PARENT & COMMUNITY NEWSLETTER

TERM 2, 2022

Five Islands SECONDARY COLLEGE

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PRINCIPAL'S MESSAGE

Every year, Term 2 is one of the most challenging periods of the year for staff and students, with assessment tasks taking place amongst excursions and ongoing learning activities. I look in admiration of at all the students and staff at the college as they accommodated endless disruptions to their learning and teaching in the form of room changes and noise from works taking place on the grounds, of which there has been numerous projects taking place. For example, virtually the entire college has been reroofed (yep during the high winds and persistent rain), reverse cycle air conditioners to create conducive learning environments still to being installed, internal ceilings have been repaired, assessments to have solar panels installed have occurred and now our basketball court is undergoing some resurfacing. We are fortunate to have these works take place and look forward to enjoying the benefits they generate.

The Department of Education continues to focus on the importance of student attendance, it is crucial for student learning and progress. Longitudinal data clearly shows high attendance rates at school help set students up for a more successful transition to the next step in their life. As a Parent/carer of a FISC student please be aware we mark electronic rolls every lesson and send whole day absence SMS's around 11am daily. At FISC we aim to work in partnership with families and as a parent/carer we ask you to reply to the SMS and explain the reason for the absence. This may be as simple as responding with the word 'sick' (a*s an FYI being away because it is too cold/windy/it's their birthday/.... is deemed by the Department as an unexplained absence*. A follow up phone now takes place for parents and carers who have not replied to the SMS. We also encourage you to access the 'Parent Portal' to view your child's attendance record. If you have 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 instructions in this newsletter)*

I hope everyone has a wonderful winter break and returns safe, happy and well rested.

Aaron Jones
Relieving Principal

ANYTHING BUT A BAG

FISC student were invited to swap their school bag for “Anything But a Bag Day” students donated a gold coin to raise funds for Flood Relief. There sure were some creative school bag replacements.

CONSTRUCTION ZONE

After 16 weeks of construction FISC is excited to announce that our entire roof has been replaced. Big thanks to staff and students for their cooperation, support and patience as we combine teaching and learning with construction. Mother nature hasn’t been on our side but the job is complete.

NATIONAL SORRY DAY

FISC acknowledges National Sorry Day as a day to recognise the strength of the Stolen Generation Survivors and to reflect on how we can all play a part in the healing process for our people and nation. While this date carries great significance for the Stolen Generation and other Aboriginal and Torres Strait Islander peoples, it is also commemorated by Australians around the country.
The first National Sorry Day was held on 26th May 1998, since this day the journey has continued.

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.

EDGE WORKSHOP

FISC students participated in the EPP Job Ready Workshop to give them The Edge!
Students were briefed on what employers look for in candidates, tips on personal branding, presentation, and communication. Advice and experience with a stylist, hairdresser/barber and make-up artist was invaluable – giving students confidence when presenting themselves for interviews and in group environments.
Students learned the impact their social media profiles can have on potential employment. Hearing first-hand from people who have taken employment work paths including: The Military, Fire Brigade and KFC were inspiring.
Big thanks to Sharna and her team for the interactive sessions, great advice and encouraging our students to step outside their comfort zones.

LIVING BOOKS

FISC teamed up with Wollongong City Council who today shared their Living Books program with Year 10 students.
"Wollongong Living Books is a program where real people, known as ‘books’, share their life stories and experiences.
As a reader, there is an opportunity to interact and have a conversation with our ‘books’, ask questions, and listen to their stories.
Our ‘books’ come from lots of different backgrounds. They all have a unique story to tell that will help you see the world in new ways and challenge stereotypes"

ZONE ATHLETICS

Congratulations to all students who represented FISC at the Zone Athletics carnival!
Keegan Whitten was the star of the day - coming first in the High Jump breaking the record by a whopping 8cm! Jumping 190cm to take home the win.

ZONE ATHLETICS RESULTS

Jarran Waters

4th 400m
2nd Shot Put

Ellicia Brooks

2nd 400m
2nd 100m

Mikaela Markovski

1st Javalin
1st Shot Put
2nd 100m
2nd Long Jump

Jada Nairn

5th Shot Put

Keegan Whitten

1st High Jump RECORD BREAKING

Five Islands
SECONDARY COLLEGE

CONGRATULATIONS

It was a big weekend of hockey for FISC brothers Ronan and Keegan Whitten
Ronan represented the Illawarra in State level Hockey and has also ben selected into the NSW Squad.

Ronan is in the pink shirt

Term 2 has been busy for FISC's Big Picture students who have been busy out in the Community—learning and living their best life!

"Big Picture University Pathway Year 12's"
"Uni Skills Workshop" where they took part in an all –day workshop teaching them skills in research, writing and referencing.

"Big Picture students attended UOW's "Discovery Day" where they had a a chance to try out lectures and workshops in all faculties across the University. Students thoroughly enjoyed this opportunity and are working hard to secure a spot at University in 2023.

