

RINGWOOD SECONDARY COLLEGE NEWSLETTER



UPCOMING EVENTS

27 Feb	College Photos - Summer Uniform Music Recruitment Night - 7 pm
28 Feb	Year 7 Immunisation
2 Mar	Prefect Induction
3 Mar	STUDENT FREE DAY - Teacher Professional Practice Day
6 - 8 Mar	Year 7 Camp Group 1
8 - 10 Mar	Year 7 Camp Group 2
13 Mar	Labour Day Holiday
14 Mar	Photo Catch Up Day
20 Mar	Mental Health Carnival
15 - 17 Mar	NAPLAN
28 Mar	EMR Swimming
30 Mar	Music Photos - Music Uniform



PRINCIPAL TEAM

FROM THE PRINCIPAL



Welcome

Learning Focus:

School year has started smoothly and approx. 1580 students are already into the learning cycle across the college. Priorities remain focussed Learning and Wellbeing, establishing rapport with students and building connections.

The College values of Respect, Resilience and Achievement have been worked on with all students and many students have already received “green posts” for modelling these values over and above expected. The whole school assembly held on Wednesday February 15 provided the college with the opportunity to come together as a welcome but also to acknowledge our college leaders and set the expectations for the upcoming year.

New College Values

Ringwood Secondary College is an inclusive learning community that caters for the development of the whole person, allowing them to reach their full potential. Our aim is for every child to experience growth and success. This vision is underpinned by the core values of Respect, Resilience and Achievement.

- Respect for self and others
- Resilience in self and others
- Achievement for self and others

Moving forward, students who model these values over and above expected norms will be acknowledged with a green Compass post. Green Posts which can be seen on the Compass portal. These provide staff with an opportunity to acknowledge student achievement in alignment with the school's values.

Annual Implementation Plan

The Annual Implementation Plan priorities for the 2023 school year, determined by DET and the College are:

- Learning – Support both those who need extra support and those who have thrived to continue to extend their learning, especially in numeracy: learning growth.
- Wellbeing – Effectively mobilise available resources to support students' wellbeing and mental health.

Staff will be focussing their professional learning and planning time on developing resources and implementing strategies outlined in the AIP. Each of these strategies are designed to improve student engagement and learning outcomes.

Staffing updates:

Welcome to the following new and returning staff for 2023.

Arrivals

Gary Vear	Jedda Mahler
Sam Glover	Maddison Fiorelli
Jack Burkitt	William Wall
Abbey Ingham Dowsing	Charles Yim
Nathanael Wenger	Riley Gee
Rhett Jordon	Jason Kilby
Veronica Fong	Sarah Blaney
Tony Stirling (Acting Assistant Principal)	

Returning

Tessa Henley	Krissi Friedli
Brian Greenwood	Vana Arulmuruganar
Mary Eversteyn	Claudia Aveling
Fiona Hillier	

Year 12 class of 2022 - an outstanding year of results

The College is extremely proud of the Year 12 cohort for 2022. Their results are truly outstanding and reflect their commitment and efforts in both the VCE and VCAL fields.

Congratulations to our College Dux: Shion Kim - ATAR 99.85.

For further information please see the detailed report from our Careers Coordinators, Ms Nilly Banai in this newsletter edition.

Swimming Sports

Congratulations to “Fraser” on their win at the College swimming carnival. An amazing day was had by all. Great atmosphere, great costumes, singing, dancing and even swimming! Thank you to the organising team lead by Mr Ingleton and Mr Edwards.

Teacher Professional Practice Day - Friday March 3, 2023.

Friday March 3 is a scheduled teacher professional practice day. This is a student free day and no classes will run on this day. This day is granted to teaching staff in line with departmental priorities related to support for planning, preparation and collaboration.

Attendance: It's not OK to be away!!!

A reminder to parents of the importance of regular attendance at schools. Daily attendance is important for all children and young people to succeed in education and to ensure they don't fall behind both socially and developmentally:

- School participation maximises life opportunities for children and young people by providing them with education and support networks
- School helps children to develop important skills, knowledge and values that set them up for further learning and participation in their community
- School helps them to make the most of life opportunities.

Children and young people who regularly attend school and complete Year 12, or an equivalent qualification, have:

- better health outcomes
- better employment outcomes
- higher incomes across their lives.

Research confirms there is a strong link between poor attendance and adverse student outcomes like:

- early school leaving
- poverty
- substance use
- unemployment
- negative health outcomes.

