

Source: PositivePsychology.com '[Leaving The Comfort Zone](https://www.positivepsychology.com/leaving-the-comfort-zone-toolkit)' Toolkit

It takes courage to step from the comfort zone into the fear zone. Without a clear roadmap, there's no way to build on previous experiences. This can be anxiety provoking. Yet persevere long enough, and you enter the learning zone, where you gain new skills and deal with challenges resourcefully.

After a learning period, a new comfort zone is created, expanding one's ability to reach even greater heights. This is what it means to be in the growth zone.

It's important to state that like most behavioural change attempts, moving into the growth zone becomes harder without some level of self-awareness. Thus, it can be beneficial for clients to consider the following:

- *How big are their zones?* Across every life domain, everyone's zones vary in size. To leave your comfort zone, you must appreciate its outer limits. Similarly, you must develop an intuitive sense of where your panic zone lies. Taking on challenges that lie somewhere in between will stretch you, leading to growth and learning.
- *What are their strengths?* Understanding and capitalizing on personal strengths can be of great use. Most people have experienced leaving the comfort zone in at least one area of life, and there are usually plenty of insights to be uncovered from this experience.

In reality, the process of moving from the comfort zone to a growth zone may not be linear. Peaks, troughs, and plateaus often complicate the journey. Sometimes, we even need to retreat to the comfort zone periodically before mustering the strength to leave again. Nevertheless, appreciating the steps can help in tolerating uncertainty.

While occupying the comfort zone, it's tempting to feel safe, in control, and that the environment is on an even keel. It's smooth sailing.

The best sailors, however, aren't born in smooth waters.



Julie Parker |

Assistant Principal: Senior (11-12)

Curriculum, Assessment, Data and Reporting (7-12)

Wallan Secondary College |
www.wallansc.vic.edu.au

HOW TO TAKE CARE OF YOUR MIND

Feed Your Mind	Clear Your Mind	Train Your Mind
read a book	journal	meditate
listen to a podcast	exercise	get creative
inspiring music	go to therapy	practice discipline
travel & see new cultures	cry it out	build new habits
experience life	call a friend	unlearn bad habits
have a deep conversation	breath deeper	learn to say no

@letstalk.mentalhealth

GAT: Year 12



Brekky before the GAT—a compulsory examination for all Year 12 students.



The students of Year 10 Advanced Math. Class have been working on their Card Counting CAT at the end of their Probability unit. The students have been calculating their chances of scoring a winning hand when playing Blackjack.

Unlike most games of chance, Blackjack has predictable outcomes due to the way the deck is dealt. Students use this knowledge and the “High/Low” technique for counting cards to calculate what is left in the deck. They will then use this prediction to help them decide whether they should hit or stay on each hand.

You don't even need to be Rainman to do it!

The students will be playing a series of games both with the “High/Low” counting technique and without it, and then they will compare their success ratios. But don't worry, they have been warned if they tried this in a real casino Mr Packer would have something to say about it.

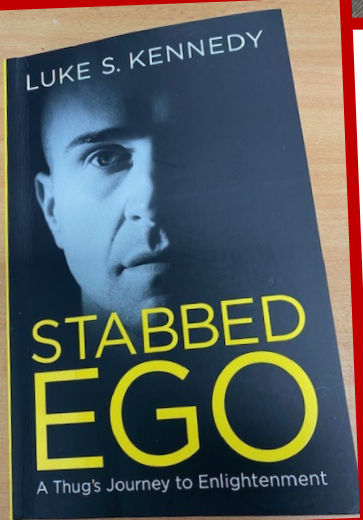




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Inspiration for Year Twelve students as they leave school soon.

Incredible advice from Luke Kennedy.

The G.O.L.D Programme 2023

G.O.L.D.

Identification on Procedures

Students wishing to join the G.O.L.D programme can be nominated by anyone (e.g. parent, peer, teacher). The actual identification procedure will be overseen by the Assistant Principal: Curriculum, Assessment and Reporting, with assistance from a selection committee and may include the following:

Intelligence/Achievement test - students will be required to sit these tests at a particular time.

The proposed date for the test is Saturday 8th October, 2022, from 9.30am to 12.30pm at Wallan Secondary College (Auditorium).

Parent evaluation form and self-evaluation form "The Famous You"- attached to this booklet. Please return to Wallan Secondary College by Friday 7th October, 2022.

Interview - with the student and parents or guardians. These will take place during Term Four, 2022.