Big Picture Year 9 student Tahlia Holmes and FISC Teacher Wendy Regan were invited by South Sydney High School's Principal to an Information to discuss their insights of the Big Picture way of learning and to participate in a Q & A forum.
Tahlia addressed of an audience of over 120 parents, students and teachers and answered a variety of questions.
Congratulations to Tahlia – what a wonderful ambassador .

SRC INDUCTION

Five Islands Secondary College would like to congratulate the SRC representatives of 2022 on their commitment to the leadership team

We trust the selected students will find the experience both educational and rewarding.

Members of the SRC will develop skills that will assist them with confidence building for future endeavours and leadership.

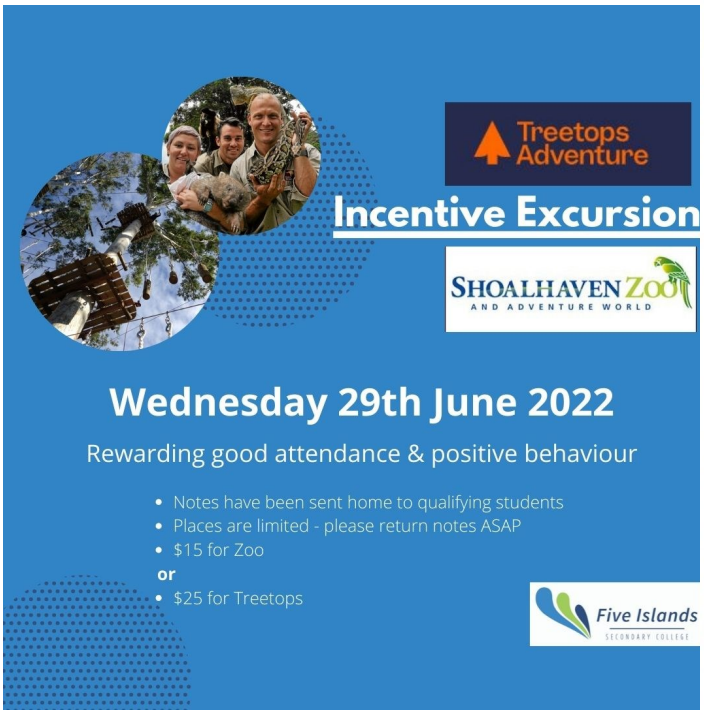
CONNECTION CLUB CELEBRATION

The end of Term 2 was celebrated with a fun session of games and activities for the whole school. Students and teachers joined in for a scavenger hunt, rugby drills, handball, table tennis, bowling and other activities. It was a great opportunity to come together as a school and celebrate!

Sometimes you will never know the value of a moment until it becomes a memory

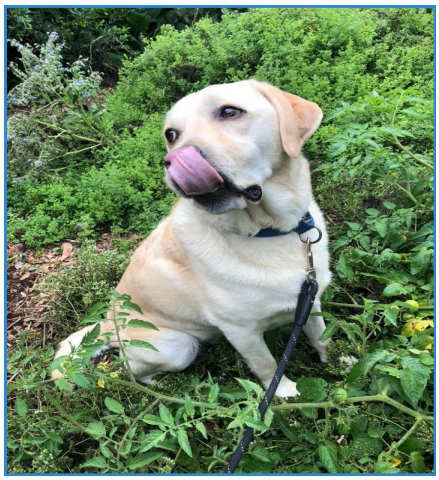
INCENTIVE EXCURSION

Each term eligible FISC students are invited to attend an Incentive Excursion.
This term students enjoyed a day out at Tree Tops Adventure Nowra or Shoalhaven Zoo.
The sun was shining and staff and students had a great day wrapping up Term 2.



DAISY AND WALNUT

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).*



BREAKFAST CLUB

Eating a healthy breakfast before school is linked to improved concentration, increased energy and management of a healthy mind and body.
At FISC, we invite students to start the day right and join us at our Breakfast Club where they can meet and refuel for the busy day ahead.
This initiative would not be possible without the support of our staff and sponsors.
As an end of term treat the Wellbeing and English teachers cooked up a storm and treated the FISC community to delicious Bacon and Egg rolls.

HOSPITALITY

Each week FISC Hospitality students open the doors to the Island Time Cafe.
Hospitality students have the opportunity to put what they have learned into practice and manage all aspects of the Cafe including :
cafe set up, front of house, ordering, food preparation and cooking, barista services and finally clean up.
This term staff and students have enjoyed some delicious restaurant quality lunch, coffee and service.

DATA COLLECTION

2022 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, which includes 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://www.nccd.edu.au/

If you have any further questions regarding FISC's NCCD collection in 2022, please contact our Learning Support Teacher Paul Forrest, or Head Teacher Lara Walsh, to discuss any concerns.

