



Trafalgar High School Newsletter

Integrity ~ Collaboration ~ Aspiration ~ Excellence

Trafalgar High School, Locked Bag 1 TRAFALGAR, 3824

Phone: 5633 1733

Volume 5 - 8th April 2022

PRINCIPAL'S ADDRESS

PRINCIPAL

*From the
Principal's Desk*

Dear Parents/Carers and Trafalgar High School Community Members,

As we close off on term 1 and reflect on the first term, we have been face to face for a complete term in two years, I want to acknowledge the effort of students and staff alike in managing the return to the classroom, navigating and negotiating social connections and working to re-establish learning stamina. There have been moments of challenge but mainly of getting back to the business of learning together, participating in extra curricular activities and being able to celebrate achievements with our students.

Outdoor education and year 7 camps have proceeded, multiple excursions (in particular for our senior school students for VCE and VCAL outcomes), sports events and community events. All such activities are an important part of whole school life and whole of student learning, so it has been very pleasing to be able to offer such experiences for our students. We also have had the largest number of parents/carers in attendance (remotely or face to face) to our P/T interviews in a number of years.

I did want to highlight and congratulate the team of students who organised the World's Greatest Shave with the culmination of their efforts being a 'head shaving' event at the whole school assembly yesterday. Raising a total of \$4630 dollars. They are to be congratulated on their social conscience, empathy and thoughts for others and to be willing to put that into action. A special acknowledgement to; Harry Pace (team captain), Julia Bates, Callan Hawkett, Alexander Kelly, Jasmine Zelle, Ethan Bundy, Jacob Boelen, Ryan Soutar, Nathan Ferguson, Ruby Bates and staff member Mr. Daniel Born.

Next term is only a nine-week term with several scheduled events occurring on our school calendar. We will keep updates posted on our 'Upcoming Events' through the newsletter and alternate fortnight newsfeed post.

I do wish you all a happy and safe Easter break.

Jane Mersey

UPCOMING EVENTS & ACTIVITIES CALENDAR

UPCOMING EVENTS & ACTIVITIES

MONDAY 25TH APRIL	ANZAC DAY
TUESDAY 26TH APRIL	FIRST DAY OF TERM 2
FRIDAY 29TH APRIL	VCE EXPO
2ND—6TH MAY	RUBICON OUTDOOR CAMP
16TH-18TH MAY	OES MORNINGTON CAMP
16TH-20TH MAY	YEAR 10 WORK EXPERIENCE
10TH-20TH MAY	YEAR 7 & 9 NAPLAN
TUESDAY 31ST MAY	VAPING INFORMATION SESSION—10.50AM (FOR STUDENTS, ONLINE LINK PROVIDED FOR PARENTS/CARERS)
THURSDAY 9TH JUNE	SENIOR SCHOOL FORMAL
FRIDAY 10TH JUNE	PUPIL FREE DAY
MONDAY 13TH JUNE	QUEENS BIRTHDAY
FRIDAY 24TH JUNE	FINAL DAY OF TERM 2 (1:40 FINISH)
13TH-14TH JULY	YEAR 11 UNIVERSITY EXPERIENCE CAMP

JOHN MONASH REGIONAL SCIENCE EXCHANGE PROGRAM

Congratulations to Year 10 students Patrick Richmond-Miller, Poppy Susa and Ann-Maria Thomas who were all accepted into the three week immersion John Monash Regional Exchange Program. This program is highly competitive with only 20 places available each term. Through the Regional Science Exchange, small cohorts of Year 10 students from rural and regional Victoria are invited to visit Melbourne and experience teaching and learning at John Monash Science School (JMSS) – Victoria’s first specialist secondary school with an explicit focus on science, mathematics and associated technologies.

Designed to minimise disruption to regular studies, all students will be able to continue their studies in core subjects like English and Mathematics while on exchange. In addition to regular studies, visiting students will experience the unique learning environment offered through our co-location and partnership with Monash University, benefit from working with a large group of keen scientifically – minded students, and have the opportunity to participate in specialised emerging science electives, fields trips and extra-curricular activities.

The curriculum at JMSS challenges students to explore cutting-edge scientific knowledge in an immersive teaching and learning environment, including opportunities to participate in emerging science electives developed in partnership with Monash University.

In addition to study-related opportunities, students will also have the opportunity to explore Melbourne’s diverse cultural and sporting landscape through curated excursions and guided weekend activities – forming a holistic school/life experience.



The Regional Science Exchange is also designed to give students exposure to the Monash University campus and facilities, helping to prepare for the transition to university and further study at the end of secondary years of schooling.

Congratulations to Patrick, Poppy and Ann-Maria and good luck.



JOHN MONASH
SCIENCE SCHOOL

VAPING

Vaping is quickly becoming common with young people due to the ease of accessing and hiding vapes. Some young people believe that vaping is harmless and trendy, however there is a growing body of evidence that tells us that vaping does serious damage to the lungs and respiratory system.