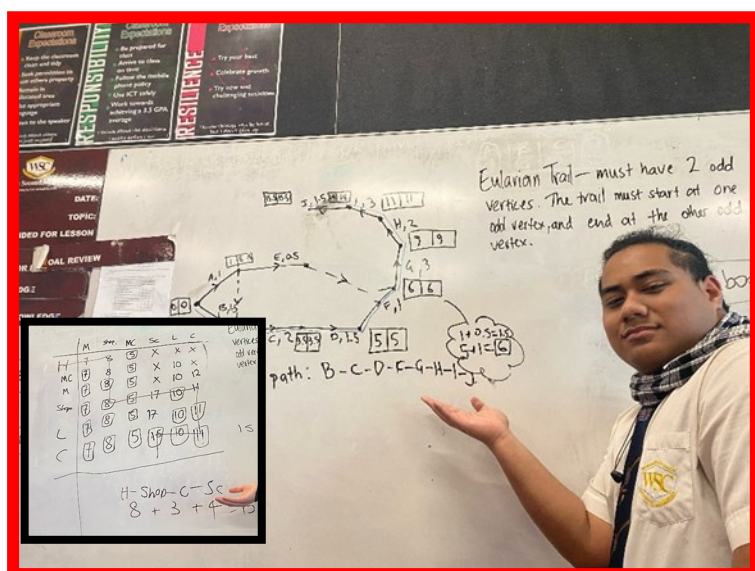
Tips from WSC's wellbeing team

HOW TO HAVE
A CONVERSATION ABOUT
MENTAL HEALTH



RUOK?

WSC



Year 12 Further Maths Lecture!

In Week 9, Ms Daynes and Ms Evans held a lecture to help students prepare for their final SAC for the year! Students who attended were lucky to have some snacks provided as well as practice some skills needed for their SAC! Look how proud they are of their work!

Ms Daynes and Ms Evans have had such a great year teaching these classes and wish them luck on their exams next term!

TIPS FROM WSC'S WELLBEING TEAM

HOW TO HAVE A CONVERSATION ABOUT MENTAL HEALTH

You **don't** need to be an expert to talk to someone who isn't going so well and be reassured you will not make things worse.

While you may feel uncomfortable talking to someone about your concerns regarding their mental health, simply letting them know you care can make a difference to how they are feeling, and may pave the way for you to start a conversation with them.

By **talking** and **listening** you can create an opportunity to encourage someone to seek help if needed. Everyone experiences mental health issues at some time in their lives, and it is vital not to underestimate the importance of just being there for someone.

- Start the conversation by telling them that you have noticed that they don't seem their usual self and describe the changes you've noticed in their mood or behaviour.
- Tell them you are worried about them and ask about what is bothering them.
- Listen carefully to what they are saying. Encourage them to talk about what is really going on for them and how they are feeling. Try not to interrupt while they are talking and leave any comments or queries you may have until they have finished.

Continued...

RU OK?™

WSC



Maddison from Year Ten is enrolled in VET in Schools. She attends Melbourne Polytechnic studying Cert II in Agriculture.

Maddy has been selected to show cattle at the Royal Melbourne Show on Sunday 25th September, 2022.

Congratulations Maddy.

TIPS FROM WSC'S WELLBEING TEAM

HOW TO HAVE A CONVERSATION ABOUT MENTAL HEALTH

... Some of the things they tell you may be worrying or overwhelming to hear. Try to stay calm and not over react to what they are saying as this could cause more stress and worry for them.

Let them know you are **thankful** that they have talked to you about what they are going through. Let them know you understand how hard it is to talk to someone about how they are feeling and **reassure** them that they have taken a positive step by talking about what they are going through.

The most important thing you can do at this time is to listen and show understanding, rather than give advice. Using phrases like **"what can we do to make things better?"** and **"I'm here for you"** lets them know you are supportive of them. Reassure them they are not alone, and there is hope that things can get better.

If you or someone you know would like to know more about how to access supports in the community, do not hesitate to reach out to the wellbeing team.

24/7 Mental Health Services:

Lifeline (Anyone having a personal crisis): 13 11 14

Kids Helpline (Counselling): 1800 55 1800

Suicide Call Back Service (Anyone thinking about suicide): 1300 659 467

If you or someone you know is at immediate risk of harm, call **triple zero (000)**

RU OK?

WSC



VisCom Model by Carly Libreri



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Shout out to VCAL for the amazing job they did this morning of baking RUOK? Day cookies for all of Senior School!



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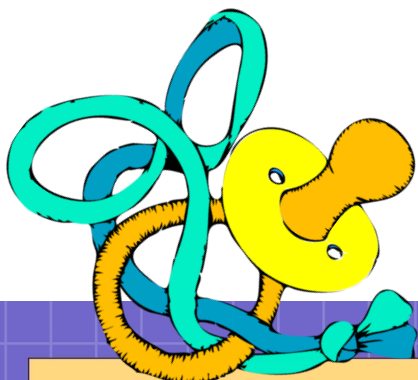
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The Wallan Crew busy working in the next stage of their designs

The men from the [Men's Shed](#) are super helpful and encouraging



Health and Human Development

The Year 11 Health class has been learning about Prenatal Development and considerations in becoming a parent. The students have engaged in a variety of different activities to understand how a baby grows during pregnancy and the supports and services available to help new parents. One of the activities was to research the cost of a baby in the first year of life. Another was to understand giving birth and how cervix dilation occurs.





Physical Education

In Year 8 PE, students have been learning a variety of different skills through coaching and building their skills in AFL. It has been great to see the students support and help each other to improve.





HOW TO GROW FROM CHANGE



IT'S OKAY TO BE EMOTIONAL.

Have a moment ; then prepare to move ahead.



PREPARE YOURSELF TO BE VULNERABLE.

Open yourself to the truth so you can learn and grow.



REMEMBER THAT YOU ARE NOT ALONE.

