



## PRINCIPAL'S REFLECTION



### Understanding Adolescent Anxiety

I recently witnessed a road rage incident that not only alarmed me but also led me to think about the level of angst among so many people that leads to such prevalent feelings of anger and fury. There is no doubt that anxiety plays a role

in contributing to this type of extreme and threatening behaviour as it seems that our society is gripped with apprehension as we deal with growing demands and complexities.

Rossbourne staff are very aware of the negative effects of heightened anxiety on our students and its negative influence on learning, communication and social development. We also recognise that we can't shield our students from all of life's possible triggers and know that it is important to support our students to learn coping strategies so they can better manage heightened anxiety when it does emerge.

A certain level of anxiety is necessary for healthy human function and we all experience anxiety at different times and to varying degree. At optimal levels it is motivational and protective, helpful in coping with adversity and responding to emotional and environmental changes (Yerkes-Dodson law, 1906).

However, when anxiety levels are extreme and ongoing, it becomes a trigger for distressing emotions and can manifest in psychological and somatic issues within a state of hyperarousal and is frequently accompanied by unhelpful behavioural reactions (Hoen-Saric, Borkovec, Nemiah and Gabbard Hoen-Saric et al, 1995).

Research suggests that young people are experiencing heightened levels of anxiety earlier in life and a greater percentage of neurodivergent students experience increased levels of ongoing anxiety than their neurotypical peers (A.L. Accardo, N. M. H. Pontes, and M. C. F. Pontes, 2022).

The consequences of adolescent anxiety can result in difficulties adjusting to school and life as well as diminished familial relationships, lower life satisfaction, poor coping skills and an increase in ongoing stress. Adolescent anxiety has also shown to be predictive of substance abuse in adulthood, insomnia and reduced concentration (Essau et al., 2014; Hudson & McKinnon, 2017).

Anxiety in adolescents is also linked with academic underachievement, higher school non-completion, avoidant behaviours and is the primary cause of school avoidance (Wood, 2006).

### Common Signs of Anxiety in Students

- Emotional changes:  
Anxious students may feel on edge, restless, uneasy or become defiant. Students may exhibit behaviours to avoid specific tasks or situations that they find threatening. They may also show signs of excessive worry, low self-esteem, and feelings of being overwhelmed.
- Social changes:  
The social changes that anxious students may present with include social withdrawal and isolation.
- Physical changes:  
Students often present with the following signs of anxiety:
  - frequent somatic complaints (including headaches, stomach aches, dizziness, nausea, vomiting)
  - racing/pounding heart,
  - sweating,
  - trembling/shaking
  - shortness of breath
  - muscle tension
  - panic attacks.
- Sleep difficulties:  
Anxiety is a frequent contributor to sleep issues. Anxious students can have trouble falling asleep, have nightmares and wake frequently.
- Changes in school performance:  
Anxious students may be absent due to physical ailments or have difficulty concentrating due to lack of sleep or worrying thoughts. Some of the signs that the student may be anxious include poor academic results, frequently missed tasks, the student feeling overwhelmed by the workload, procrastination and difficulties focusing on tasks.
- Assuming the worst:  
When students are anxious, they may assume the worst. Negative thinking patterns can be challenging and frightening for the anxious student.
- Tantrums:  
Students may be defiant towards teachers so that they can avoid a task, or they may become angry or distressed when being dropped at school.
- School refusal:  
A common sign of anxiety is school refusal or school phobia. Students can go to excessive lengths to avoid going to school or disengage from their peers

and regular activities, miss classes, or refuse to attend school completely.

- Panic attacks:  
Panic attacks are a sign of anxiety. Some of the symptoms of a panic attack can include dizziness, chest pain, and breathing difficulties.

The most effective way to support anxious students is to recognise the signs and understand that students are unable to control their feelings easily. Many anxious students become confused, scared and overwhelmed by their emotions – and their anxiety only escalates.

As teachers, parents and carers supporting adolescents and children, it is vital to be non-judgemental, calm, reassuring and, most importantly, to listen. Talk to your child and let them know if you have noticed changes and what you are concerned about and let your child know you are there to help them.

For more information on anxiety, its effect on young people and how best to support, please access the resources available on the SchoolTV website. This week's special report focuses on Mobile Phone Separation Anxiety.