Please remember to contact the school on 9870 2002 if your child is absent from school.

Annual Privacy Reminder

Ringwood Secondary College collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the School's Privacy Policy. Please take time to remind yourself of the school's collection statement, found on our website at: www.ringwoodsc.vic.edu.au

Single Use Plastics

Single-use plastics make up a third of the litter in our environment and are difficult and costly to clean up. They pollute the environment, harming wildlife and contaminating our food and water. They are also a poor use of resources – they are often used for only a few minutes and generate significant waste that is not recyclable. They can often easily be replaced with reusable products.

Under new regulations, from 1 February 2023, Victorian businesses and organisations (including schools) will not be able to sell, supply or provide a number of single-use plastic items. The ban applies to the following single-use plastic items made from conventional, degradable or compostable plastics:

- Drinking straws
- Cutlery including knives, forks, spoons, chopsticks, sporks, splades and food picks
- Plates
- Drink stirrers and sticks
- Cotton bud sticks

The ban also applies to:

Food service items and drink containers made from expanded polystyrene. This includes expanded polystyrene plates, cups, bowls, clam shells and any cover or lid that is also made from expanded polystyrene.

Ringwood Secondary College will be implementing the Victorian government's single-use plastics ban in the items we use as a school community at the canteen, OSHC, catering at fundraising events, classroom and staffroom activities and other school events etc. We will not be using any banned single-use plastic items from 1 February 2023.

Exceptions to the ban

People who need single-use plastic drinking straws due to a disability or for a medical need will still be able to purchase and use these items.

Student lunches and snacks from home

Offences relating to the ban do not apply to private or domestic activities at home, e.g. individual families' decisions about lunch packaging. The intention of the government's new regulations is to remove these items from the supply chain prior to reaching the customer.

Road Safety

At this time of year it is important to remind our students of the importance of road safety. It is important that students are encouraged to use pedestrian crossings where available and to obey boom gates, especially around train lines. Roads are dangerous places and the rules and expectations around proper behaviour are designed to ensure everyone is safe. The College appreciates your support in this matter.



College Council Nominations:

Nominations are now open for parents to join the College Council for 2023-2024. Parent membership is important in encouraging a diversity of viewpoints and skills that contribute to this direction.

If you would like a nomination form, please email Karen Carden in the Administration Office
kcarden@ringwoodsc.vic.edu.au

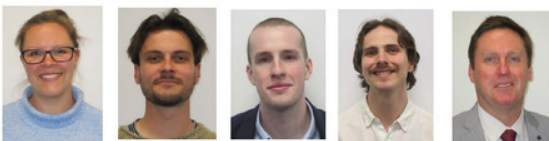
Nominations close Friday 3rd March - Please join!

Rosina Fotia

Principal

NEW STAFF AND COORDINATOR TEAMS FOR 2023

New Staff for 2023



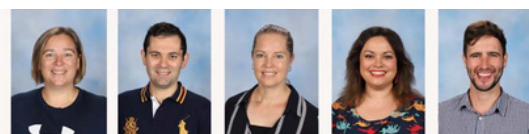
Sarah Blaney Jack Burkitt Riley Gee Sam Glover Tony Stirling



Veronica Fong Nathanael Wenger Charles Yim Stoen Krynauf Abbie Ingham-Dowsing



Jason Kilby Jedda Mahler Rhett Jordan Gary Year William Wall



Kathryn Mahoney Junior School Leader
Anthony Del Sureto 7A - 7F
Gemma Bishop 7G - 7L
Jacqui Godfrey 8A - 8E
Chris Taylor 8F - 8K

MIDDLE SCHOOL TEAM



Rhett Jordan Middle School Leader
Samantha Woollard 9A - 9F
Hannah Wertheim 9G - 9K
Marissa Lee 10A - 10F
Eric Yeap 10G - 10K

SENIOR SCHOOL TEAM



Matt Tucker Senior School
Emma Tawa 11 A - L
Kelleigh Lamb 11 M - Z
Lucy Moore 12 A - L
Olivia Winczura 12 M - Z

FROM THE ASSISTANT PRINCIPALS

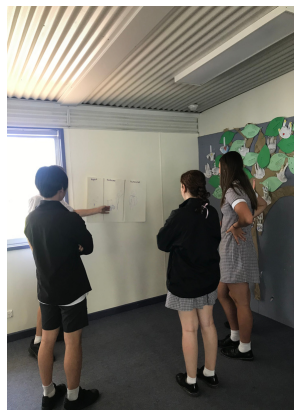


From Mrs Stathatos

The Middle School program has begun successfully with InterGREAT, BOUNCE, VET and student subject choices providing a varied diet to whet the middle school appetite.