Vaping is the act of smoking e-cigarettes, or 'vapes', which are lithium battery-powered devices that look like metallic pens, USBs and other hand-held systems. Vapes use cartridges filled with liquids, or 'juice', which typically contain nicotine, artificial flavourings, and various chemicals. The liquid is heated into an aerosol, or vapour, and inhaled into the user's lungs.

Anyone under the age of 18 is not legally allowed to purchase any type of e-cigarette or vaping product, however young people are finding ways to access them online.

Vapes generally come in three main types: minis, closed pods, and refillables. The range of choices within these categories has evolved rapidly in recent years, with countless new models and liquid flavours available.

Minis – also known as cigalikes, Cuvides, BIDI Sticks or Stif. These are made to look like a normal cigarette and are disposable.

Closed pod e-cigs – these look like minis but aren't disposable. The liquid 'pod' is replaced with another when it runs out.

Refillable systems – also known as Mods, Tanks or APVs. These are newer models with more settings and longer battery life. The vape juice is re-filled into the device's tank.

Other brands – there are also some closed pod brands such as JUUL which can be charged in a USB slot.

Attraction for young people:

Young people are drawn to vaping for a number of different reasons. The devices themselves are a novelty, bright in colour, look like a toy, are small and easy to hide.

If a parent, close family member or a friend vapes, this often creates an in-road, as does an incorrect perception that vaping is relatively harmless, particularly when compared to regular cigarettes. All of this makes vaping attractive to young people who have grown up in an age where the damage caused by tobacco products is known.

There are many different flavours of vape liquid on the market today including mango, peppermint and vanilla. These smell and taste a lot more appealing than combustive tobacco.

Accessibility and affordability remain key factors too. Though the purchase of vapes are restricted in Australia, vape equipment can easily be obtained online, and makes for a cheaper option than cigarettes.

The tobacco industry also uses sophisticated marketing to glamourise the image of these products and their use through social media and other online channels, without properly communicating the health risks.

CONTINUE ONTO NEXT PAGE



VAPING

Health risks and harms:

Vaping is unsafe for young people. The long-term health effects are still relatively unknown but what we do know is that vaping is associated with side-effects such as nausea, vomiting, mouth and airway irritation, chest pain and palpitations.

One common vaping misconception is that they contain harmless water vapour - in fact, vapes emit an aerosol made up of tiny toxic particles. While this aerosol might contain fewer chemical additives than combustible tobacco products, it still contains a lot of harmful compounds.

An Australian study into flavoured vape juice unveiled that the toxic particles within these liquids can include:

- Formaldehyde and acrolein, which can cause irreversible lung damage

- Propylene glycol and vegetable glycerine, which are toxic to human cells

- Nicotine, which is highly addictive and can harm the still developing adolescent brain, particularly in areas that control attention, learning, mood, and behavioural control.

Vaping is associated with the future uptake of cigarette smoking and can be considered a 'gateway' to further risk and health complications.

Talking with your dependant about vaping

Just the facts: The first step before bringing anything up is to know the facts. Arm yourself with accurate, verifiable, and current information and go from there.

Self-reflection: As a parent or caregiver, the best possible thing you can do is set a positive example. Consider your own smoking and related behaviours before discussing theirs and bring maximum honesty and candidness to your conversations.

Assumption & judgement: Never assume, and never judge — this almost always leads to a lack of trust and openness and will probably have a counterproductive effect or possibly make matters worse.

Timing: Choose your timing wisely, perhaps during a relaxed moment at home, when driving somewhere together, or when no other stress or distractions are present.

Be ready to listen: With patience, open up to your young person with calmness, ready to listen to what they have to say, without jumping in too fast to correct or sway them.

Above all, make sure they recognise how much you care about them and that the conversation is coming from a place of complete unconditional love, support and concern for their wellbeing. Discuss the issues at play, particularly the health risks, have a few options for them to get more information or assistance if they need it. Keep the conversation going, keep building trust, and support them in any way they need.

Leearna Earwicker (Secondary School Nurse)

Further information can be found at:

<https://adf.org.au/talking-about-drugs/parenting/vaping-youth/vaping-youth-2/>

<https://www.cancercouncil.com.au/wp-content/uploads/2020/09/Cancer-Council-NSW-Factsheet-e-cigarettes-Sep2020.pdf>

YEAR 8 AFL PROGRAM

This term in Growth for Learning, the year 8 classes have spent four weeks participating in our AFL Sport . The AFL Gippsland coordinated by George Morgan, came in and conducted four sessions with the students improving their skills, knowledge and game play. Recently the PE department received brand new rainbow and bright coloured footballs which were utilised during this program as well as the new set of portable AFL goals which set up fantastically on our back oval. Many of the students who were confident played a game using these goals and demonstrated excellent ball handling skills. While students who are less confident with AFL participated in goal kicking practise, handballing drills and running activities. All students showed growth and improvement through each sessions and everyone was able to participate regardless of their knowledge of the game.