You have a community of peers to grow with.



ASK FOR HELP.

Empower yourself and others by asking for help.



YOU CAN ADAPT TO ANYTHING.

If you believe you can change, you can adapt to any challenge.



PLAN FOR THE FUTURE.

Embrace the possibilities, believing in the visionaries.



BECOME THE BETTER VERSION OF YOU.

"How can I grow? What can I learn from the opportunity?"

@woodard_julie



A big congratulations to Bindi Wilson for winning the Origin Stories Writing Competition for Languages week! Runners up: Makayla Hill and Alaniali Kondratowicz! Well done!



Year Nine GPA Awards



Year Nine Attendance Awards



Year Nine Values Awards



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Year Nine City Experience



'An adventure I will remember for the rest of my life.' Izzy Tonna (9B)

'It was amazing and I loved it. I loved the dancing!' Denise (9B)

'It was eye opening' Austin K (9B)

'A jaw dropping experience' Cooper (9B)





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**Cooking free,
nutritious
meals for
people in need.**

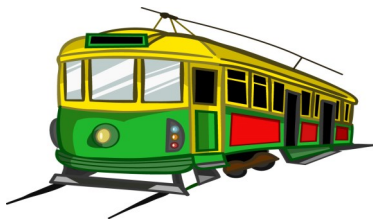




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Thank you for bringing the Wallan Secondary College students into the Schools Kitchen last week (Monday 5 – Thursday 8th September). We appreciate your time and support in providing much needed nourishment and peace of mind for less fortunate people in our community.

While you were here, you:

Monday

1. Packed 615 pasta meals
2. Prepared and roasted 126 chickens
3. Tore up bread for the sausage roll mix for 1200 sausage rolls
4. Prepared mashed potatoes and mushrooms for over 500 single serve meals
5. Cleaned and reset the kitchen.

Tuesday

1. Assembled and cooked 1340 sausage rolls
2. Open and decanted 40L of margarine and 40L of cream
3. Tore up bread for the sausage roll mix for 1200 sausage rolls
4. Prepared paper to line 100's of trays
5. Affixed 800+ labels
6. Cleaned and reset the kitchen

Wednesday

1. Assembled and cooked 1284 sausage rolls
2. Tore up bread for the sausage roll mix for 3000 sausage rolls
3. Cut the pastry for 1200 sausage rolls
4. Prepared paper to line 100's of trays
5. Affixed labels for 130 roast chicken meals
6. Cleaned and reset the kitchen

Thursday

1. Assembled and cooked 1284 sausage rolls
2. Affixed labels to 100's of single serve meals
3. Cleaned and reset the kitchen

Please thank the students on our behalf and on behalf of the many people who have benefited from their generosity. We hope that their experience in the School's Kitchen has inspired them and reinforced the idea that anyone and everyone can help others who are less fortunate.



Creative Writing

School Setting

When I enter the J block, I see a deep and narrow hallway and it is gloomy. The only light that comes in is from the windows that sit on the roof. The beams on the roof, the way they criss-cross along the ceiling look like the bridges in the city over the Yarra River. I can hear the fans revolving and it sounds like a very strong wind whirling in the corridor. When I close my eyes, I can hear people running and chattering, and sometimes squealing the fans spinning around and the printer panting as it prints the paper. The doors opening on a wet and cold winter's day like this one. I can smell a wet dog and the dirty carpet. Coming off the long hallway are the classrooms. My classroom is J6. The walls are blue with matching blue tables. In my classroom all I hear is yelling. My classroom is very comfortable, and I have a lot of good friends and I feel very safe in my classroom.

Memoir

On my first day of high school, I was happy but scared to start. I started to feel sick and I could not talk at all. It was so BIG!!!! and unlike primary school. I feared the teachers, being the new kid, the year 12s look like bullies, but I met a lot of nice people. The first people I met were Cooper, Josip and Ari. First, I had a few arguments with my friends and we still have arguments, but after a bit we say sorry, and we eventually work it out. I was scared on my first day, I did not talk to anyone for the whole day because I was so nervous and unfamiliar with this new environment. My hands were shaking, everyone looked mean and threatening, the teachers were yelling, and the kids were yelling. I was all too much for my first day of high school.

Once we got into the classroom, the students began to settle down, perhaps the fear had finally sunk in for them too! At lunch I decided to stick with Josip because he was a friendly face, I thought I could trust. He was kind to me and made me feel a bit at ease.

At the end of the day, my mum came to pick me up from the school. She asked me how my day was and I replied, "It was good, I met some new people". When we got home, I locked myself in my room like every other day since. I called my cousin to tell him all about it, I told him that I was feeling so happy and that I had made a new friend. I really like high school now!

By Jasmine Clarke-Stevens (7F)

Hospitality excursion to William Angliss fine dining restaurant



Year 8 metal work class. Making a dustpan out of steel and sheet metal.





Indiana Ojczyk from 9G participating in the Victorian State Schools Spectacular

A Poem about Spring:

When the musty, cold Winter has given its last breath
 When trees become decorated with leaves again
 When the animals long in hiding scurry from trees
 When the frost on grass is replaced with sweet dew
 When the hard, bare ground becomes painted green
 When the frostbitten air becomes fresh and clean
 When the sky above shows life instead of death
 When the coats and boots are all stored away
 When the playgrounds become occupied again
 When the fields become dotted with flowers
 When the world is filled with sunlight, brighter and longer
 When the song of Mother Nature becomes stronger
 Spring has begun.