It was a pleasure to address students in year level assemblies and more broadly, at the whole school assembly this week and outline our new College Values: Respect, Resilience and Achievement. Expectations around positive behaviours associated with our values are high as we work purposefully and strategically to embed them into our daily working lives. The emphasis on wearing the College uniform correctly is being heeded so is the message of being on time and ready to learn. I am happy to chat to students at recess and lunchtime as they relax from the rigours of academic study and build rapport which is the foundation of positive relationships.

Year 9 students have begun their personal project planning in InterGREAT, while in BOUNCE Year 10 students have explored Resilience and Positive Emotions. In one of the activities this week, a mood lifter for everyone in class was to turn up the volume of their device and watch a clip of the unbridled laughter of babies. Students identified connections to what lifts their moods and to build and bridge such positivity across aspects of their lives. It is also terrific to see the organisational skills of students undertaking VET studies as they travel offsite to other institutions, while students undertaking VCE Units 1&2 have settled into their chosen studies and are meeting demands. All in all, students have settled into the academic program well.



The whole school assembly provided the opportunity to introduce students to the co-curricular program that the College offers. It is vast and varied, encouraging social interaction, physical exertion, team work, connectedness and enjoyment. The Daily Dispatch which is published every day outlines the programs offered and we encourage every Middle School student to find their passion and join in a sporting team, music and performing arts or the various clubs that take place at lunchtime.

Congratulations to the following Middle School students who have undertaken leadership positions as Year level leaders and House Captains. We look forward to working with you: Scarlett Crowley, Ashlee Methven, Ella Hulbert, Lani Quick-Buccella, Brodie Llewellyn, Ambrielle Glagovs, Miranda Solidaga, Nils Garst.

Eleni Stathatos

Assistant Principal



From Ms Fedrizzi

2023 has seen students settle quickly into energetic classrooms and powerful work. The work completed by all teachers in crafting carefully structured lessons and units has helped the school buzz with learning.

With a focus this semester on differentiating work for students, teachers have been using a variety of data to better understand students' learning needs and supporting each other to create different learning experiences for our students. This focus will help staff teams review and evaluate their teaching and learning programs and help students be more active in their learning. The best learning happens when every student is stretched enough because when facing achievable challenges, students can see their capacity grow and this is infectious and exciting. With NAPLAN moved to March, we are hoping to have results earlier so we can use the information more quickly to build students' learning growth.

Our curriculum teams are looking to review Ringwood's assessment and reporting processes this year and we would like to have some parent perspectives too. If you are interested, in being involved please complete this form by the 10th of March.

[CLICK HERE](#)

In Junior School, our Year 7 cohort are busy helping each other to get to the right room at the right time while wearing the right uniform! So wonderful to see their respect for each other and the College exemplified in what they wear and how they behave. The Year 8s have settled into new subjects and I hope that the Food Studies skills have transferred at home with some exciting new menu items on our dinner tables! The lunchtime activities are back with many students connecting across different classes and finding new friends and new talents.

On March 23rd our first Parent Connect session for the year will focus on our refugee families and support them in navigating Compass. This is something we have long wanted to do and I thank Lucy Moore and Foundation House for their work in helping this happen. As an early reminder, we have progress reports happening soon to prepare for Parent Student Teacher interviews on the 5th and 6th of April. The Wednesday will be a face-to-face interview and Thursday will be on-line. More details will be provided closer to the event.

Agatha Fedrizzi
Assistant Principal



From Mr Stirling

Congratulations to our Senior School Year 11 and 12 students and our dedicated Senior Sub-school team for making such a positive and successful start to the 2023 academic year. Being new to the College this year and due to my role working with the Senior Sub-school team, I was introduced to the Year 11 and 12 students during their first day of school.

The main message of my first speech to the students was that they need to ensure that they take advantage of the opportunities available at Ringwood Secondary College.

Since joining the College, I have been overwhelmed by the commitment and motivation of the leadership and teaching staff at the College to promote student wellbeing and the opportunity for students to succeed as learners.

