

# VICAL HAPPENINGS

@SKILLINVEST

## WELCOME TO 2020!

The CVCAL students have started off 2020 with a lot of exciting new changes and ended with a few unexpected challenges!

This year has seen some renovations take place. Our main classroom has had a wall knocked down which now makes for a more open area conducive to applied learning and allowing for all the hands-on group work our intermediate and senior students do. In addition to this we have a second classroom that has also undergone some renovations, it too has had a wall knocked down increasing its size and functionality. The students have been busy meeting a number of curriculum needs by converting yet another room into a games/lunchroom.

Building works aside, we also have a new look team! We have 2 teachers, Ginny Craig and Michael Butson working with the intermediate and senior students who have recently been joined by 2 education support staff, Rhonda Payne and Fiona Sword, meaning our lucky students get 4 adults in the room helping them! This not only provides for a great source of individual assistance but permits more opportunities for small group work.

This year we also have a new Wellbeing Officer, Anita Peters who has joined us and is already building relationships with students, parents and guardians and will continue to do so as the year unfolds. Anita will also be making use of our new student management system and sending out resources to aid in mental health and wellbeing that will be accessible to both parents/guardians and students.

We have also introduced a new role this year, that of Youth Pathways, this role will provide for students to gain greater individual assistance in setting goals and putting plans in place to meet career aspirations, sourcing work placements where applicable, developing resumes and meeting needs associated with career or further education planning.

In addition to all our exciting new changes, we have, like all others at this time, had to adapt to the changing requirements associated with the COVID-19 challenges. We will continue to keep you updated via SEQTA of any changes.

To this end, can I please remind all parents and guardians to let us know immediately of any changes to your contact details (mobile number or email) as we will be communicated via these means on a regular basis.



We have also commenced roll out of SEQTA Learn earlier than anticipated to allow for remote learning. Details of this will be sent to your emails.

We will continue to do all we can to meet the needs of our students and local community and appreciate your assistance with this. One of the main focuses I, as VCAL Coordinator, have been encouraging the students to focus on this year is that of kindness (to those around them and to themselves). These difficult times have unfortunately seen them witness some acts by adults in our society that go against what we have been working on instilling in our students, but there have also been many acts of kindness being shown and we are highlighting those in an effort to remain positive. Remember, our young people follow what we model, the VCAL team here at Skillinvest, will continue to model kindness to our students and instill the values of compassion and empathy and trust you will work with us in doing so too.

Lissa  
VCAL COORDINATOR

Issue no: 1 Term 1, 2020



## PLANTS

In the 1980's NASA conducted a really cool study; they put all these houseplants in a room and found they could filter a harmful pollution from the air, including cancer causing toxins. Different studies in Delhi, one of the most air polluted cities in the world, found that buildings housed with plants, not only cleaned the air, but increased mental wellbeing, productivity and attention spans. That's why I think I say on behalf of all Skillinvest students and staff, we'd greatly like to thank Paddy's plants and Gentiana Nursery for donating their wonderful plants and herbs.

-Sage

## TERM 2 TIMES

\*please note only students who have signed and returned the radius form are permitted to leave premises at Thomas St or Cheltenham Rd during break times

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Community VCAL</b> 9am- 3pm	<b>Community VCAL</b> 9am- 3pm	<b>VET</b> <b>Hairdressing</b> <b>Automotive</b> <b>Building and Construction</b> Have classes	<b>Community VCAL</b> 9am- 3pm	<b>VET</b> <b>Taster Program</b> Have classes
<b>Recess</b> 11am-11:30am	<b>Recess</b> 11am-11:30am	<b>VET Taster</b> (No classes students are expected to use this time for)	<b>Recess</b> 11am-11:30am	<b>VET</b> Hairdressing Automotive Building and Construction (No classes students are expected to use this time for)
<b>Lunch</b> 1pm- 1:30pm	<b>Lunch</b> 1pm- 1:30pm	*Independent Study *Catch-up on Missed Work or Casual Employment *Volunteering	<b>Lunch</b> 1pm-1:30pm	*Independent Study *Catch-up on Missed Work *Part-time or Casual Employment *Volunteering



## IMPORTANT

Parent teacher interviews, excursions and all external activities are on hold until further notice.