The use of mobile phones and technology in schools has been a highly debated topic internationally, including in Australia. Almost all states and territories in Australia, have implemented full bans on mobile phones during class, recess, and lunch times, while allowing students to carry their phones during travel to and from school.

Critics argue that there is no evidence supporting the effectiveness of such bans, but this is a mischaracterisation. Studies have shown the positive impacts of mobile phone bans in schools. One study conducted in 2016, found that banning mobile phones led to an increase in student performance, with test scores improving by 6.4% of a standard deviation. Similar studies from Spain and Norway also supported these findings.

For parents concerned about mobile phone separation anxiety in their children, it is important to acknowledge it as a real issue and discuss the negative effects of phone addiction, such as sleep problems and mental health issues. Gradually introducing phone-free periods at home, setting clear expectations and boundaries and modelling healthy behaviours can help your child cope. It is also crucial to establish a support network and seek professional help if needed. Implementing mobile phone bans in schools allows for better focus on teaching and learning, minimising distractions and interruptions.

This Special Report will help address mobile phone separation anxiety and provide guidance on supporting your child's wellbeing during this transition period. I hope you will take a moment to reflect on the information offered.

Click on this link to view the Special Report [https://rossbourne.vic.schooltv.me/wellbeing\\_news/special-report-mobile-phone-separation-anxiety](https://rossbourne.vic.schooltv.me/wellbeing_news/special-report-mobile-phone-separation-anxiety)

## **A New Chair of the Rossbourne School Board**

Rossbourne School is very fortunate to have an experienced, talented and committed School Board. At the school's AGM last month, Lee Wills stepped down as Chair of the Board after four years of dedicated service in leading the group of Directors responsible for the direction and governance of the school. Fortunately, Lee will remain on the Board and the school will continue to benefit from her considerable experience in education.

Congratulations to Rowena Stocks, who takes on the role of Board Chair for the next four years. Rowena has been a Director on the School Board for the past three years and has made a significant contribution, effectively drawing on her experience as a parent of a Rossbourne student (now alumni) and her considerable experience from the corporate world. I very much look forward to working closely with Rowena as we achieve our strategic priorities.

## **Rossbourne Staff**

After several years of loyal service and unquestionable commitment to Rossbourne Students, Alastair Witts will be leaving us at the end of this term to continue his career at another specialist school. Alastair's commitment and support to his students will be missed as will his comradery and care for his colleagues.

We are delighted to appoint Jenna Mason to the role of Senior School Homeroom Teacher. Jenna has made a very positive contribution to Rossbourne as our IT replacement teacher in Term 2 and will bring much care and her knowledge of our students to the role.

Rhonda Sword, one of our highly respected and experienced classroom teachers, will be taking a well-earned long service leave break in Term 3. Rhonda has been diligent in preparing thorough handover notes for all students while she is away and we wish her very a restful break.

## **Manningtree Road**

After considerable delay, Rossbourne finally received approval from the Boroondara Council to begin building phase one of the Manningtree Road development, the Multi-purpose Performing Arts Centre. Edmanson Constructions have been appointed as our builder and we expect that construction will be completed within 12 months. Please see Rossbourne's website for updated concept images of this exciting new project.

## **Child Safety**

Rossbourne School has a number of policies and documented procedures that we use to minimize the risk of child abuse and increase child protection and safety. A full complement of child safety policies and procedures is available in the school policies section of our school website.

Rossbourne School supports families and communities to take an active role in promoting and maintaining child safety and we encourage feedback

on our policies and procedures via our Child Safe Officer, James Box. Feedback will be given serious consideration and we encourage parents to meet with senior members of staff to discuss any concerns and ideas.

James Box is available regarding concerns about student safety and he can be contacted by email: [boxj@rossbourne.vic.edu.au](mailto:boxj@rossbourne.vic.edu.au) or the school landline which is 98194611.

## DEPUTY PRINCIPAL REPORT



It is hard to believe that Term 2 has already come to an end and what a busy term it has been!

Students returned after the Easter holidays and ANZAC Day in great spirits and displayed a great work ethic throughout the term. They participated in a huge number of events, and I was

delighted to see so many of them getting involved.

Some of these activities included:

School Cross Country

- What a huge effort by those students who trained in the mornings and ran their best for the school in early May.