I also spoke about the significance of the name of the College's Senior School building Yanna Mudjirr which is Wurundjeri for the term Stepping Stones.

The name of the wonderful Senior School building shows our respect for First Nations People and recognises their continuing custodianship of the land, and also highlights to our students the significance of their final years of secondary school.

The last two years of secondary education is where students really begin to reach out into the wider world and their studies are about stepping into the next phase of their lives, whether that be higher education and/or work.

I look forward to working with and seeing our students strive to do their very best this year in the effort to continually develop the skills and knowledge to successfully transition to their next stepping stone.

Tony Stirling
Acting Assistant Principal

FROM THE OFFICE

NAPLAN

(National Assessment Program – Literacy and Numeracy) testing commences on the 15th of March to 27th of March. The NAPLAN testing assesses literacy and numeracy skills that are essential for every child to progress through school and life. Students in Years 3, 5, 7 and 9 participate in the annual NAPLAN tests in reading, writing, language conventions (spelling, grammar and punctuation) and numeracy.

The tests provide parents and schools with an understanding of how individual students are performing at the time of the tests. NAPLAN tests are just one aspect of a school's assessment and reporting process; they do not replace ongoing assessments made by teachers about student performance.

NAPLAN tests also provide schools, education authorities and governments with information about how education programs are working and whether young Australians are meeting important educational outcomes in literacy and numeracy.

If you have any further questions regarding NAPLAN please visit the following link:

[CLICK HERE](#)

or contact Jason Kilby via email:
jkilby@ringwoodsc.vic.edu.au

Jason Kilby

Data, Assessment and Reporting Leader

UNIFORM

PSW now have in stock the new V Neck Jumpers



COLLEGE PHOTOS - MON. 27TH FEB

College photos will take place on Monday 27th of February. Please note all students are to have a photo taken, and are required to wear the summer uniform. Students who have PE are to change into the summer top for the photo. VCE students will have their photos taken before school, at recess or at lunchtime. Ordering happens through COMPASS. For details, please see Compass Newsfeed



FACILITIES AND OH & S

A warm welcome to Mr Godfrey who has joined the Facilities team for 2023. His immense experience and unique skills will be a wonderful asset to the College into the future.

The Christmas holidays provided the perfect platform for many important jobs around the College. Here is a summary of recent works.

- 500s Improvements-New table tops, Apple TVs on all projectors and centralising of projectors
- Freezer/Oven repairs-All Food Technology ovens were serviced and repaired
- Painting-several buildings/porches-The Junior School, Senior School and 500s received a lick of paint to keep them in pristine condition. In addition, the ramps around portables were painted.
- Cave ceiling-Half of the cave ceiling has been replaced with timber lining and painted
- Servicing A/C plants/Repairs-All major air conditioning units received a service
- Oval works and fencing-The oval has been verti-drilled and fertilised.

OH & S

- Fire Services, Test/Tagging, Exits/Emerg lights-all checked
- Step edges-we have painted several nosings on external steps
- Servicing Lifts, Hoist-all serviced
- Arborist inspection-all trees in the College had a safety check
- Room inspections/Asbestos checks

Chris Salisbury

Facilities Manager

RSC HERITAGE & ALUMNI GROUP

History Snippet from our Archives.

This College started in 1954 under the guidance of its first Headmaster, James R Bennett, who was responsible for developing the new Ringwood High School and recruiting the staff members.

On the first school day of 1954, the first Ringwood High School assembly was held in a scout hall in Croydon, where Mr Bennett addressed 256 students of Forms 1 and 2. He talked about his aims for the school and how it would become part of the wider Ringwood community.

He retired in May of 1958, at the end of Term 1 and was presented with a pen and ink sketch of the original school building drawn by artist, Harry Hudson from Warrandyte, who was working as an art teacher at Ringwood High School.

In 2017 the Heritage and Alumni Group members searched for descendants of Mr Bennett so that they could induct him into RSC Heritage Hall of Fame posthumously, in recognition of establishing the new Ringwood High School. Finding his family members after such a long time was difficult, and after much help from past students and a lot of luck, we located his two grand-daughters in Regional Victoria who were invited to receive this award on his behalf, recognising the inaugural Headmaster of the school.

When they visited the College during Education Week, on 24th May 2017 to receive the award, they also returned the sketch, telling us that the family had enjoyed having the sketch for so many years, but its rightful place is in the school and they donated it to Ringwood Secondary College for display as a reminder of RHS's early days.