Kylan Nair





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**Equality is everyone
getting a pair of shoes.**



**Diversity is everyone
getting a different type
of shoe.**



**Equity is everyone
getting a pair of shoes
that fits.**



**Acceptance is
understanding we all wear
different kinds of shoes.**



**Belonging is wearing the
shoes you want without
fear of judgment.**

WELLBEING ACTIVITIES AROUND WALLAN OVER TERM BREAK

11/09/22 – 22/09/22



September Skate Comp

WHEN: Sunday 11 September at 11:00am - 4:00pm
WHERE: Hadfield Park
AUDIENCE: Youth

Get down to the Wallan Skate Park and compete in skate, scooter and BMX heats, free BBQ lunch provided.



Try Tennis for Free

WHEN: Monday 12 September at 4:30pm - 6:30pm
WHERE: Kilmore Tennis Club
AUDIENCE: Youth

Come down to the Kilmore Tennis club and try tennis for free



Vic Fish Kids

WHEN: Sunday 18 September at 9:00am - 3:00pm
WHERE: Goulburn Park, Seymour
AUDIENCE: All welcome

The Vic Fish Kids program hopes to introduce young people to the pleasures of fishing.



Tribes Day

WHEN: Tuesday 20 September at 11:00am - 4:00pm
AUDIENCE: Youth

Compete in a series of games and activities to win victory for your team.

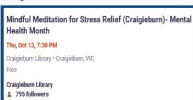
WHERE: Wallan Youth Hub



Rhythm expression drumming and yoga at the bridge

WHEN: Thursday 22 September at 10:00am - 3:00pm
WHERE: Wallan Youth Hub
AUDIENCE: Youth

Join Sophie in the morning for some yoga or drumming in the afternoon with Nat.



**For more events
check out:**

WWW.MITCHELLSHIREVIC.GOV.AU/OUR-REGION/EVENTS
WWW.EVENTBRITE.COM.AU/D/AUSTRALIA-WALLAN-HEALTH-EVENTS
WWW.EVENTBRITE.COM.AU/D/AUSTRALIA-WALLAN-ALL-EVENTS

Term Break



THE BIG SISTER EXPERIENCE!

On the 8th and 9th of September, Wallan Secondary College welcomed back The Big Sister Experience! One full day for both the year 8s and the year 7s where they learnt about things like self-esteem, social groups, what makes a good friend, social media and online safety.

One of the activities that students enjoyed was surrounding self-esteem. Students were given a piece of paper and they had to list the things they LOVED about themselves on it. All students then had to walk around the room and add to their friends lists with what they love about them! By the end of the activity, it was impossible to find space on the sheets because so many people love things about their friends! This really showed students that somethings that they don't like about themselves can be someone else's favourite thing about you!

The students learnt a lot from the "Big Sisters" and were very appreciative of the experience.

Students said:

"I had a really great day and I'm so glad they came back again!"

"I learnt a lot today! Kritz and Bianca created such a safe space for communicating with my teachers and peers!"



Youth Leadership

Visit > What's On > Events

Year 9-10 Science students from across the state are invited to join Zoos Victoria's Youth Leadership program. Students will develop tangible and usable Science skills while growing as a leader in a group environment. They will learn from Zoos Victoria mentors and industry leaders and be supported to undertake a Science research project that will help inform a wildlife conservation project.

Watch this space for more contributions from Jayde as she contributes each fortnight to the newsletter. We are very proud of you and your achievements Jayde.





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16 SEPTEMBER
2022

Year 12

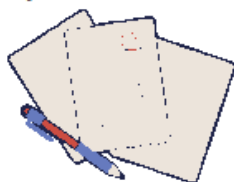
YEAR 12



Dear students and families of
Year 12,

I would like to begin by acknowledging all the work that has been undertaken not just by our students over this term, but also by the families who support our students to be the fantastic learners that they are. The support network around them allows our students to truly flourish and grow throughout their learning journey. As a community, we are proud of the achievements of our Year 12's and wish them well as they move onto their final requirements in the form of end of year examinations.

Year 12 is one of the biggest academic and emotional challenges that students and support networks face. For the most part, this is over. Now students look towards end of year examinations which are a test of the accumulation of their years of schooling. Having survived covid, remote learning, and risen to the challenge of the GAT, while exploring their potential pathways at many universities and other tertiary institutions, students have demonstrated their resilience and pride as they take on the next part of their journey.



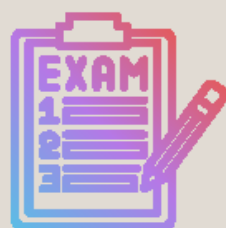
YEAR LEVEL LEADER, SARAH KHAZAAL

Special Events

Students were able to think ahead this term as they attended the "University Life" seminar hosted by past student Afua Agyemang as she guided them through many topics. These ranged from the daily life of a university student, what to expect and what to do when your ATAR is not what you expected. Students took advantage of this opportunity to ask questions and seek clarity where it was required. This forum was a great tool to assist students in making their choices for future pathways.