NO SMOKING OR VAPING

Smoking and vaping are prohibited at school, on public transport and in public spaces. Both behaviours will be handled in line with the college's wellbeing and discipline policy. This ranges from education about the risks associated with both behaviours to suspension.

Smoking is a major risk factor for a variety of diseases and conditions including coronary heart disease, stroke, lung cancer and other cancers such as stomach, bladder, mouth and cervical cancer, emphysema and osteoporosis.

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 kidshelpline.com.au	**1800 55 1800**
Lifeline lifeline.org.au	**13 11 14**
Rape Crisis Line nswrapecrisis.com.au	**1800 424 017**
Suicide Call back Service suicidecallbackservice.org.au	**1300 659 467**

Help with your Mental Health

headspace Wollongong Nowra eheadspace.org.au	 4220 7660 4446 7300
Mental Health Line	**1800 011 511**
ReachOut reachout.com	
QLife (LGBTIQ) qlife.org.au	**1800 184 527**

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 waminda.org.au	**1800 215 099** **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.

- Five islands secondary college is working towards becoming an eSMART school

eSmart
Smart. Safe. Responsible.

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- "Our goal is to keep children safe from bullying, cyber bullying and violence. eSmart is a way to achieve this."

https://www.esmart.org.au/

Wollongong Youth Services

SOMETHING TO DO THESE SCHOOL HOLIDAYS

JULY 2022

FREE for 12-24 years olds [unless otherwise specified]

WORKSHOPS

Bookings Required

5, 6 + 7 July 1.30 - 3.30pm	**Embroidery - Wollongong Youth Centre** Collaborate with local embroidery expert Mariam to create your own hoop design!
6 July 10 - 12pm	**Nooky Song Writing - Bundaleer Community Centre**
6 July 2 - 4pm	**Nooky Song Writing - Koonawarra Community Centre**
8 July 2 - 4pm	**Nooky Song Writing - Wollongong Youth Centre**

OUT & ABOUT

5 July 10 - 2pm	**NAIDOC Event - Greene St, Warrawong**
7 July 10 - 2pm	**NAIDOC Event - Koonawarra Community Centre**

LIVE MUSIC

@ Wollongong Youth Centre - All Ages Event

8 July 5pm	**Nooky + Scrapes + Black + DJ Fly Waves**

HANG OUT

@ Wollongong Youth Centre

Tuesdays + Wednesdays 1 - 4pm **Thursday + Fridays 3 - 8pm**

Comfy lounges, free WiFi, pool, games + snacks!
Gaming - Karaoke - Friday Night Food

For more info DM our socials or call 4227 8222
Activities are supervised, drug + alcohol free

wollongong
city of innovation

Counselling Service and Support

"Telling someone 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 comfortable.

Use open ended questions such as "So tell me about…. ?" which require more than a yes or no answer. This is ofen 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	ww.biteback.org.au	
Reach Out	www.reachout.com.au	
Aftercare	www.aftercare.com.au	
Kids Helpline	www.kidshelpline.com.au	1800551800
NSW Mental Health Line		1800011511
Lifeline	www.lifeline.org.au	131114
Suicide Call Back Service	www.suicidecallbackservice.org.au	13006594700
Police Think U Know Online Safety	Www.thinkyouknow.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 Heidi Page, School Counsellor and Registered Psychologist; Jennifer McKinnon, School Counsellor and Registered Psychologist; and Jane Schmidt, Senior Psychologist, Education.

STUDENT & COMMUNITY INFORMATION

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A MESSAGE FROM THE FISC SCHOOL COUNSELLORS

Heidi Page and Chris Portelli are your school counsellor/psychologists. Due to the current response to COVID-19, school counselling support may be arranged by telephone contact with the school. Please call during school hours (Monday-Thursday, 8:40am - 3:40pm) on ph. 4274 0621. The Office Staff will notify the counsellor on duty and they will arrange a time to contact you via phone to discuss the referral. In the event of an emergency call 000 or Lifeline 131144

ONLINE SUPPORT AND RESOURCES

Reach Out
A website for young people and adults full of resources for all topics!
https://au.reachout.com/

Youth Beyond Blue
Information and support for youth
https://www.youthbeyondblue. com

Kids Helpline - 1800 55 1800
https://kidshelpline.com.au/teens

Headspace & e-headspace
Young people can connect with a professional over the phone or online. Supportive group chats are also available.
https://headspace.org.au/

FREE APPS

Smiling Mind
Meditation and mindfulness app for children, youth, and adults.

ReachOut Breathe
Helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and heart rate.

What's Up?
An app to help you cope with anxiety, stress and feelings of depression.

The Check-in
An app to take the fear out of talking with a friend who might be struggling.

i Bobbly
Social and emotional wellbeing self-help app tailored to ATSI young people (15+ years).

Calm Harm
Provides tasks that help young people resist or manage the urge to self-harm.

LOOKING AFTER YOURSELF IS IMPORTANT...and so is washing your hands.

Adapted from School Counsellor Sarah Barber