On the same day, Michael Phillips was recognised for completing 20 years' service at RSC. He retired in 2021, after serving almost 25 years as Principal of RSC.

*Harry Hudson (1907-1974) is recognised as a very important artist and having an original work by him at RSC is another milestone in the long history of this College.

This year, 2023, is the beginning of the 70th Year of this college and this committee is planning a celebration to take place in March 2024, by highlighting that long and interesting history with various presentations and displays showcasing those 70 years. Discover RSC's early history in March 2024.

Barry Ring (Convenor)

RSC Heritage and Alumni Group

*Harry Hudson – Reference

CLICK HERE



SUB SCHOOLS

JUNIOR SCHOOL

Start Up Program

Congratulations to all of our Junior School students who have shown excellent resilience and perseverance as they navigate the start of the school year. Our Year 7's have started smoothly and confidently; navigating the new daily routines of lockers, classrooms and reading timetables. We couldn't be more proud of the start they have had. Thank you to our Year 8 leaders who came to help the new Year 7's on their first day of secondary school. Both the teachers and students were grateful for your expertise.



Leadership

I would like to congratulate the 2023 Junior School leaders on gaining their position in our leadership program. They have eagerly begun our lunchtime clubs program and will begin school tours very shortly. We look forward to watching you become great ambassadors for our College.

Year 7 leaders

Emi Matsuzaki	Alona George	Joel Murdoch
Marcus Ko	Tiffany Kho	Will Hulbert
Ryan Lee	David Bruem	Chloe Metz
Trinity Rose	Chevonne Munro	Marten Garst
Sophie Leggatt	Harrison Tasca	Mikayla Frogley
Seth Jorna	Yvere Dwight	Neha Lijo
Isabel Wheeler	Savannah Rose	

Year 8 leaders

Prithika Saxena	Trevin Tirikawala	Shlok Patel
Sabine Uren	Riley Vincent	Aeon Yu
Jesse Wang	Lily Crossman	Molly Stone
Adelaide Mageean	Ella Baum	Esra Marsh
Arjun Parikh	Bailey Miles	Florence Bradley
Lila Franklin	Lucy Sutton	Tanvi Nambiar
Eshita Saini	Kavin Prabhuchandar	
Linh Pham	Madelyn McCullough	
Matilda Holt Gonzales		

College Swimming Carnival

Congratulations to our Junior School students for attending and participating in the College Swimming Carnival with great enthusiasm. There were many dressed up students and lots of smiles of everyone's faces. The cheers for the swimmers were very appreciated. Congratulations to all the swimmers for their achievements on the day.



Lunchtime Clubs

Clubs are underway and we encourage all of our students to come along, have some fun and meet some new friends.

Monday –

Chill out club
Ringwood activities for disability

Tuesday –

Chess club

Wednesday –

Breakfast club (before school)
Art Club
Kahoot Club

Thursday –

Board games
Dungeons & Dragons (after school)

Friday –

Just dance club
Minecraft
French & Indonesian club

Age Group Champions

Under 13 Girls

Amy Methven

Under 14 Girls

Lucy Doyle

Under 13 Boys

Byron Geng

Under 14 Boys

Joel Murdoch

The following students have been chosen to represent the College at the District Swimming Competition on Monday 6th March.

We wish you all the best.

Emi Matsuzakii

Jayden Kapoor

Liam Hastings

Kai Kornhoffer

Noah Ananiadis

Amy Methven

Lucy Doyle

William Hulbert

Joel Murdoch

Byron Geng

Isaac Downie

Mackenzie Clarke

Haylee Elliot

Rebekah Lim Spong

Year 7 Camp

We are going to Camp Weekaway

- Monday 6th March to Friday 10th March
- 7A – 7F Monday 6th March – Wednesday 8th March
- 7G – 7L Wednesday 8th March to Friday 10th March
- You need to be at school by 8.30am to depart and will return back at school at 3pm.
Meet in the Junior School building
- You will be in cabins with approximately 8 students
- You will be in activity groups of 15 students from your home group
- Medical forms are now overdue, without them your child cannot attend

Activities you will be doing:

Canoeing

Ball Games

Bingo

Yabbing

Flying Fox

Archery

Ropes Course

Camp Fire

Raft Building

Cooking

Maze

Night Walk

Reminder – social media

Just a quick reminder that students are not allowed to have a social media account with RSC in its name or photos of students in school uniform. We strongly advise parents to check their child's accounts to ensure this is the case. Students should not have a social media account if they are under the age of 13.