Outdoor Education Camps

As Term 2 comes to a close, I would like to thank all our staff for their dedication and care of Rossbourne's students. Stay safe and warm over the break and I look forward to engaging with members of our community as we embrace all that is on offer at Rossbourne in Term 3.

**Shane Kamsner**  
Principal

- The Year 9/10 and Year 11/12 Outdoor Education camps were a huge success. Students returned happy, but tired, with so many stories to share about their adventures.

Athletics Carnival

- This was my first experience of a Rossbourne Athletics Carnival and one I won't forget. What an effort by all students. Their willingness to be involved, encourage others and to display the 'Rossbourne' spirit was fantastic.

Curriculum Excursions

- Year 9/10 and 11/12 cohorts thoroughly enjoyed excursions in and around the Melbourne CBD.

These were just a few of the events organised for the students to supplement their normal classroom and Friday afternoon activities.

**James Box**  
Deputy Principal

## SRC NEWS **IDAHOBIT**

The SRC students came up with a number of terrific initiatives and ideas around fundraising and ways to support their fellow students. The assembly organised by the SRC to acknowledge IDAHOBIT Day was a real highlight. It was a day to embrace inclusion and to fight against discrimination.

I look forward to Term 3 which will also be a very busy one, with events such as the Wakakirri performance in August, NAIDOC week celebrations and more Friday activities to look forward to.

I wish all students, staff, and families a safe and enjoyable term break

**James Box and the SRC**

## YEAR 7/8 NEWS

Well.....who were the people who said, "Time flies when you're having fun!"

For some of us, it has gone like a flash of lightning! For others of us, it has been like a sloth chillin' in a tree. Either way, we continue to grow, develop, and make progress with areas of our maturing lives.

From learning to navigate a new locker combination and locker space, to taking public transport solo, to managing to slice/cut apples for cooking, to learning how to make the best aerodynamic airplane, to learning to use a saw to cut out wood in Design Technology, we have learned so many wonderful and lifelong things. No doubt, our families are continuing

to observe, be amazed, support and guide our personal achievements.

The second part of the 2023 year will continue to be about our self-management, self-discipline, self-regulation, being self-organised, continuing to grow our self-confidence which are all vital skills for life, but more importantly feeling prepared and confident for 7/8 Camp in early Term 4.

We wish all our 7/8 students and families a restful break and look forward to welcoming you back on Tuesday 11th July. Thank you for your continued support of Rossbourne School and the 7/8 community.



## 7/8A Reflections on Science

*On Friday in Science, I learnt about hovercrafts with Jennifer. Then we tested them outside. We also learnt about Isaac Newton and physics. We learnt about CSI and forensics with James Box. I had a great time!*

*Every Friday I been doing science I enjoy learning new things. and about forensic science with James Box. To solve crimes I watch videos about it and I put my finger In Black paint for fingerprint.*

*With James in our home room we learnt about bases, neutrals and acids with purple cabbage indicator and tested different household items.*

*It was really fun making a hovercraft and we tested it out in partners. Me and Jack used our own air pressure (breath) to make the hovercraft move and it went a long way. We also learned some cool facts about Sir Isaac Newton.*

*I had a great time! With James O we had a bowl of milk and we had food dye. When we added the food dye to the milk we poked it with a pen, on the pen was dishwashing liquid and the milk changed colour and also the dyes moved around. It was like magic!*

## 7/8B Reflections on Friday Electives

*Our Friday Elective is Table Tennis/Badminton. I was learning how to hit the ball playing Table Tennis. We learned also how to hit and control the Shuttlecock in Badminton. We enjoyed playing Badminton for the first time even though I sent one to the roof.*

*We learned and got better at table tennis and I'm working on badminton and we enjoyed playing with other people from all across the year levels. I had a great time meeting new people and playing against the teachers too.*

*We really enjoyed playing table tennis with the people in my group and getting better at badminton. We also really enjoyed talking to all my friends in the group. We also really liked the 1v1 with James, the one in charge of the Friday electives.*

*Quiet games is fun. Quiet games is for people who want to have a quiet time. You can bring your own games or from the classroom. It is fun for everyone who enjoy the quiet and playing different board games.*

