



Trafalgar High School Newsletter

Integrity ~ Collaboration ~ Aspiration ~ Excellence

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Volume 6, April

COMING EVENTS & ADVANCE NOTICE

<i>COMING EVENTS</i>	
FRIDAY 15TH MAY	STUDENT FREE DAY- NO ONSITE ATTENDANCE
MONDAY 8TH JUNE	QUEEN'S BIRTHDAY - PUBLIC HOLIDAY



PRINCIPAL'S ADDRESS

Hello everyone,

As I have been posting information through my weekly updates via Compass (there will be another one by Monday) I thought it appropriate and important for this newsletter to have a focus on programs across the school and to celebrate some of these and our students whom are involved. We have also decided to move the newsletter to a monthly addition in the present circumstances. This month I thought I'd highlight the Head Start Apprenticeships and Traineeships Program at Trafalgar High School

Part way through 2019 Trafalgar High School joined the DET initiative of the Head Start program. Head Start is a new model for apprenticeships and traineeships for school students. Students involved in the program spend more time doing paid, on the job training while completing their VCE or VCAL at school. The program helps students to develop skills and experience that employers value. It assists students to get the best start in their career. In their first year, students spend one or two days per week in paid employment and does increase to three or four days in the final year. We were very excited and could see the opportunities for our students in being a participating member of this program. This new and flexible approach provides strong supports for both students and employers throughout the apprenticeship or traineeship. It means students will complete a significant progress towards, or completion of a trade qualification whilst completing year 12 and receiving a VCE or VCAL certificate.

At Trafalgar High School we celebrate our comprehensive pathways program, the committed team we have and the successes students have experienced over the years. We couldn't provide the service and programs we do without the support for structured work placement and work experience from our supportive industry colleagues and partners, of which we are very appreciative. With the inclusion of the Head Start program in the suite of offerings available, three of our students have been successful in securing positions.

Chris Piko was the first to be signed by his employer, Hoskins Electrical whilst studying a Cert III Electrotechnology Electrician. Riley McCabe, also studying a Cert III Electrotechnology Electrician is employed with Sharper Electrics. Luke Balfour our most recent 'sign-up' is working with Vella's Cabinets whilst undertaking a Cert III Carpentry.

Congratulations to these students and a huge acknowledgement to the employers whom have all continued to support these young people even in the current uncertain climate.

Jane Mersey
Principal

HEADSTART



Riley - Sharper Electrics, Moe
Cert III Electro - Technology Electrician
Trafalgar High School

HEADSTART
APPRENTICESHIPS AND TRAINEESHIPS



Luke - Vella's Designer Cabinets, Moe
Cert III Carpentry
Trafalgar High School

HEADSTART
APPRENTICESHIPS AND TRAINEESHIPS



STUDENT FREE DAY— FRIDAY 15TH MAY

This is a reminder that Friday the 15th of May is a student free day and no students will be allowed on-site for supervision. This day is aligned with Trafalgar Primary School's pupil free day.

Pupil Free Day!

LIVE FOR LIFE

Our vision is that all rural communities have the capacity to support, improve and invest in their young people's mental health and wellbeing.

Dear Trafalgar High School Families,

As members of the Live for Life evidence-based suicide prevention & mental health education in the community, Trafalgar High School is signed up and leading the way in the education of our community.

What is Live for Life about:

Live4Life is a youth suicide prevention and mental health education model, that has been operating in the Macedon Ranges since 2010. Live4Life youth suicide prevention and mental health education model, that has been operating in the Macedon Ranges since 2010. At Trafalgar High School we join Live for Life in their vision that all rural Victorian communities have the capacity to support, improve and invest in their young people's mental health and wellbeing.

When – commenced in 2020 and implementation in Term 3.

Why have we joined:

Participants of the Mental Health First Aid Training learn the skills to recognise and seek help for mental health.