Kathryn Mahoney

Junior Sub School Leader

MIDDLE SCHOOL



What a great start to 2023 we have had in Middle School! My name is Rhett Jordon and I would like to introduce myself as the new Head of Middle School. It has been great getting to know the team and begin working with all of the Middle School students at Ringwood Secondary College.

We have had a really positive start to the year with assemblies being run, InterGREAT having some guest speakers and beginning their excursions, BOUNCE program looking into our new school values, VET student getting a taste of their alternate learning pathway and those students undertaking an advanced placement subject at VCE already getting into their first formal assessments. Students have settled really positively into their new lockers and spaces.

It was also great to see so many of our Middle School students at the Swimming Carnival both participating in events and cheering for their peers. We are all really looking forward to their continued involvement in the upcoming Cross Country and Athletics Carnivals along with some Interschool Sport teams going out next week. We wish all teams competing the best of luck!

Lastly just a reminder that some lunchtime clubs/activities are starting to happen including Miss Lee's Running/Walking Club, so if you want to get involved come see us or if you want to get a new lunchtime club/activity up and running then reach out and we are keen to help you with this!

Lets keep this great start to the year going while I will be looking forward to seeing and hearing so many more positive things to come from our Middle School group!

Rhett Jordon

Middle Sub School Leader

SENIOR SCHOOL



The 2023 school year is now well underway! Our Year 12 students began the year with their Masterclass Day. The day provided students with opportunities to connect and focus as they embark on their senior year.

Some highlights from the day included a presentation delivered by Mike Rolls centred around resilience and overcoming challenges, along with being provided with study insights and advice. A specific session delivered by Wheel Talk for our VCE-VM focused on teamwork and leadership. It was also great to hear tips and advice from past VCE & VCAL students reflecting on their experiences as previous Year 12 students.



Since the beginning of term, VCE students have been showing great focus and commitment in their learning. Many subjects have already had students completing necessary Learning Outcomes, with many approaching their first School Based Assessments for 2023.

I encourage all students to apply themselves both in the classroom and during their study periods to the best of their ability to have a successful beginning in their Unit 1 and Unit 3 studies.

Matt Tucker
Senior Sub School Leader



BREAKING BARRIERS FITNESS COACHING



MONDAY	9:30am-10:30am 10:30am-11:30am	Street Smart Martial Arts Complete Body Burner
	6:30pm-7:30pm 7:30pm-8:30pm	Street Smart Martial Arts Complete Body Burner
TUESDAY	9:30am-10:30am 10:30am-11:30am	Street Smart Martial Arts Complete Body Burner
	6:30pm-7:30pm 7:30pm-8:15pm	Street Smart Martial Arts Recovery Stretch and Foam Rolling
WEDNESDAY	7:00pm-8:00pm	Street Smart Martial Arts
THURSDAY	9:30am-10:30am 10:30am-11:30am	Street Smart Martial Arts Recovery Workout
FRIDAY	9:00am-9:30am	Online Express

PERSONAL TRAINING BY APPOINTMENT
Kickboxing/Boxing
Strength and Conditioning
Sports Specific Conditioning
Injury Rehabilitation
Strength and Mobility
Small Group
Sports Team Specific

32 Sydney Road, Baywater (Fright Millis Academy)
PH: 0409 535 940 | @breakingbarriersfc



Our signature class draws from several martial arts in order to create a real world applicable skill set.

Whether your focus is on fitness, technique or a combination of both you will walk out of each class feeling strong, confident and challenged.

Suitable for everyone from the absolute beginner to those with years of experience, our students work as a team encouraging and supporting all abilities.



Constantly changing you won't ever get bored in this class...

Whether you are wanting to complement your Street Smart training or are looking for a stand alone fitness class this session is for you.

All abilities are welcome and this class caters for pre and post natal clients as well as all ages.

Modifications are provided for low impact, diastasis recti and injury management.



If you are struggling to fit a workout into your busy schedule this is for you...

This 30 minute non stop session is all about convenience. No travel time, no petrol - you don't even need to shower!

30 minutes will fly by after you log on, get sweaty, log off and get on with your day.

If you have some dumbbells that's fantastic but body weight options are also provided. Low impact and safe core options provided.