*On Friday afternoon we go to the Old Hall to do Wakakirri. We have a bit of fun but we can't mess it up. At the end we perform in front of people. Wakakirri is a dance event where difference schools participate and practice and then perform at the end. We love the music!*

*My Friday elective for this term was soccer. I love playing soccer and had lots of fun. I made lots of new friends by playing soccer. I also practiced my soccer some more so I can get better at playing soccer. I am okay at soccer and I am not good or bad but I am a good Defender.*

## 7/8C Reflections on Athletics Day

*What an AWESOME day it was for the Rossbourne community! Everyone displayed such energy and sportsmanship; it was wonderful to be a part of.*

*Each student had to compete in a minimum of 2 events. These ranged from 100m to the Vortex throw. It was a new experience for the year 7s and the year 8s with the Aths day not going ahead last year.*



*We participated in the 100m sprint and the Vortex throw. Our highlight of the day was the staff vs students relay because it was fun!*

*My favourite event of the day was the 100 metre sprint. My highlight of the day was when my dad came to watch.*

*My favourite event was the long jump because it was fun jumping into the sand pit. Highlight of the day: Mum and Dad coming to watch.*

*My favourite event was all of the running events because I won all of them and they were the only running challenges that I have participated in, in my life.*

*I participated in the 100m sprint, long jump and 4x100m relay. Favourite event: 4x100m relay because I didn't sign up for it but decided to do on the day and found it fun. My highlight was the time we spent and the fun we shared.*

*My favourite event was the 200m run because I like running and I won.*

*I participated in long jump, 400m, vortex, 100m and 200m. My favourite event was the long jump because it was fun jumping and I came first in it. My Highlight of the day was having fun with my friends and watching people compete in all the different events.*

*Favourite event: I enjoyed the whole day. Highlight of the day-EVERYTHING! Can't wait for next years!*

## 7/8D - Information Reports

*Our writing focus for this semester has been on the structure of an information report. We had a great time innovating our model text, but more fun was had when we got to choose our own topic. We all learnt a lot from the different information reports we completed in class.*

*Jamie wrote about Brown snakes and told us that while they were not the most venomous snakes in Australia, they are responsible for killing more people than other snakes because they live around parks and like to come into houses. Ned did his information report on geckos and told us that their eyes are more than 350 times more sensitive to light than humans.*

*The best part of our unit on Information texts was when all the 7/8 students got to read each other's information reports and give each other feedback. It was interesting reading about each other's interests and how we had all developed our skills in writing this type of text.*

**Jennifer Murray, James O'Sullivan, Tim Francis and Janice**  
**Year 7/8 Team**

# YEAR 9/10 NEWS

We have enjoyed a settled term in our section. Our learners have been working diligently in all subjects and staff have been impressed by their commitment to their studies. Our program aims to support social and emotional development in tandem with academic life skills.

Our curriculum is complemented by incursions and excursions. We value learning as a collaborative and creative venture. With this being a priority, we participated in two digital incursions led by Dr Tim Kitchen from Adobe Education. Students were taught how to use two editing programs from the Adobe Express Suite. The theme of the first workshop was "Build your Future" and students were asked to design a poster exploring this concept. Ten of our students (out of a field of over five hundred students from schools within Victoria) won a stylus pen for their work. Dr Kitchen visited Rossbourne to present prizes to the lucky winners.

Our excursion to ACMI and the Ian Potter Gallery was also well received. We attended a lecture "Reading the Screen" to complement student learning in Visual Literacy. To say that the presenter was impressed by our students' grasp of how films are constructed would be an understatement. Our cohort was able to identify the difference between diegetic and non-diegetic sound, camera angles, shot types, and how suspense is created in a film using a range of codes and conventions. "The Story of the Moving Image" exhibition also captivated our cohort's interest. Later, we attended both "Top Arts" and the "Melbourne Now" exhibitions to finish the day. "Melbourne Now" highlights the work of more than two hundred artists who are based in Victoria while Top Arts showcased some of the best work produced by VCE students. Again, our students were interested to see the work created by their peers around the state and found they had lots of new inspiration for participation in art classes on their return to school.



We have studied Measurement & Geometry in Maths this term and the program has been supported by a range of engaging real-life scenarios for when these Maths skills will be required. In English students have examined a range of written texts and will soon complete assessments. Science has been popular with one student stating, "It is the subject that makes the most sense to her." Cyber Safety and how to identify scams have been popular too. In Geography & History, subjects include World Regions, Landforms and Destinations.