"Try your best, what a waste not to try"

Following this, students were fortunate enough to attend a seminar by Luke Kennedy on the 15th of September. This invaluable seminar equipped students with the mental strength and reminders that they will need to help them through their examinations and last few weeks at school. Students were left with an iconic and invaluable message to get them through, "stay true to who you are" and "try" because "what a waste not to try". We sincerely hope that students do try their best in this time to reach the goals that they have set for themselves.



The coming weeks.

Students are encouraged to access the college in the coming month and throughout their examination period for staff support in terms of subjects, questions about the future and also wellbeing support as they face the challenges ahead. They are encouraged to celebrate the great connections and friendships they have made, as well as the achievements they already have secured.

We look forward to celebrating this incredible year with the students and their families at the Year 12 Valedictory Dinner on December 1st.

Wishing you all the best and again thanking you for the constant support of our students as they move through their learning journey. Have a safe and restful break.

GOOD LUCK FOR THE COMING WEEKS.

My Success Battery

Shade in the battery bars to indicate your current levels...

Focus

☐☐☐☐☐☐☐☐☐☐

Emotional State

☐☐☐☐☐☐☐☐☐☐

Preparedness

☐☐☐☐☐☐☐☐☐☐

Attitude

☐☐☐☐☐☐☐☐☐☐

Energy

☐☐☐☐☐☐☐☐☐☐

Determination

☐☐☐☐☐☐☐☐☐☐

Reflecting before and after assessments helps you to improve performance!

Complete this side of the worksheet before you start your test/assessment/exam.
Complete the reverse side once you've finished and been told to do so.

Year Eleven

Year 11s have had an exceptionally busy Term 3 in terms of their curriculum, wellbeing program, and career and pathway planning for Year 12.

Over the course of the term, we have had Business students visit Melbourne CBD to investigate marketing strategies used, Geography students visit Melbourne Zoo to gather data about the organisations impact on tourists, and Biology students visit Melbourne Zoo to explore animal adaptations within different ecosystems. These have been enriching experiences for our Year 11s which have also aided in the knowledge and understanding required for their Unit 2 SACs.

As well as this, VCAL students have been visiting Wallan Primary School on a weekly basis as part of their Work Related Skills curriculum. Students have prepared and delivered a small lesson or activity during their visits, such as a game of basketball, downball, netball or football, and colouring or drawing. Students received extremely positive feedback from both students and staff at WPS and while their volunteering has concluded for 2022, we are excited for this to recommence in 2023. VCAL students were also kind enough to bake cookies in celebration of RUOK? Day for all of Senior School. Students did a wonderful job of working together to bake and decorate these cookies which were well received by all.

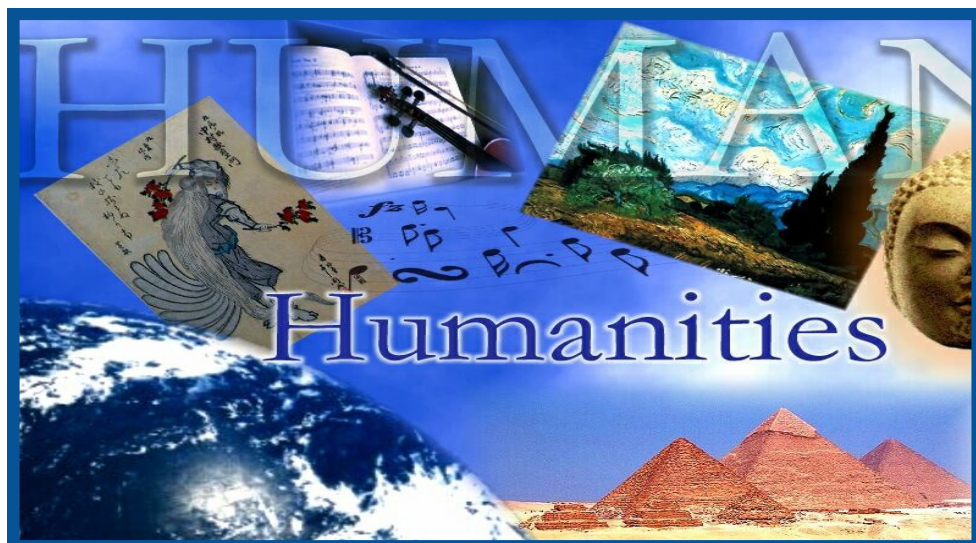
Year 11s have also been fortunate enough to experience workshops from Headspace and the Reach Foundation. During their Headspace workshop, students gained an understanding of valuable stress management strategies. These strategies will hopefully assist students with being able to manage their workload at school while balancing their other commitments. In addition, the Year 11 cohort participated in a workshop which was delivered by the Reach Foundation. In this workshop, students were involved in a number of team building activities in which they strengthened their connection as a cohort and were reminded that others are often much more accepting than they may think.