You don't need a big space - just a screen and the internet.

RECOVERY WORKOUT

This specific format class is all about helping your body recover after some harder sessions during the week.

A slower paced class focussing on movement patterns and strength will send you into the weekend feeling strong and mobile.



Utilising Foam Rollers, Trigger Point Balls and good old fashioned stretching this class is all about helping your body recover.

An important part of a well rounded approach to your training this class is designed to help you stretch and release sore muscles.

A great addition to your training schedule or a stand alone class for sore bodies.



CAREERS

It is with great excitement that I share our Class of 2022 Destination Data with you. The Class of 2022 have done an outstanding job at securing their pathway beyond Year 12.

Some key stats:

143 out of 145 students seeking further education received an offer.

45 students opted for an unscored pathway.

40 students opted for employment as their pathway, seeking time off from studies or pursuing their career path via employment.

2022 median study score: 30

2022 median ATAR: 70.47

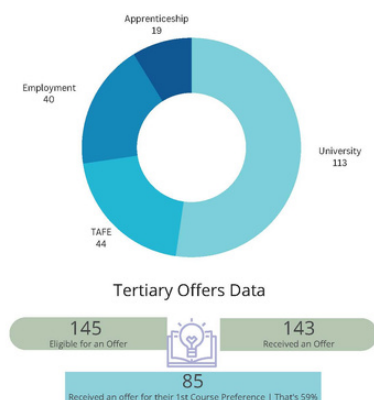
Percentage of satisfactory completion VCE & VCAL: 96%

Nilly Banai

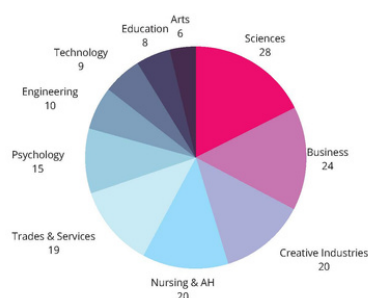
Lead Careers Practitioner

Pathway Distribution Data

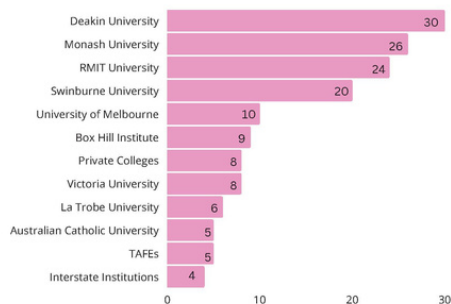
The college is extremely proud of every student who has successfully completed year 12 and transitioned into their desired pathway. The Class of 2022 pathways data illustrates desired pathways to STEM degrees, trades apprenticeships, and employment within retail and hospitality, which correlate with current in demand industries.



Field of study Data



Institution Data



Employment Pathways Data

40 students opted for Employment as their pathway for 2023.

These students either opted to work full time as their pathway, or take a gap year to work and focus on exploring their pathway options



19 students successfully attained an apprenticeship or traineeship. Top 5 popular fields include:



SPORTS

2023 RINGWOOD SWIMMING

On the 3rd of February students and staff made their way down to Aqua Nation to participate in the House Swimming Carnival, the first one we have held since 2019! It was great to see students participating in a range of swimming events as well as the novelty events which were a favourite amongst the students.

Accessibility to the water slides was also a bonus, students were constantly walking around asking for a stamp as their ticket to the waterslides.

In 4th place on 380 points was Mabo. In 3rd place on 437 points was Jackman. In 2nd place on 527 points was Freeman. The winner of the 2023 Ringwood Swimming Carnival was Frazer on 755 points!

I would like to make a special mention to the following students who are our 2023 swimming age group champions:

Girls:

13 Yr Girls: Amy M
14 Yr Girls: Lucy D
15 Yr Girls: Elise M
16 Yr Girls: Emily D
17 Yr Girls: Betty G
20 Yr Girls: Keiley P & Rory B

Boys:

13 Yr Boys: Byron G
14 Yr Boys: Joel M
15 Yr Boys: Korbyn Q
16 Yr Boys: Bryan W
17 Yr Boys: Bardia B
20 Yr Boys: Luke B



I would like to thank all staff members who helped on the day, whether that be helping set up, having a specific role or just guiding students to where they need to be. Your help made the day a lot easier. Massive shoutout to Mr Ingleton who was in charge of running the carnival, you were superb. Congratulations to everyone that participated and all the best to the students who will be competing at Division Swimming on the 6th of March!