Next term students will start new electives and participate in three new subjects.

**Marina Slifirski, Andrew Lusted, Marion Branchflower, James Gardner**  
Year 9/10 Team





# SENIOR SCHOOL NEWS

Senior School students have shown wonderful resilience in Term 2, as they embraced a gamut of learning opportunities both at school and offsite.

They have continued with their TAFE and VET programs this term and have also undertaken work experience which will hopefully lead to employment opportunities in the future. Twenty-two students undertook the Drivers Education program at METEC in Kilsyth, which spanned five days in May and June. It was wonderful to see their confidence growing through the development of their driving skills. We also started our Early Morning Fitness program on Friday mornings, with one group attending Jetts in Hawthorn and another group attending CrossFit in Richmond. Senior Students also continued to engage with their local community through the Community Skills unit, by visiting a post office, museum, restaurant, Readings, and a pharmacy. Later in Term 2 we were lucky enough to visit Lido Cinemas for a private screening of the film *In My Blood It Runs*, by Maya Newell. This is an intimate and compassionate observational documentary from the perspective of a 10-year-old Aboriginal boy in Alice Springs, Australia, struggling to balance his traditional Arrernte/Garrwa upbringing with a state education. As a capstone for the term, we attended the Fountains Restaurant in Box Hill for a tour of their training facilities and a group lunch.

We wish everyone a well-deserved break over the June/July holidays, and we look forward to a busy Term 3.

**Hamish Dalton, Tania Hume, Alastair Witts and Paul Salomon**  
Senior School Team







## ART

The creative art action continues in the ever increasingly crowded Art Room.

Students in every year level have really been getting into the flow of their work. A common refrain from students is that how quickly a lesson has gone because they have been so focussed on the artistic, creative task at hand.

The Year 7/8 students have been busy making clay birds in various shapes, forms and sizes and developing their sense of touch and learning to gauge the width of clay walls - not too thick and not too thin. They have really risen to the creative challenge of mastering their hand building skills, pinching, and coiling forms into bird bodies and heads. Once the body and head are formed and joined together, intricate detail for feathers, by incising pattern and marks is added into the clay surface. Students had to really persist in the acquisition of their hand building skills and problem solve to get the forms correct and to their satisfaction.

After the work is bisque fired, the students can choose to paint their birds or leave them the orange terracotta colour of the fired earthenware clay. Students learn ceramics terms like plastic, slip, score, grog, pug, leather hard, greenware. Fine sculptors each and all. Many students surprised themselves at how well their clay sculptures turned out. In preparation for thinking about making clay birds, students created sensational oil pastel paintings of various birds, including toucans and owls.

While painting has been explored in Years 9/10, some students have also created metal embossed images and dry needle felted compositions, with others working on designs for skateboard deck paintings.

Other Year 9/ 10 students have been occupied with expressive painting, exploring abstraction, creating compositions of diverse colours, tones, and shapes. Some have painted a rectangular canvas while others have opted for circular canvases. As always, it is exciting to see the development of paintings and the emergence of young artists immersed in their creative endeavours.

The students understanding of art was enhanced by the excursion to ACMI where we were fortunate to have an insightful lecture before viewing the array of displays, many of which are interactive. ACMI showcases the many developments in the moving image in its various forms, from cameras, dioramas, pinball machines, costumes, story board displays, and much more. After lunch we viewed the Melbourne Now exhibition and the Top ARTS exhibition at the NGV Ian Potter Centre. VCE work exhibited included digital media, painting, textiles, ceramics, and sculpture by VCE ART students from 2022.

Meanwhile the senior students have continued their painting explorations and extended their technical skills. It is always a privilege to see the talents of each of these young artists.

A reminder that this wonderful artwork is safely stored in the Art Room in readiness for the annual Art/ Design Technology Exhibition which takes place in October, Term 4.

**Philippa McInerney**  
Art Teacher

# FOOD TECHNOLOGY

This term students in Years 7 and 8 had the opportunity to prepare and cook foods using a range of small utensils. They practiced using a paring knife, grater, peeler, and masher, as well as working on a range of techniques, particularly the claw hold when using a chef's knife. Making apple crumble, hash browns and sausage rolls were among the favourite practical tasks. Personal hygiene habits as well as how to clean up a kitchen were reinforced with the students.

