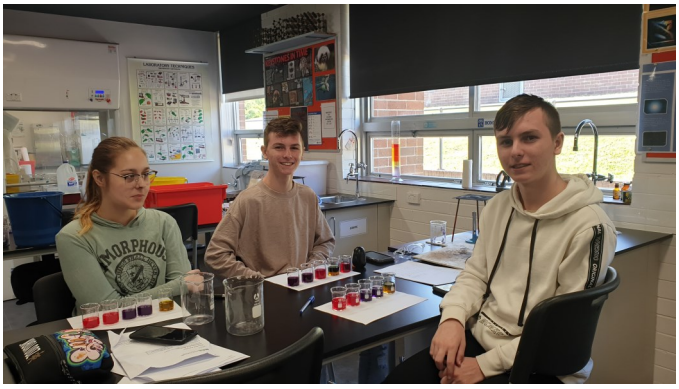


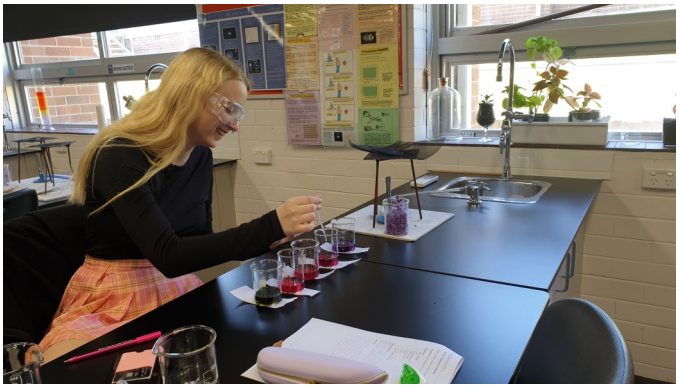
SCIENCE

Investigating Science students have had fun this term. We have been extracting the pigments from flowers such as, roses, marigolds and agapanthus. These pigments can be used as natural acid-base indicators making for some very colourful chemistry!

Year 12 Chemistry students have been learning about Polymers as part of the Organic Chemistry course. The photo shows a demonstration of the manufacturing process for nylon. It polymerises from the layer between the 2 liquids and can be drawn out of the beaker as a long fibre. Fascinating stuff!







HOSPITALITY

FISC Hospitality Students have been cooking up a storm this term. Staff and students have enjoyed some delicious food, barista coffee and fabulous service.