Overall, it was an enjoyable and successful day!

Jai Edwards
Sports Intern

MUSIC

Welcome back to all RSC musicians and well done to all Stage Bands and Senior Choir for starting the year off with their day camps, during the first 2 weekends of Term 1, in preparation for Generations in Jazz held at Mt Gambier early next term. All rehearsals have commenced for the year, and it has been great to see so many enthusiastic and positive musicians around the PAC.

Year 7 tryouts have been completed and we invite all Year 7's to consider taking up an instrument.

Learning a musical instrument is a wonderful skill for any child but did you know that research shows how learning music can help your child in SO MANY OTHER WAYS:

- Improved reasoning capacity and problem-solving skills
- Improved maths and language performance
- Better memory
- Greater social and team skills

As mentioned at the Year 7 Information Night, last term, learning music is great for the brain. Every part of the brain is used when playing a musical instrument and the improvements occur from the very beginning.

Why should your child do music? Please see the links below for all the wonderful reasons why your child should learn a musical instrument:

[How playing an instrument benefits your brain - Anita Collins](#)

[CLICK HERE](#)

[CLICK HERE](#)

[Don't Stop the Music: Russell Torrance interviews Dr Anita Collins:](#)

[CLICK HERE](#)

Learning music can make a difference for your child!

Any Year 8 - 12 students who wish to join the program, please see us in the PAC office as soon as possible. It's never too late to start learning a musical instrument or join one of our many ensembles.

Our Music Association needs your help!

The Music Association is looking for new members in 2023. It really is a great way to become part of your child's journey through the music program, to meet other parents and to find out a little more about what happens behind the scenes at the College.

The Music Association is a parent group, which actively supports the Music Program by assisting with front of house at concerts, music events and fundraising to purchase much needed instruments (the ones that are too expensive for families to buy) and equipment. They have a longstanding place in the history of the College and want to ensure that they remain viable long into the future. The committee meets approximately twice per term on a Monday evening, mostly via Zoom. Their final "meeting" for the year is a social dinner in late November or early December.

Please feel free to contact the Music Association's President, Fiona Turner via email, fiona_turner@live.com.au if you would like to find out more about the RSC Music Association you are most welcome to attend our next meeting .

The RSC Music Association would love to hear from you.

Janine Pero

Director of
Instrumental Music

**YR 7
RECRUITMENT
NIGHT**

27 FEB 23

RSC HALL



7PM

Don't miss this
opportunity to start
learning an instrument!

CONCERT & DEMONSTRATIONS
FOLLOWED BY TRYOUTS • Q&A



WELLBEING

Mental Health Carnival

This year's carnival is on Monday the 20th of March 2023 and the theme is 'shine bright like a diamond'. We are hoping both students and staff will get involved by wearing bright colours, sparkles, glitter and all things shiny! It should be an amazing day for the student and staff community to get involved in raising awareness for mental health and reducing stigma.

On the day, there will be a dress up competition, activities, stalls, games, food trucks and more. Remember to bring cash (no eftpos facilities available) and look out for further updates as the day gets closer.

Wellbeing Prefect, Rebecca Poole will be providing more information to students in upcoming year level assemblies about the day. We hope to encourage all students and staff to get involved and join in the fun!

Webinars for parents and carers | eSafety Commissioner

Join one of our free webinars for parents and carers to learn the latest strategies for helping children stay safer online.

eSafety 101: how eSafety can help you (Mar)

For parents and carers of young people in primary and secondary school

Setting your child up for success online (Feb & Mar)

For parents and carers of young people in primary school

Getting the most out of gaming (Mar)

For parents and carers of children aged 7 to 14

Navigating online friendships (Feb & Mar)

For parents and carers of young people in secondary school

Further information on registering can be found at:

www.esafety.gov.au

[CLICK HERE](#)



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JAZZ AT THE LAKE
ALL DAY Sun 26 Feb 2023
11am-8:30pm

Free community event - Ringwood Lake

Bob Sedergreen SHIRAZZ & friends DR BIG Jazz Connection
Michelle BAND Pippa Wilson
Niccole Quartet & Jazz Notes
CAUGHT IN THE ACT! Jess's Jazz Combo

BYO chair or rug
picnic, FRIENDS
Coffee • BBQ • Desserts
Community groups

Program and info:
jazznotes.net.au

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