Preparing, rolling, and cooking fresh pasta was a highlight for Years 9 and 10 as well as the Meal Planning elective on Wednesdays. The students whisked and aerated eggs for fifteen minutes to produce a light and fluffy sponge, delighting staff with their creation at morning teatime.

During the annual Athletics Carnival it was great to see so many students catering for morning tea which involved baking, preparing, and serving the food on platters. This was yet another opportunity to practice their skills in a real-life situation.

The Mentoring Program in Years 11 and 12 has been beneficial for all involved. Students displayed exemplary safety and hygiene

work habits, developed practical skills while creating a positive vibe in the classroom. The example set by Year 12 students to those in Years 7 and 8 has been terrific.

I look forward to our new units starting in Term 3.

**Jennifer Kilner**  
Food Technology Teacher





# LIVING SKILLS

The Living Skills elective groups have been busy working this term on several projects around the house and garden..

We made the most of the last warm weather to get some winter veggies planted and to continue nurturing seedlings in green house conditions, so that we will have fresh herbs and some leafy greens over the winter. The usual garden maintenance of pruning, mulching, weeding and lawn mowing has continued.

Thank you to Ethan (Year 12) who has been applying his newly learned TAFE skills to make a much-needed new paling fence. Another Year 12 group has worked on invigorating our citrus garden. They removed an old, unproductive tree and after researching appropriate varieties, planted new orange and lime trees. Lots of organic matter was added to improve the soil and covered with mulch. The lemon tree has responded well to this, producing a bumper crop. Year 7 and 8 classes have enjoyed picking the lemons and making lemonade. This has involved cutting lemons and measuring ingredients, so students have been able to draw on knowledge and skills learned in other subject areas such as Food Technology and Maths.

**Catherine Turner**  
Living Skills Teacher





# PHYSICAL EDUCATION / OUTDOOR EDUCATION

## Interschool Cross Country

With a dedicated group of students attending the Term 1 Wednesday morning training sessions, Rossbourne was able to send a great team to the Interschool Cross Country Carnival at Nortons Park. With some pleasant weather on the day, our students all performed admirably with Grace Armour, Cameron Weber, Laurie Tod, and Callum Barrett all finishing in 3rd place in their respective age group events.

## Interschool Basketball

In Term 1 Rossbourne was able to form some strong teams to compete in the Interschool Basketball competition at Dandenong Basketball Centre. Our A-Grade team had a great season with commanding wins through the season resulting in them becoming runners-up on Carnival Day, only just being beaten by Emerson. The standout players for the season were Jake Brown, Jett Bennett, and Oli Carlin. Rossbourne also had some strong performances from the Girls team through the season with great displays of sportsmanship from players such as Amy Walker, Ariel Liu and Lexi Vitalos. B-Grade and C-Grade were able to develop some great teamwork skills through the season and only just missed out on making their respective finals games on Carnival Day. With another impressive basketball season, we are lining up for a successful 2024.

## Interschool Soccer

Soccer has been another popular sport on the Rossbourne Interschool radar and this year has proved to be another successful season. With our A-Grade team proving to be top favourites through the weekly rounds, the Carnival Day victory was without a doubt within our grasp for a second year running. The team played admirably through the day and came up against a strong team from Emerson. With superb goal keeping by Matthew Cook, spectacular goals from Chris Kastoras and Zayd Ali and a stellar performance from Jake Brown, the Rossbourne A Grade team brought home the trophy for a second year running. Our Teams in B-Grade, C-Grade and the Girls competitions had some great games through the weekly rounds, but unfortunately were unable to overcome the tough competition on Carnival Day.

## Athletics Carnival

With the weather threatening to put a dampener on the day, the outstanding students in attendance at this year's Athletics Carnival Day were ready to display top level participation and competition. With Tim Francis stepping up to the microphone and starting the day's proceedings, we launched straight into 100 metre sprints which proved to be a popular event. Throughout the day it was great to see the Rossbourne staff contributing to the smooth organisation and running of the events. It was also inspiring to see many students stepping up to participate in events they had not originally selected and showing support for their peers trying their best. It was a jam-packed day which saw high levels of participation and effort by students and staff alike.