PRINCIPAL'S REPORT

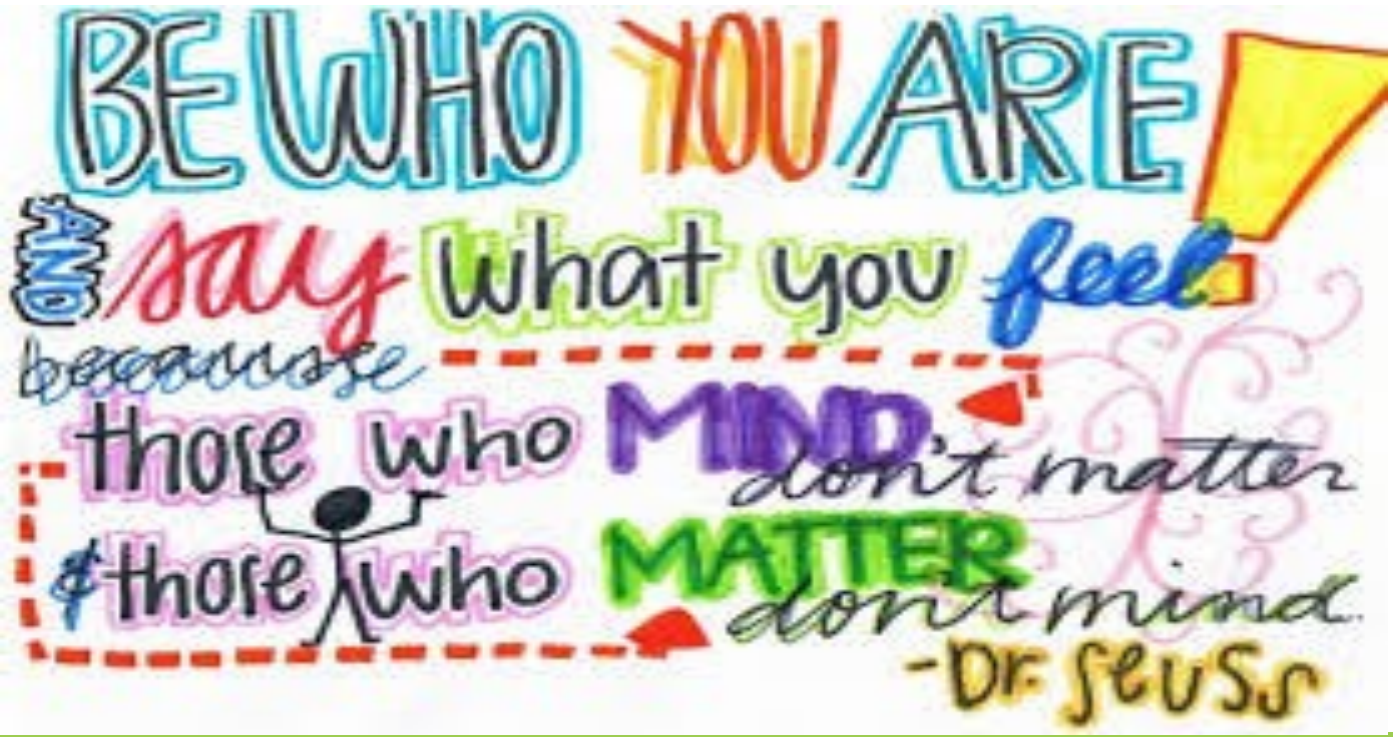
Term 2 is certainly a hectic yet rewarding term for staff and students alike. The college staff have communicated student progress with parents and carers at Parent/Teacher evening as well as completed exams and reports for all 3 year groups. Next term is one of the most exciting of the year with Yr 12 Graduation to take place and year 11 coming to a conclusion in the last 2 weeks of the term.

One of our major focus areas in 2021 is student attendance. We mark electronic rolls every lesson and check in with the students about roll marking discrepancies every day. As a parent/carer we encourage you to access the 'Parent Portal' to view your child's attendance record. If you've missed the emails explaining how to do this please call the front office on 42740621 and the friendly office staff will guide you through the process *(or see page 2 of this newsletter)*

The Department of Education increasingly monitors student absences and associated reasons. We have also been encouraging parents and carers to notify the college if your child has been absent or has upcoming appointments. As a means to support carers explain absences, we promoted the option of sending an SMS outlining why your child is away. Simply reply to the SMS indicating your child has been away for the day and we'll update our records.

Thank you to all the FISC staff for the huge efforts over the term. I'm sure you will all be looking forward to the respite the winter vacation will bring. For those who are travelling, I hope your journeys are safe and COVID hotspots are in the opposite direction. For those having a staycation I hope you enjoy plenty of relaxation with good books and fine weather.

Aaron Jones
Relieving Principal



2021 Nationally Consistent Collection of Data on School Students with Disability

All schools across Australia will again be participating in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). The Data Collection will take place in August. All information is de-identified, meaning, no personal or identifying information about any student will be included. The NCCD provides State and Federal governments with information they need to plan more broadly for the support of students with disability

The NCCD is not limited to students with diagnosed disabilities. It uses a very broad definition of disability, taken from the Disability Discrimination Act 1992 and the Disability Standards for Education 2005. These include a range of health issues and learning difficulties where schools implement strategies and adjustments, beyond the scope of quality teaching strategies, to support students in participating effectively in their learning.

More information about the NCCD is available at:

https://docs.education.gov.au/node/33415

FISC proudly supports Manna

Manna is a compassionate, charitable program, providing meals and food to the hungry, the lonely, the disadvantaged and the underprivileged in our community. The program is called "Manna" after the substance miraculously supplied as food to the children of Israel in the wilderness.