Year 11s have also began making preparations for Year 12 which is both exciting and daunting for some. Students have been involved in course counselling this term which required students to contemplate their pathways beyond Year 12 and to choose subjects for next year which will support their future plans. Many positive conversations were had throughout this time, and we look forward to the subject selection process being finalised early next term. We also look forward to announcing the Year 12 jacket design for 2023 once it has been approved. Thank you to everyone who took the time to submit a design and/or vote for their preferred option.



Emmily Pratt |
Year 11
Coordinator |
VCAL Learning

Finally, I would like to wish all Year 11s a wonderful break. Make sure you take some time to rest, recharge and reconnect with family and friends before you return for a busy but rewarding Term 4.



Australian History Competition

The Australian History competition gives students an opportunity to develop their interpretation and analysis skills. They are able to develop crucial skills important to the humanities in a fun and engaging way. The competition helps students gain an understanding of history which link to the school curriculum.

This year our Year 9 GOLD class participated in the competition under test conditions and did an amazing job! We love challenging them and providing an opportunity for them to expand their knowledge of the humanities .



Australian Geography Competition

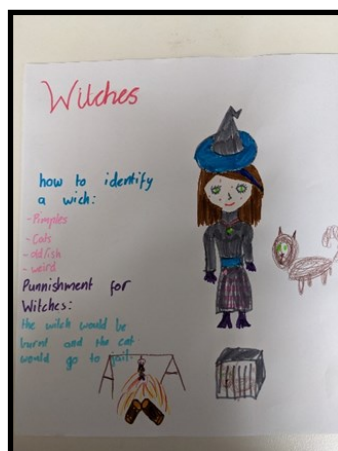
The Year 8 GOLD and Year 9 GOLD students also participated in the Australian Geography competition. The AGC is an Australian competition which aims to encourage student interest and reward student excellence. It tests the geography knowledge and skills.

They receive a ranking for their efforts which may include high distinction, distinction, credit or participation. All students are awarded a certificate for their participation and should be very proud of what they achieved .



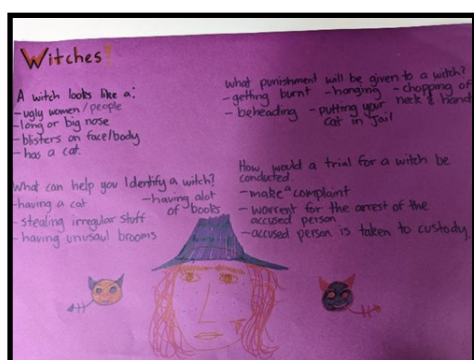
Year 7

The Year 7 Humanities classes have been exploring Business this term as well as Ancient Australia. Students looked at budgeting, financial literacy and how to spend wisely! We also looked at Ancient Indigenous cultures of Australia including the Dreaming and Megafauna (giant animals that once roamed Australia!) – Aberdeen Cox




Year 8



In Year 8 Humanities during Term 3 we have been tackling some big topics. We began the term by completing our study of the Australian legal system and exploring how a referendum can be used to change the constitution. In the second half of the term we have been exploring the history of Medieval Europe. Students have been looking at the everyday life of peasants, the building of castles, cathedrals and even the persecution of witches! – Toni Tori



793 Viking attack on Lindisfarne

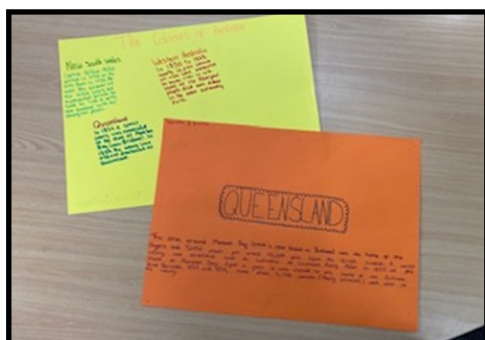
<p>Picture 1:</p> 	<p>Summary of the key event:</p> <p>The assault on Lindisfarne attacked the sacred heart of the Northumbrian kingdom, desecrating the very place where the Christian religion began in our nation.</p> <p>In A.D. 793, the Vikings attacked Lindisfarne, looting the monastery and killing or enslaving many of the monks. It was the first time the Vikings had attacked a monastic site in Britain, and the attack came as a major shock for medieval Christians.</p>
<p>Picture 2:</p> 	

1347 – 1351 - The Black Death

<p>Picture 1:</p> 	<p>Summary of the key event:</p> <p>The Black death was a plague pandemic which devastated medieval Europe from 1347 to 1352 CE. It was estimated that it killed 25-30 million people. Which is from 30% to 60% of the population. The disease came from central Asia. It was known as the black death because it would turn the skin and sores black while other symptoms included fever and joint pain. It took 200 years for the population after the black death to return to the population before the black death. The plague is an infectious disease caused by a bacillus, bacteria which is carried and spread by parasitic fleas on rodents, notably the brown rat. An earlier plague had hit the livestock, there were so many plague victims and so many bodies that the authorities did not know what to do with it. do with them and cart piled high with corpse became a common sight across Europe.</p>
<p>Picture 2:</p> 	

Year 9

Earlier this term, Year 9 students learnt about Global Fashion and explored fast fashion, global trade and the stages of production and consumption. Students are currently learning more about early Australian History including the first Europeans to arrive in Australia, the colonies of Australia and the Australian Gold Rush





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Year 10

This term, Year 10 students have had the opportunity to choose a subject area in humanities they are interested in to explore. They were able to choose from Geography, History, Legal Studies, Business Management or Sociology.

