



The Lakes
SOUTH MORANG
COLLEGE

The Lakes South Morang College Newsletter

Term 4, Week 2
Issue 17 - 2022

The Lakes South Morang College respectfully acknowledges that beneath the significant River Red Gums that feature across our school's landscape lay the traditional lands of the Wurundjeri-Willam people of the Kulin Nation.

The Lakes South Morang College pledges to provide an environment that has zero tolerance to child abuse and strive to work in partnership with our parents/carers and community members to keep our students safe every day, in every way.

PRINCIPAL REPORT

BILL PANAS ACTING COLLEGE PRINCIPAL



TERM 4, 2022
WEEK 2
COLLEGE PRINCIPAL
REPORT



SPECIAL POINTS OF INTEREST IN THIS ISSUE:

- Gradual Release of Responsibility
- Vaping and E-Cigarettes
- Screen Time - Quality over Quantity
- The Lakes Asthma Policy
- Whittlesea Council Events

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Secondary Campus

80 Jardier Terrace, South
Morang 3752
(03) 9401 3919

Primary Campus

275 Gordons Road, South
Morang 3752
(03) 9400 9000



GRADUAL RELEASE OF RESPONSIBILITY

A strong and consistent approach to Teaching and Learning is required to be able to achieve success across the years for each individual student. Our Instructional Teaching & Learning Model is based on the Gradual Release of Responsibility.

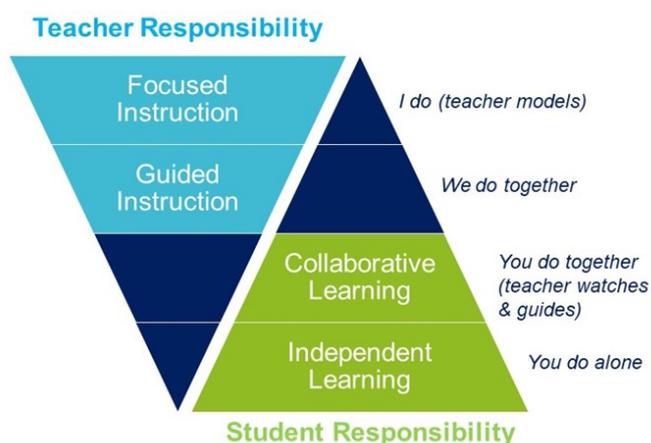
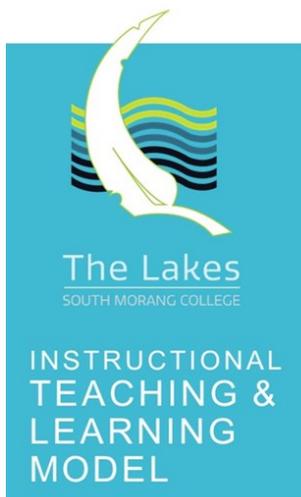
Our model works towards building our students independence skills, gradually, so that students can get to a point that they can continue to learn with teachers as facilitators, as well as being taught the skills to be able to tackle independent study confidently.

Focused Instruction and Guided Instruction is part of the Open and Mini lesson of our Instructional Teaching & Learning Model, where the teacher explicitly teaches skills and concepts with worked examples that are first modelled, then worked on together.

Students are then provided the opportunity to collaborate with their peers with the support and guidance of their teachers through Collaborative Learning during the Student Work Time & Release.

Finally, students have built the confidence and skills to take initiative for their own learning and are able to work autonomously to successfully learn independently.

The process is gradual, it takes time, common language and a consistent approach across all learning areas and year levels. Through this process we are building independent, curious lifelong learners who are capable of success.





SCHOOL CAPTAIN REPORT

XAVIER, TANIA, HARSHU & PRARTHANA PRIMARY CAPTAINS



SCAN OR PRESS
PLAY TO WATCH
THIS WEEK'S VIDEO:



VAPING AND E-CIGS

A new threat to the health and well-being of our young people

WELLBEING TEAM

Most of us remember our teen years with the pressure to conform with our peers and to maybe try new and illegal things, as a way of claiming our need for independence and control of our lives.

The use of e-cigs is on the rise among our young people and there are known and possibly unknown **health** risks. Its time to talk to your teen about this issue and get help if needed.

Why are they bad?

Most e-cigarettes contain nicotine, which is highly addictive especially for teens. E-cigarettes and e-cigarette liquid may contain nicotine, even if they have been labelled 'nicotine free'. One e-liquid pod can contain as much nicotine as a packet of cigarettes.

Nicotine exposure during the teenage years can harm brain development, which continues until about age 25. It can impact learning, memory, and attention, and increase risk for future addiction to other drugs. Young people who use e-cigarettes may be more likely to go on to use regular cigarettes.

Time to Talk

Talking with teens about risky behaviours is an important way for parents/carers to help keep them safe. Parents/carers are already good at talking to their teens about alcohol, smoking and drugs. E-cigarettes should be included in the conversation.