## Year 9/10 Outdoor Education – Mornington Peninsula

This semester saw the Year 9/10 Outdoor Education student group head down to the Mornington Peninsula to camp at Shoreham Foreshore Reserve and participate in some adventure activities. The students had prepared throughout the semester learning to setup tents, safely use cooking equipment and work as a team. Facing some blustery weather conditions, the students proved that they were well prepared and ready to step out of their comfort zone and embrace the challenge of camping with winter on the doorstep. We were treated with campfires at night, sunny yet windy days and delicious food across the three days. Everyone enjoyed the surfing session on the first day, with the swell developing into some fun waves as the session went on. The Tree-Top surfing was another huge success with the students enjoying the high-elevation challenges and tubing afterwards.



## Senior School Outdoor Education – Wilsons Prom

With another late Autumn camping trip scheduled for Wilsons Prom, it was destined to be a wet and windy occasion, and the weather did not disappoint. Driving into this iconic Victorian location, the students were amazed at the raw beauty of the coastline meeting the mountains and bush. It was clear from the start that this trip was going to be one to challenge their comfort zones and create some lifelong memories. Despite the relentless wind and the birds pestering us all, we continued to stay positive. The rain was just a sporadic spray and the clouds whizzed past us while we climbed Mount Bishop, but we persisted and saw some amazing views at the peak. The delicious BBQ dinner was very welcome after a hard day hiking. Uno was a staple game at the campsite before we tucked up in our warm sleeping bags for a night of slumber, but not before a wombat paid us a visit and waddled past the tents. On our way home we stopped off to view the Big Drift, a collection of sand dunes with stunning views across the South Gippsland coastline.

**Ryan Teasel**  
Physical Education & Outdoor Education Teacher



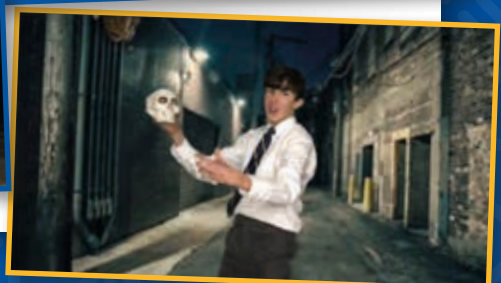


# PERFORMING ARTS

With a focus on film making this term, students have had the opportunity to develop skills in acting, directing, filming, editing, and music production. Singing Club and Dancing Club on Mondays and Tuesdays at lunchtime are open to all students, and have been a great creative and performance outlet for our singers and dancers.

Wakakirri rehearsals are also well underway. Students collaborated to come up with the story for our dance entry, electing to go with a focus on revolutions in history. Stay tuned for information on details for the performance in August!

**Martha Noone**  
Performing Arts Teacher





# PARENTS ASSOCIATION

Term 2 has been great. We held a number of events including the Rossbourne Riders on 21 May and the much-enjoyed and well attended movie day on June 4.

The second hand uniform sale managed by the RPA took place on 16 June and went very well. Thank you to Gabrielle Scolyer, who has taken on the role of Second-Hand Uniform Coordinator, and Sue Murray and Prue Vermiglio for making it such a success.

We farewelled Sally Thompson as Treasurer from the RPA members and are very pleased that Arlen Duke has stepped into the role. We wish to thank Sally for her contribution over the past couple of years.

I would also like to thank Felicity Wallace for stepping into the role of 7/8 Class Rep Co-ordinator.

We are still looking for someone for the position of 11/12 Class Rep Co-ordinator. If anyone is interested in stepping into this role, please get in touch with us.

Your updated committee for 2023 is as follows:

Kylie Payne - President

Ange Zegir - Vice President

Bel Albietz – Secretary

Arlen Duke - Treasurer

Tracey Tremewen - Sports Inclusion Co-ordinator

Felicity Wallace - 7/8 Class Rep Co-ordinator

Nancy Manders - 9/10 Class Rep Co-ordinator

Vacant - 11/12 Class Rep Co-ordinator

Bronwyn Hall – Rossbourne Connect (Alumni)

Liaison / Rossbourne Riders

Sue Murray - General Committee / Culture Club

Prudence Vermiglio - General Committee

Doug Wallace - General Committee

The Bunnings BBQ will be held on Sunday 8 October.