Geography

The geography students have been exploring *Environmental Change and Management* which explores the impact humans have on different landscapes. They created an action plan to encourage sustainable practices and are looking forward to being able to track a shark of their own through an app that uses tracking technology to plot the pathway of their allocated shark.

Business Management

The business management students explored the Vic Market and have learnt about franchises, stores and how the businesses work.

'Business Management is a very good subject for people that want to start their own business. Ms Khazaal is an amazing teacher'- Anton Partasides

Legal Studies

Year 10 legal studies have been looking at social cohesion and how national and international laws protect human rights. Students have researched and analysed criminal cases, reflecting on the impact their case had on the community. They also participated in mock trials and engaged in debates around constitutional rights. – *Erin Laffin*

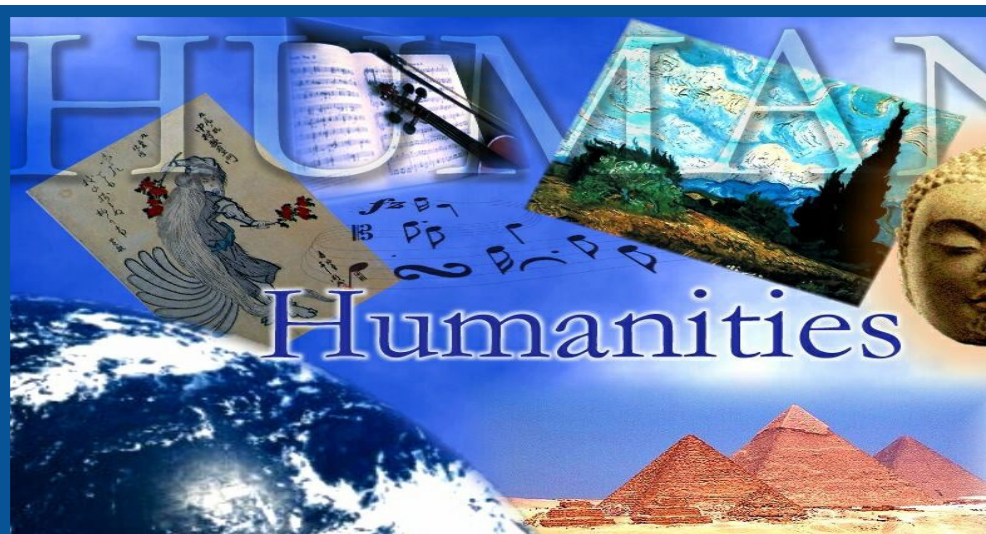
History

Year 10's have been learning about the Vietnam War including weapons, different battles, songs and the aftermath of the war and Australia's involvement in the war.

'History is a very interesting subject to learn about as we learn about the past and how we have evolved as people' – Sophina Nguyen

Sociology

Sociology students have been learning about human behaviour; how people think, decisions people make and why we act the way we do in society. Specifically, students investigated the characteristics of cults and conducted thorough research into cults chosen by individual students. Next term, students will study racism seen throughout the world and social movements aiming to eliminate racism at the source. – *Andrew Stock*





Year 11 and Year 12

Year 11 History have explored events of the Cold War. They enjoyed putting their president hat on and making decisions regarding how they would have dealt with the Cuban missile crisis.

Year 11 Geography students have explored tourism and the impacts and challenges associated with this. They enjoyed conducting their fieldwork at Melbourne Zoo and writing their reports based on the primary data they gathered on the day.

Year 12 History have studied the Russian Revolution. We looked at events such as workers protests, WW1, the fall of the monarchy and the rise of the communist party. Students showed great understanding of primary sources and historians views and should be commended.

Year 12 Geography have been studying human population across different regions of our world. Students have studied the different types of migration, with a specific focus on forced migration in relation to the Mediterranean crisis in 2015.

Students have also focused on the causes, impacts and responses to issues and challenges of growing and ageing populations. Students have focused on the countries of Niger and China and have completed case study assessments on these two countries.

The students have finished the Unit 3 and 4 course and are now preparing for the end of year exam! Well done team and best of luck for your final weeks at secondary school!

Year 11 Legal Studies students have been going into further depth into the Victorian Criminal and Civil Justice Systems with a specific focus on 'Sanctions' and 'Remedies.'

Students also participated in an online incursion with the Victorian County Court and listened to Judge Chambers and Judge Ellis regarding the role of the County Court and the reasons why they studied Legal Studies at school and Law at university.

Overall, the students are slowly improving on their VCE skills in preparation for Year 12 in 2023. Students will be studying the significance of the Australian Constitution and the role the Constitution has in resolving disputes in Term 4

Year 12 Business students studied how businesses implement change. They studied the force field analysis tool and also Senge's learning organisation.





CELEBRATING

CURRICULUM AT WALLAN SECONDARY COLLEGE.