This term, FISC has contributed to this program by donating fresh produce from our Permaculture Garden and having our Hospitality students prepare salads and various dishes in our commercial kitchen. It has been a great experience for the students in using their gifts to serve others.

Coordinated by teacher, Jacqui Preedy, the contribution of FISC and its students to the program helps its aims to be realised: 'Manna is a place to belong, providing food, friendship and hope for the future.'

Where to go for support

If someone is injured or at immediate risk of hurting themselves or someone else call 000 immediately

Help with a crisis
(online chat available)

Kids Help Line 1800 55 1800
kidshelpline.com.au

Lifeline 13 11 14
lifeline.org.au

Rape Crisis Line 1800 424 017
nswrapecrisis.com.au

Suicide Call back Service 1300 659 467
suicidecallbackservice.org.au

Help with your Mental Health

headspace
Wollongong 4220 7660
Nowra 4446 7300
eheadspace.org.au

Mental Health Line 1800 011 511

ReachOut
reachout.com

QLife (LGBTIQ) 1800 184 527
qlife.org.au

Help with food, housing and money

Southern Youth & Family Services

www.syfs.org.au/

Help with drugs and alcohol

Alcohol & Drug Information Service

1800 422 599

eMental health apps

moodgym.com.au

mycompass.org.au

Cyber safety and bullying

antibullying.nsw.gov.au

esafety.gov.au

Aboriginal Services

Illawarra
illawarraams.com.au 4229 9495

Shoalhaven
southcoastams.org.au 1800 215 099
waminda.org.au 4421 7400

To find a full list of support services, scan the QR code

Your local doctor is also a great place to start – they are trained to help with any type of physical or mental health issue.

Getting involved in new activities can help you feel better. Here are some examples of activities you can take part in:

- Physical activities like sports, yoga, dance, etc.
- Cultural activities such as music, theatre, choirs, film, painting, writing, etc.
- Join or volunteer with an organisation, be it related to religion, politics, the environment, animals, gaming, or whatever interests you.

Counselling Services and Support

"Telling someone that you're going through a tough time isn't easy and usually, the worse a problem becomes, the more difficult it is to talk about. Even though seeking help can be difficult, it's important to talk about what you are going through as soon as possible."

If you're concerned about someone:
Listen to what they're saying. Sometimes, when a person wants to talk, they do not always want ideas, but just need to talk. Tell them they have your attention and you are listening. You may like to save any suggestions for later.
Use positive body language. Keep eye contact and sit or stand in a relaxed position. This will help you both feel more comfortable.
Use open-ended questions such as 'So tell me about...?' which require more than a 'yes' or 'no' answer. This is often a good way to start a conversation.
If your conversation becomes difficult or the person you're talking to gets angry, remember to stay calm. Admit if you are wrong and don't lose control. Just spending time with the person lets them know you care.
Take care of yourself. Supporting someone can be hard, so make sure you take some time out to look after yourself.
Encourage getting help. Encourage the person to seek help from their family doctor or school counsellor. "

Organisation	Website	Phone
eHeadspace	www.eheadspace.org.au	42 207660
Biteback	www.biteback.org.au	
Reach out	http://au.reachout.com	
Aftercare	https://www.aftercare.com.au	
Kids Helpline	https://kidshelpline.com.au/	1800 55 1800
NSW Mental Health Line		1800 011 511
Lifeline	https://www.lifeline.org.au/	131114
Suicide Call Back Service	https://www.suicidecallbackservice.org.au/	1300659467
Police - Think U know Online Safety	https://www.thinkuknow.org.au/	

"There are a number of supports available to students and families at Five Islands Secondary College. One of these supports is the school counselling service. Our school counselling service team members are Lyn Ramsey and Jennifer McKinnon (Intern School Psychologists), Heidi Page (School Counsellor and Registered Psychologist)). The school counselling service team can be contacted through the school on ph. 4274 0621."