More information will come out about this closer to the time. We are planning on having another social event for parents in Term 3 and will be in touch when this has been organised.

**Kylie Payne**

**President**

**Rossbourne Parents Association**

# ROSSBOURNE CONNECT - PAST STUDENT NEWS



## Harry Mezger

I thought I would give you an update on my new job as an Allied Health Assistant at Masada Private Hospital working with physiotherapists and occupational therapists. I got this job having completed a Cert 4 in Allied Health at Swinburne University. Before that I did a double diploma in Sports Development and Management at Richmond Institute of Sports Leadership. I have been in my new role for 6 weeks and am loving every second of it. Life wise I have been really good and am heading off to France and Germany representing Australia in track cycling, road cycling and track running at the Virtus Global Games (Vichy) and then Special Olympics World Games (Berlin). Recently I won a very special leadership award for my commitment to the community at the Chanel seven young achievers awards.







# Star Camp 2023



SATURDAY 16 – SUNDAY 17 DECEMBER AT XAVIER COLLEGE, KEW

Applications are now open for Star Camp 2023. Please forward this information to any families of children with disabilities that you know, who may benefit from the camp. Applications close on Monday 31 July.



## Aims of Star Camp:

- To provide a fun camp with a range of activities for children with disabilities at no cost to parents and to provide respite for their families and carers.

## What is Star Camp:

- a 2-day (overnight) camp for children aged from five to fifteen who have intellectual and/or physical disabilities.
- provides a new and fun experience for the children and some welcomed 'respite' (rest) for their carers.
- hosted by Genazzano FCJ College, Our Lady of Mercy College, Loreto Mandeville Hall, St Kevin's College and Xavier College
- campers will be accommodated in the boarding house at Xavier College and all activities are held within the school grounds
- there is no cost to families of campers and all meals are provided



## Care of campers:

- Year 12 students from the participating schools become the 'Companions' for the campers, 24/7, these student companions are selected through a rigorous application process and are given extensive training in the various aspects of their role.
- Each camper and companion is supported at all times by medical and teaching volunteers from the host schools.
- A team of medical volunteers will be on duty 24 hours a day throughout the camp, under the leadership of Dr Jacinta Coleman, Head of Adolescent Medicine, Monash Children's Hospital

## Camp activities include:

- Jumping castle, Trackless train, Petting Zoo, Ball pit, Swimming, Art and Craft, Music, Games, Disco, Movie night, Visit from Santa



## Contact us:

- For expressions of interest or to obtain a camp information handbook and application form please contact: Camp Registrar: Mr Daniel Barrett, phone: 9822 0911, email: [barrettd@stkevins.vic.edu.au](mailto:barrettd@stkevins.vic.edu.au) or Camp Coordinator: Mrs Rasika Crowley, phone: 9815 4846, email: [Rasika.Crowley@xavier.vic.edu.au](mailto:Rasika.Crowley@xavier.vic.edu.au)

## Who is SONY Star Camp for?

Each Sony Star Camp provides places to children with intellectual and/or physical disabilities aged between 6 and 15. Preference will be given to families most in need and to new campers with some mobility so that they are able to participate in the activities provided.



**Applications open 1 June 2023**  
**Applications close 31 July 2023**

**Please note: Completing the expression of interest form does not automatically indicate that your child has been accepted. A letter regarding the success of your application will be sent to you by the end of September.**

**The camp is contingent on COVID constraints at the time, expert medical advice may result in modification or cancellation of the program.**



## Contact Us



For expressions of interest or to obtain a camp information handbook and application form please contact:

Camp Registrar: Mr Daniel Barrett,  
phone: (03) 9421 4319 email:  
[barrettd@stkevins.vic.edu.au](mailto:barrettd@stkevins.vic.edu.au)

Camp Coordinator: Mrs Rasika Crowley,  
phone: (03) 9815 4846, email:  
[starcamp@xavier.vic.edu.au](mailto:starcamp@xavier.vic.edu.au)



# STAR CAMP 2023

**FRIDAY 15 DECEMBER - SUNDAY 17 DECEMBER**  
**AT XAVIER COLLEGE, KEW**

### Aims:

To provide a fun camp with a range of activities for children with disabilities at no cost to parents and to provide respite for their families and carers.