MELBOURNE UNI OPEN DAY

We want to meet you!

Are you thinking about attending the University of Melbourne? Then we want to meet you. The Uni Melb Colleges are holding open houses on 21 May from 12pm-4pm. Hear from current students, meet the academic and pastoral care staff, learn more about our scholarship programs and discover the best of residential college clubs, societies, events and leadership opportunities. Lunch/refreshments will be served at each College.

Tour up to four (4) Colleges. Tours will run on the hour and will last 30-45 minutes, allowing you some travel time before the next College tour commences. And if you want to see more than four Colleges – just contact them directly to organise a tour.

Register <https://www.colleges.unimelb.edu.au/open-house/>



CONGRATULATIONS KRYSYAL!!

Congratulations to Krystal who has recently signed into a Head Start Traineeship working with Trafalgar Dental Care. Krystal is undertaking Year 12 this year and will be commencing her Certificate III in Dental Assisting. Thank you to Trafalgar Dental Care for giving Krystal her career “Head Start”



FEDERATION UNIVERSITY YEAR 10 EXCURSION

On Tuesday the Year 10 students travelled to Federation University at Churchill. Students learned about pathways related to Business studies, Sports Science as well as tertiary life and transition from High School. Students were taken on campus tours to see the facilities of the new Allied Health wing, lecture theatres, laboratories, art centre and student facilities.

During the exercise science presentation: Kyan Mulley, Keeley Lewis-Ryen and Jayden Zellely all volunteered to ride the "Watt" bike to provide an example of power and effort.

We hope students were able to gain some information about what University may be like as they consider their options into Year 11 and 12.



GRIP LEADERSHIP CONFERENCE

On Friday the 25th of March, the school captains attended the GRIP leadership conference in Melbourne. During the event, the team learnt some top tips to refining their leadership and new ways to identify and action areas for improvement within our school. Over the course of the day, they considered several areas to follow up with back at school and we will meet as a team in Term 2 to begin putting some plans into action. Well done Ruby Bates, Sydney Blackshaw, Harry McCabe and Liam Luke.

UNIFORM -

Some of our new uniform items are now available through the front office! Our new chino pants, in both styles (straight leg with belt loops OR slim line pants with adjustable waistband) can be purchased from the school or from Beleza in Moe or Warragul.



YEAR 10 WORK EXPERIENCE

Congratulations to all those students who have secured their place for work experience next term 16th to 20th May. This will be an invaluable opportunity for students to gain work place skills and knowledge.

The National Skills Commission of Australia has noted that employers deem experience and a strong positive work ethic as the most valued qualities they look for in a young employee. Work experience can be added to a student's resume and show employers their willingness to gain work ready skills.

Trafalgar High School cancel all Year 10 classes for the week of work experience so that students are able to focus on their opportunities in the workplace. Students without placement will need to use the holiday break to contact businesses in order to arrange their work experience.

There are several documents required to complete in order for a student's work experience to be processed and without this paperwork students, employers and parent/guardians are not covered for any work place injuries or accidents.

Arrangement form: [Microsoft Word - BRI009315 Attach 5 - Form 3 Amended WE Arrangement Form \(education.vic.gov.au\)](#)

Travel form: [Microsoft Word - BRI009315 Attach 5 - Form 4 Amended WE Travel and Accommodation Form \(education.vic.gov.au\)](#)

Covid form which can be obtained from school.

All students have spent each week's Growth for Learning class this term on Work Experience and are familiar with the requirements. All paperwork including safe@work certificates need to be submitted by the end of the first week back next term. The careers team are here to help and support with placements if needed.



YEAR 9 MARKET DAY

Our Year 9 RBC: Business students have been busy this term investigating how to run a business, what makes a successful business and why some businesses fail. Students then put this knowledge into practice and organised a stall for the Year 9 RBC Market Day. Some of the stalls included: Cream cow milkshakes, ROCK Lollies, Pet rocks, Loaded brownies, Sausages 'n' bread, Spiders galore and more, Papajoes mini Dutch pancakes, L&M Popcorn, The snack shack, Fat frog lollies and jelly cups, and of course, Sponge mayhem – an opportunity to throw sponges at teachers.

Congratulations Year 9's on a successful market day. Thank you also to the THS school community for supporting our Year 9 RBC business students.



GUMBUYA WORLD

It was a very excited group of year 8 students and staff who finally got to experience all the joys and delights of Gumbuya World this week. This was the final day event for year 7 students who participated in the water safety program at the end of 2021. We were fortunate the weather was very kind for everyone to enjoy the rides of the park in the morning, the animal sanctuary and water slides and wave pool in the afternoon. It is planned that participating year 7 students this year will also be rewarded on the final day of their water safety program with a similar experience.