We hope to be well prepared as a community to have the skills to support each other to thrive and be the best we can be. Here is one outcome from the training that sums up the results of the program:

“More than nine in ten students who had been involved in Live4Life were having conversations with others about mental health; fewer than one in ten students had not talked about mental health with anyone since participating in the initiative. These results indicate that Live4Life is driving conversations about mental health amongst young people and their families”.

Who is participating:

Traf High that's who, but also Live4Life Baw Baw is embarking upon the implementation of the Live4Life Model across the Baw Baw Local Government Area for the first time. This initiative is being driven by a local Live4Life Partnership Group that includes representatives from the following organisations and schools: Latrobe Regional Hospital; Baw Baw Shire Council; Baw Baw LLEN; Berry St - Communities that Care; DET Inner Gippsland Health and Wellbeing Team; Lifeline Gippsland; Headspace; Trafalgar High School; Warragul Regional College; Drouin Secondary College; Neerim District Secondary School; Marist Sion College; St Pauls Anglican Grammar; Chairo Christian College Community College Gippsland; Blackwood High School; Baw Baw Skills Centre and Warragul Specialist School.

At our school all year 8 and 10 students and staff will participate in Youth Mental Health First Aid training in 2020. In subsequent years the education will be offered to increase the training to all students throughout the school progressively.

If you have any questions about the Youth Mental Health First Aid course, please visit the website or get in touch with the welfare team through the front office on Phone: (03) 5633 1733 or by email: trafalgar.hs@edumail.vic.gov.au

Kind Regards,
Trafalgar High School Welfare Team
Wombat, Belinda and Laura



TAKE A GRATITUDE BREAK

There are infinite ways to show our gratitude to others, to ourselves and as we learn remotely. It's a great time to enhance your gratitude.

Some ways to do this:

- During MPP, Ask your teachers to save a few minutes for team members to share a quick appreciation. Don't overthink it. It can be as simple and makes a great end of session reflection. You may need to give your peers a prompt like "I'm grateful for these three things in my home" or "Thank you for..."
- Write Little Thank You Notes -This activity can be either an email or a letter which you can send off in the mail or deliver personally.

Think about a person who has recently done something good for you, to whom you have not yet expressed your gratitude. This person may be a friend, family member, co-worker, or teacher. At this time you might like to also pick someone you don't have a personal connection to but his helping in the community health response to Covid 19 like a newsreader who you have been watching, a nurse, doctor or the chief medical officer. Maybe it's the star of the TV show you have enjoyed binge watching while having more time at home.

write them an email or letter as though you are addressing the person directly. Don't worry about getting your grammar or spelling perfect.

Describe what this person has done that makes you grateful, and how they have impacted your life. Be as concrete as possible here.

Describe what you are doing in life now, and how frequently you remember their act of kindness or generosity.

Try to keep your letter to about 300 words or so.

Hit the "send" button or drop it in a mailbox – stamps ate \$1.10 from Aus Post.



05/05/2020

Dear School Community,

From **Monday the 11th of May, 2020**, we will be returning to our usual opening days, while continuing to operate under reduced hours. Please note that your local store will now be open at the following times:

Beleza Moe

- **Monday, Wednesday, and Friday: 12pm-5pm**

Beleza Traralgon

- **Weekdays (except Wednesday): 12pm-5pm**
- **Saturday: 10am-1pm**

Beleza Warragul

- **Weekdays (except Wednesday): 12pm-5pm**

To maintain a safe environment for both customers and staff, we will continue to follow procedures to ensure social distancing guidelines are met in store. We would like to thank you for your patience in response to the changes that have been made in recent weeks, and hope that you are all staying safe in these unpredictable times.

All the best,

Beleza School Uniforms

Beleza School Uniforms | Head Office | 72 Wedgewood Rd, Hallam VIC 3803
Ph: (03) 9702 3218 Fax: (03) 9702 3193 | Email: beleza@beleza.com.au

A reminder that our fortnightly newsletter may be accessed via the Trafalgar High School home page on www.trafalgarhs.vic.edu.au

Our email address to communicate with administration staff is generaloffice@trafalgarhs.vic.edu.au