We will keep you fully informed of any developments regarding return dates to Term 2

VET PROGRAM	DAY	START AND FINISH TIME	RECESS	LUNCH
Hairdressing	Wednesday	9pm-3.30pm	10.30am-11pm	12.30pm-1.30pm
Building and Construction	Wednesday	9pm-3.30pm	10.30am-11pm	12.30-1pm
Automotive	Wednesday	9pm-3.30pm	10.30am-11pm	12.30-1pm
Taster Program	Friday	9pm-3.30pm	11.-11.30am	1pm-1.30pm

## WHAT'S BEEN HAPPENING?

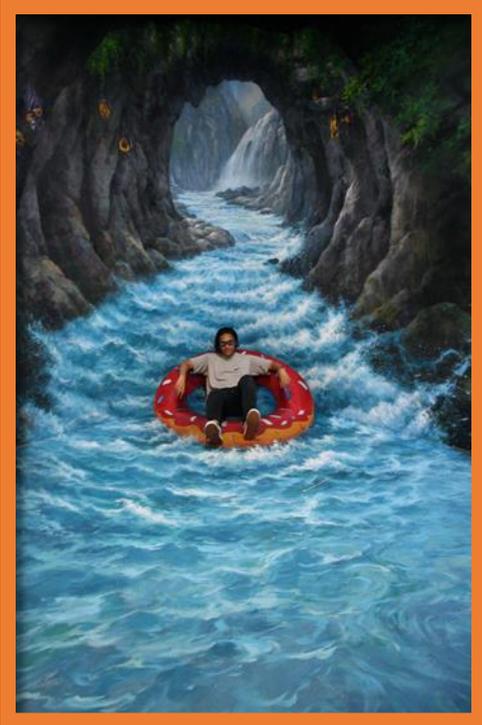
### ARTVO EXCURSION

On Tuesday the 11<sup>th</sup> February, all Skillinvest VCAL students were invited to participate in an excursion into the city. Students went to experience the magnificent sights at Artvo and try to escape from the difficult rooms at Melbourne Adventure rooms.

We first started our day by jumping on the train into the city then once in the city we caught a tram all the way into the Docklands. From the tram station we walked across to Artvo. Artvo has interactive art where you can put yourself into the painting e.g. there was a statue of Mjölmir (Thor's Hammer) stuck in a stone and you could position yourself to make it look like you were wielding it. We spent about an hour there walking around and taking photos of each other with all the different pieces of art.

Eventually we finished up at the Artvo, and then went out for lunch, we had KFC, Carls Jr, and King of the Fries. After we all ate, we walked to the tram station then had to catch two trams and walk for five minutes to Melbourne Adventure Rooms. It was at a very obscure location, we even had to take an elevator to the basement level. All of us were asked to get into four groups, one group per room. Each group were allocated a room to escape from. At the end we thanked our hosts and were on our way home.

We all enjoyed the experience and fun we had at both Artvo and the Melbourne escape rooms overall, we loved it.

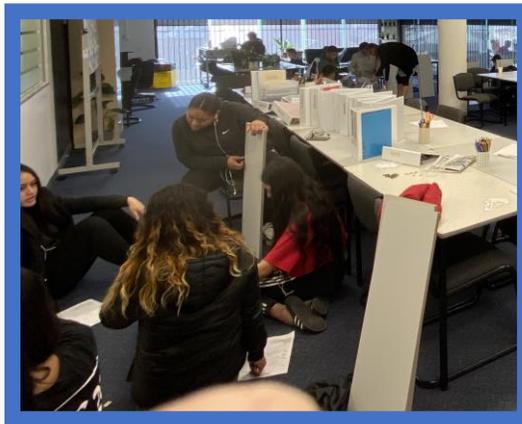


### BUILDING SHELVES

On the 4<sup>th</sup> of February 2020, we had to assemble the shelving for the VCAL classroom. The class divided into groups of four or five students to build the shelves. We broke off into a group of 5 girls and assembled the shelves. We had to follow the diagram and instructions to assemble it. Lissa joined in with building shelves. It took team work to follow the instructions we were the first team to finish as we worked so well together it only took us what seemed to be half an hour.

Now the shelves are used to store our folders, books, paper and plants it makes the classroom look neat and tidy.