The earlier and more often you speak with young people about e-cigarettes, the more likely they are to listen. It is important for parents/carers to educate themselves, so they know the facts and what to say when the topic comes up.

Here are some key points when having the conversation with your young person:

- STV Key Points (weblink)
- Kids Health Information : E-cigarettes and teens (rch.org.au)

Vaping and smoking is against the law in and around the school. If you need to talk to one of the well-being team staff to receive support or more information, please contact the school.



**'Screen time'
is an outdated
concept, so
let's ditch it
and focus on
quality instead**

It is school holidays in Australia and, in many parts of the country, it's also raining and bitterly cold. This means many children are stuck indoors and many parents will be grappling with how much 'screen time' their kids are having.

As an early childhood researcher and parent to a four-year-old, this is a question I am asked a lot. How much screen time is too much? Should I be worried about how much my child is watching?

If I had magic powers, I would get rid of the concept of screen 'time'. We need to be talking about screen quality instead.

talk about your problems than fight about them'. This also allows you to teach your kids to be critical about the media they watch.

You choose what your kids watch

The second strategy is to make active choices about what your kids watch. This means we can select content that supports learning and matches our values. This doesn't mean every show has to be blatantly educational but there are a lot of programs out there that can help kids grow and develop their skills.

For example, in my house, Numberblocks has created an interest in early numeracy and Bluey promotes physically active play, emotional resilience and self-regulation. Dino Dana and Andy's Dinosaur Adventures connect children to the prehistoric world, and of course Play School continues to be a favourite.

Other families report video games such as Mario Kart promote fine motor skills and teamwork. Of course, a 'dose' of Peppa Pig or something else just for fun is OK sometimes, too, in the same way adult viewers might veg out with Bridgerton or James Bond movies.

The message here is that parents and carers can make conscious choices about quality. This means that rather than just turn on the TV or iPad and walk away, we need to engage with what our kids are watching and playing.

What does quality screen use look like?

There are two main strategies to focus on. The first is to engage with what your child is watching or playing.

The research calls this '[co-viewing](#)' or 'co-engaging'. This idea focuses on using children's engagement with television and games as a chance to talk, promote language and build comprehension.

After or during viewing, parents could ask children to explain what they watched. For example, 'wow, you watched some PAW Patrol today, what were you noticing?' or 'I see you're loving Hey Duggee, which parts do you like?'

This also gives us a chance to say if something doesn't align with your values: 'they fight a lot in Ninjago, it is better to

About the author

Kate Highfield is Senior Lecturer, Deputy Head of School (ACT and regional NSW) at Australian Catholic University.

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You can read the [original](#) here:





ASTHMA POLICY AT THE LAKES

http://www.thelakes.edu.au/uploads/8/3/9/0/83901006/asthma_policy_2022.pdf

With the return of spring, we are noticing some students experiencing asthma symptoms. Asthma is a long-term lung condition. People with asthma have sensitive airways which react to triggers, causing the muscles around the airway squeeze tight, the airways swell and become narrow with more mucus. This makes it hard to breathe. An asthma flare-up can come on slowly (over hours, days or even weeks) or very quickly (over minutes). A sudden or severe asthma flare-up is sometimes called an asthma attack.

If a student diagnosed with asthma enrolls at The Lakes South Morang College, parents/carers must provide the College with an Asthma Action Plan which has been completed by the student's medical practitioner. The plan must outline:

- the prescribed medication taken by the student and when it is to be administered, for example as a pre-medication to exercise or on a regular basis
- emergency contact details
- the contact details of the student's medical practitioner
- the student's known triggers
- the emergency procedures to be taken in the event of an asthma flare-up or attack.

Asthma Action Plans should be reviewed by medical practitioners regularly, and an updated plan needs to be provided to the College on an annual basis.



Policies are available to all families via the the Sentral Portal (under Resources) or via our website <http://www.thelakes.edu.au/policies--reports.html>

PRIMARY CAMPUS AWARDS



LEARNER OF THE WEEK



Prep A Bea C	Prep B Anaya A
1A Alara N	1B Kiaro A
2A Annabelle F	2B Scarlett G
3A James H	3B Aleen J



LIFESTYLE AWARDS



	Sports	Music	Art
Prep	Shaban T	Vanessa K	Daniella T
Year 1	Erica D	Sofia T	Aydin R
Year 2	Cohen V	Siena C	Aleks P
Year 3	Audrey T	Anna W	Kathy N

NEXT ASSEMBLY DATES:

Year 4-6: Friday 22nd October **Prep-3:** Friday 29th October

WHAT'S ON @ THE LAKES



**Breakfast Club on Both Campuses
Every Tuesday & Thursday - 8.15am**

(Except for the first week and last week of the term)

OCTOBER:

Monday 17th	Last Day of Year 12 Classes
Tuesday 18th	Year 12 Celebration Day School Council at 6.30pm
Wednesday 19th	Year 6 Sports Museum Excursion
Wednesday 26th	Year 7 Immunisations
Friday 28th & Monday 30th	VCE Exams
Monday 31st	Pupil Free Day