2022 Issue Fourteen



On September 1st, 2nd and 3rd, the cast and crew of Wallan Secondary College presented their season of Beauty and the Beast Junior! After students and staff had rehearsed since February, it was awesome to see all of their hard work finally pay off! Over 500 people came to see the show and the audience loved it!

With 2022 being the first year that students have been back in the classroom full time, we were so excited to welcome them to a sense of normalcy! With our auditions beginning in Term 1, and rehearsing through till Term 3, our students have worked tirelessly to present Beauty and the Beast Junior!

We have such a talented and dedicated cast who have committed so much time and effort both at lunchtimes and after school to make this show shine! Together as the cast and creative crew, we have laughed, we have cried, but no matter what we have managed to work together through everything thrown at us! The cast and crew are the reason that we are able to put on a spectacular show like this, and we are so proud of what everyone has achieved.

Through the production program students have been able to create a small community and have nurtured friendships together – to the point where they now consider each other family. With all year levels represented on the stage, we are truly grateful to have been able to foster such an amazing community.

We were lucky this year to collaborate with Kilmore Florists to have “Chookas Roses” available in the foyer that audience members were able to send back to the cast and crew. The roses were a great edition to the atmosphere backstage and was really appreciated by all cast.

We would like to show our appreciation to the families and friends of our cast who have been a never-ending support for them.

We hope you enjoyed the show!





CELEBRATING

CURRICULUM AT WALLAN SECONDARY COLLEGE.

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CAPES4KIDS

Are you or would you like
to be a sewer?
Do you enjoy learning new
skills?
Do you enjoy being
charitable and giving back?

Join us for our
Wednesday lunch
time club
'Cape 4 Kids'
T3

You will learn how to use a sewing machine and use those skills to sew a cape to donate to a sick child in order to brighten their day.

Call out for fabric donations – if you would like to donate fabric please reach out.

Do you have old pillow covers or doonas that you no longer need?



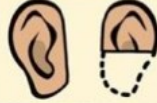




Material Required

Can You Help?



LEVELS OF LISTENING

NOT LISTENING (superficial)	Ignoring what's being said or distracted while listening (eg. on your phone)	
LISTENING TO SPEAK	Preparing what you're going to say, waiting to interrupt and tell your story.	
LISTENING TO EVALUATE	Judging what's being said against your existing frame of reference. "Do I agree? What's incorrect here?"	
LISTENING TO EMPATHISE	Listening to understand not only what's being said, but what's not said, how the speaker feels and what they need.	
LISTENING AS ONE (Deep listening)	Binary of speaker/listener collapses and you go beyond understanding to knowing the other. No effort is needed. (Think deep, late night chats under the moon.)	

Words: @holidayphillips Art: @sylviaaduckworth

RETHINKING POWER NEEDS

@kwiens62



POWER IS NOT LIKE A Remote control WHERE ONLY ONE PERSON HAS ALL THE POWER AND CONTROL.



POWER IS LIKE A CANDLE. YOU CAN GIVE A CHILD POWER WITHOUT GIVING AWAY ANY OF YOUR OWN POWER.



YOU DON'T HAVE A SET AMOUNT OF POWER ~ LIKE A BUCKETFUL. THERE ARE WAYS TO GIVE A CHILD POWER WITHOUT LOSING ANY OF YOUR OWN.

KIDS DON'T WANT YOUR POWER. THEY WANT THEIR OWN.

RICHARD LAVOIE



WHEN A STUDENT FEELS THEY HAVE

POWER WITH THE ADULTS AS WELL AS

POWER WITHIN THEMSELVES

THEY'LL HAVE LESS NEED TO SEEK

POWER OVER OTHERS



A NEW UNDERSTANDING OF POWER CAN HELP WITH THIS

"SEE A CHILD DIFFERENTLY... SEE A DIFFERENT CHILD"

STUART SHANKER



6 WAYS TO HELP KIDS meet THEIR POWER needs

1. OFFER CHOICE, NOT ORDERS
2. GIVE RESPONSIBILITY
3. START WITH STRENGTHS
4. EXPRESS INTEREST RATHER THAN PRAISE
5. ASK FOR THEIR OPINION
6. ASK FOR THEIR HELP



6 POINTS TO Remember

1. AVOID POWER STRUGGLES
2. AVOID MAKING THREATS
3. GROWING POWER needs ARE A HEALTHY PART OF CHILD DEVELOPMENT
4. RESPECT BOUNDARIES
5. THE RULES (NOT THE ADULT) SHOULD BE OBEYED
6. REFLECT ON YOUR OWN need FOR POWER & CONTROL

"THE REALITY IS THAT NO ONE WINS A POWER STRUGGLE" ROSS GREENE



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Tournament of Minds

An International educational program 'challenging the world' to develop creative problem solving skills.

Tournament of Minds (TOM) is a program for all primary and secondary students providing the opportunity to solve authentic, open-ended challenges that foster creative, divergent thinking whilst developing collaborative enterprise, excellence and teamwork.

NOVEMBER 7TH– NOVEMBER 11TH

8G AND 9G

(THE GOLD PROGRAMME)

TOURNAMENT OF MINDS (IN-HOUSE)

IN PREPARATION TO JOIN THE
NATIONAL COMPETITION IN 2023