*-Faith*



*-Ford*



## SCOTT'S VISIT

On the 24<sup>th</sup> of February, prior to meeting Scott B. Harris, we got together as a class during 1<sup>st</sup> period to read a few chapters of his book, 'Crashing into potential: Living with my injured brain'. The first few chapters gave us an insight of how normal and adventurous his life was before it had changed dramatically.

At around 11.30am that day Skillinvest students, teachers and management got a great opportunity to meet and listen to Scott talk about his ups and downs, before and after his motorbike accident that took place in 2008. Scott had a great sense of humor, while speaking about his life and how it had made him feel.

Just like everyone else, during his process of trying to learn how to be himself again, he had doubts, lots of them. Scott felt judged, he felt he didn't belong, he was depressed. He also at times let tough situations get the best of him. Scott turned down opportunities because he doubted himself. However, a ski trip later, he was now traveling the world. Going to places like, Canada, Dubai & many more.

Getting booked by schools, workplaces and more being a spokesperson, trying to spread positivity and help our generation overcome adversity by speaking about how he is an overcomer of a traumatic brain injury

We look forward to having Scott back in Term 2 to complete a resilience workshop.

-Mem

## FROM THE TEACHING STAFF

Term One was very productive for the VCAL Students. It began with students building shelving and storage for their newly renovated room. Students and teachers together attended ARTVO and Melbourne Adventure Rooms. This was a great opportunity for students and teachers to get know each other. The theme for Term One assessments involved Road Safety and the Australian Road Toll. The students started the novel Crashing into Potential by Scott B Harris. Scott's story is one of resilience and triumphing after suffering a traumatic brain injury. This was followed up with Scott coming out to Skillinvest and presenting his story in class.

Students have completed several assessments across Literacy, Numeracy, and Work-Related Skills. Furthermore, have made a great start to their individual and group Personal Development Projects.

Due to the Coronavirus the VCAL team have been working hard to create online and hardcopies of Term Two lessons. In addition, any uncompleted Term One work will be sent home to be completed as well.

More details will be sent out to parents and guardians regularly on SEQTA. We wish you all a safe break and look forward to seeing everyone soon. We will be in regular contact via email, phone calls, and text.

-Michael & Ginny



## STUDENT REVIEWS

*The experience was good, I had a lot of fun listening to his life story. I think it taught everyone not to give up and very inspirational. I think we should have him in more times for more talks and more knowledge -V.Z*

*Thank you, Scott, for showing me how much it means to make the right choices and how making choices can affect not only you but also your family and friends. I appreciate your telling your story it meant a lot to me and reminded me when taking a risk to think of what it can do to you and others. - T.M*

*Humbling, funny, empowering, good communicator, superstar! - T.R*

## WELLBEING

Thank you to all student and parents for being so kind and welcoming me in Term 1. I would like to remind students that I am available Mon, Tues, Thurs and Fridays 8.30-4.30pm for one on one guidance and counselling support for students in any aspect of life, not just school. Currently we are experiencing some very challenging times, which may continue for some time and this can affect everyone's mental health and wellbeing. Do not hesitate to contact me directly on 0427 959 498 if you are having any challenges, feeling a little isolated or needing someone to talk to. I can also arrange Skype sessions whilst there are school closures. Take care and take extra care of your loved ones during this time.

-Anita



## Tips to maintain a healthy headspace during this time:

- Be mindful of exposure to information through stories, traditional and social media. It can be helpful to take a break from the 24-hour news cycle.
- Do things that make you feel physically and emotionally safe and be with those who are helpful to your wellbeing.
- Engage in activities that promote a sense of calm and feeling grounded (use of alcohol and other drugs can be counterproductive with this).
- Practice these 7 tips for a healthy headspace:
  1. Keep a positive mindset, positive impacts of the environment
  2. Learn a new skill, master an old one or start reading a book
  3. Create connections and enjoy family time
  4. Eat well
  5. Stay active as much as possible
  6. Get enough sleep
  7. Cut back on alcohol and other drugs



## CAREERS PATHWAYS

In Term 1 I began to discuss with some students their career pathways options. Throughout Term 2, students will begin to work through their Careers Pathways Portfolio and in addition I will be scheduling one on one meetings students to work through career goals. We all understand that sometimes motivation can be low and doing a career plan is a great way of helping to have meaning and purpose to studying to look beyond this time here at Skillinvest. I look forward to catching up with all students in this space!

- Anita