NOVEMBER:

Tuesday 1st	Melbourne Cup Day (Public Holiday)
Wednesday 2nd - Thursday 10th	VCE Exams
Thursday 17th	Year 12 Graduation



Now taking Enrolments

School Tours available upon request
Call the office to book (03) 9404 9000

Visit our website for information about our programs and facilities www.thelakes.edu.au



The Lakes South Morang College Primary Campus
275 Gordons Road, South Morang 3752 ☎ 03 9401 9000 🌐 www.thelakes.edu.au

PREP 2023

Have you enrolled for Prep for 2023?

We are currently in the process of accepting new enrolments for 2023. We advise all existing families and community members who may be interested in attending our school, to submit enrolment forms as soon as possible.



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ACTIVITIES AND UPDATES THROUGH OUR
FACEBOOK PAGE.

[https://www.facebook.com/
TheLakesSouthMorangP9School](https://www.facebook.com/TheLakesSouthMorangP9School)



NO HATS - NO PLAY

We will be enforcing our **'No Hat, No Play'** policy in Term 1 and Term 4 on the Primary Campus. It has to be a school wide-brim hat (with the school logo), which is available at the uniform shop.

STUDENTS LEAVING AT THE END OF 2022

If your child / children are not returning to the Lakes in 2023, please ensure that you have notified either the Primary Campus office or the Secondary Campus office ASAP.

ATTENDANCE - EVERY DAY COUNTS

If you are aware that your child will not be attending school due to illness or other circumstances, please ensure that you contact either office to ensure our attendance records are accurate. Ways of communicating absences include:

- Calling the office;
- Sending an SMS on 0427 226 537;
- Placing a future Absence Request through the Parent SENTRAL Portal.

As required by the Department of Education, all schools must notify parents informing that their child is absent. Please inform the office of absences before 10:00 am each morning.

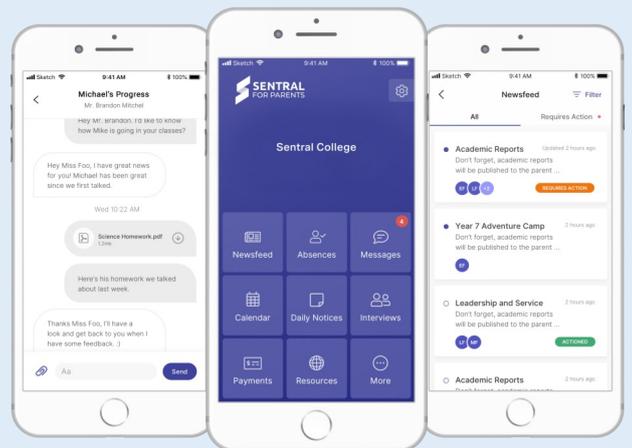
STAY CONNECTED

The Sentral Parent Portal is the primary method for home-school communications at The Lakes.

We are excited to say that most families have access to the Parent Portal. The portal allows students and parents/carers to keep up to date with important information and communication. This includes student academic reports, parent-teacher interview bookings and permission for students to attend camps, sport and excursions.

The Student and Parent Portal can be accessed at school, from home and from mobile devices.

If you are experiencing any issues with Sentral, please contact either office to assist you.



Book Now for Primary Tours on
9404 9000
for individual 2023 School Tours

Book Now for Secondary Tours on
9401 3919
for individual 2023 School Tours



பாரதி பள்ளி BHARATHI ACADEMY

South Morang Campus

The Lakes South Morang College,
80 Jardier Terrace, South Morang

Australia's leading Tamil language school

3-Yr Kinder to VCE

OPEN DAY

16th October (Sunday) 2022
At 10.30am



Super Kids Sunday

23 OCTOBER
12-4PM

Norris Bank Reserve, 135
McLeans Rd Bundoora.

We are always looking to build new or foster current connections within our community!
Please call Karen on 9404 900 to discuss further, if you have a service or upcoming
event you would like to promote through our Newsletter.



SOUTH MORANG Farmers & Makers MARKET

Third Saturday of the month
9am–1pm

Civic Centre car park,
25 Ferres Blvd, South Morang

City of
Whittlesea



To thrive, children need a safe and supportive environment at school, at home and in the broader community; no exceptions. At The Lakes South Morang College, we believe meeting the physical and emotional needs of our students is paramount in laying the foundations for a fulfilling future. We pledge to provide an environment that has zero tolerance to child abuse and will strive to work in partnership with our parents and community members to keep our students safe every day, in every way.

The Lakes South Morang College Child Safety Statement

PRIMARY CAMPUS: Telephone: 9404 9000 • 275 Gordons Road South Morang 3752

SECONDARY CAMPUS: Telephone: 9401 3919 • 80 Jardier Terrace South Morang 3752

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