

RINGWOOD SECONDARY COLLEGE NEWSLETTER



UPCOMING EVENTS

5 April **STUDENTS DISMISSED 1.15PM**
LAST DAY OF CLASSES OF TERM 1

Parent Teacher Student Interviews
- Face to Face: 3pm-7pm

6 April **STUDENT FREE DAY**
Parent Teacher Student Interviews
- Virtual: 10 am - 1pm

24 April **STUDENT FREE - Curriculum Day**
25 April **STUDENT FREE - ANZAC DAY**
26 April **SCHOOL RETURNS - Term 2 8.50am**
5 May **Athletics Carnival**
9 May **College Open Night**



PRINCIPAL TEAM



FROM THE PRINCIPAL



Learning Focus:

The most recent few weeks have been very busy for both staff and students. Students in Years 7 and 9 are currently in the final stages of completing their 2023 NAPLAN. This year NAPLAN has been brought forward to March and it is anticipated the College will be able to access data much earlier than normal.

Staff are well into their professional learning focus for the year. This semester the focus is on “data as a driver for differentiation” (one of our AIP priorities). Staff have completed three sessions so far and have now identified key students in their class that they will collect data on in preparation for ensuring their program delivery meets the needs of all students.

Parent Teacher Interviews and Progress Reports

Progress reports are now visible on the Compass Portal. These reports provide families with a snapshot of their child’s progress at this stage of the year. These reports are supplemented with access to parent student teacher conferences.

Bookings for these are made through Compass. Interviews will be conducted at the school on **Wednesday 5th April** from 3:00 pm to 7:00 pm and online (using Webex) from 10:00 am to 1:00 pm on **Thursday 6th April**. Some part-time staff are only available on one day.

To facilitate these interviews, Term one classes will end at 1:15 pm on Wednesday April 5th.

Term two resumes for students on Wednesday April 26.

LXRP update

Night works in the rail corridor around the Bedford Road level crossing have begun. This information has been updated and sent to families via newsfeed. Nightworks have been scheduled from April 3. Parents are encouraged to be extra vigilant when dropping off and collecting students in and around the removal works.

Year 7 Camp

Congratulations to the team involved in the organisation and execution of the Year 7 camp. By all accounts the camps were a huge success, 96% of the cohort attended and engaged in a wonderful array of team building and outdoor activities. A fantastic inclusion to the Transition Program here at the College. Well done to Kathryn Mahoney and her team for all their commitment, care and work.

Mental Health Carnival

The RSC Wellbeing team MENTAL HEALTH CARNIVAL was held this month and coincided with the International Day of Happiness. This year’s theme was “Shine Bright Like a Diamond.” Staff and students were encouraged to create a sea of glitz, glam, sparkles and bright colours. The carnival is about generating student and staff connection, reducing stigma around mental health, linking students in with local services and most importantly, having fun! This year the day involved a variety of activities, games, stalls, food trucks, music and fun. A fun and energising day was had by all. Congratulations to Ms Collett and her organising team.

Visitors from Hong Kong.

On Monday March 20, the College played host to a delegation of principals and leaders from Hong Kong. The aim of the visit was for the team to discover more about our 'Bounce' program and our focus on positive Psychology education that aims to develop staff and student self-awareness and resilience. Time was also dedicated to sharing our knowledge and experiences around secondary schooling in both locations. Thank you to Kati Recinos and Karly Horton for their work in this area.

Absences add up!

Missing just 2 days a month means a child misses 10% of the school year.



Encouraging regular school attendance is one of the most powerful ways you can prepare your child for success—both in school and in life. When you make school attendance a priority, you help your child get better learning outcomes, develop healthy life habits, avoid dangerous behavior and have a better chance of graduating from high school and transitioning to further study, traineeships or full time employment.

When students are absent for fewer days, their results and reading skills often improve—even among those students who are struggling in school. Students who attend school regularly also feel more connected to their community, develop important social skills and friendships.

If you are having difficulty getting your child to school and would like some support, please do not hesitate to contact the school on 9870 2002.

Car Show

The annual car show was held on Friday March 17. This event was organised by the chaplaincy committee and aims to raise funds to support the Chaplaincy Program. Sponsored by Ringwood Training, the event attracted owners of cars and motor bikes of various makes and models but more importantly it allowed people with common passion and interests to come together for a valuable cause. Thanks must be extended to the organising committee.



Rosina Fotia
Principal

FROM THE ASSISTANT PRINCIPALS



From Mrs Stathatos

It was terrific to address Year 10 students at our recent assembly. Their respect for the speakers in front of them, teachers and student leaders alike, was evident in the way they listened and in the way they supported and encouraged their peers who accepted leadership positions at this year level. Well done to all students.

Teachers at Year 9 are creating a positive culture of challenge as they provide students in InterGREAT with opportunities for personal growth and reflection. The Personal Projects of Year 9 students are developing well and there are some very exciting, challenging and fun projects on the go.

As Progress Reports are being undertaken, you will find that key behaviours in your child's learning will be highlighted which can then be advanced through conversations at the upcoming Parent Teacher Student Conferences. Our Positive Learning Behaviours are aligned to our RSC Values: Respect, Resilience, Achievement. It is the expectation that all students display these behaviours in their learning.

There has been a fair amount of work streamlining processes amongst the three sub-schools to provide consistency of practice and expectation. One of these areas is the Behaviour Management Model which was introduced this year to align with our new school values and to ensure that we have active and productive classrooms.

An integral part of the model is the concerted effort on building rapport between teachers and students and the restorative conversations that follow any breaches.

Posters of the Behaviour Management Model will sit alongside the GANAG Instructional Model and the Positive Learning Behaviours in classrooms for a comprehensive outline of the standards around Teaching and Learning and Behaviour Management at the College.



Universities are continuing to ask our College for Pre-service teacher placements and we are fortunate to have Jenelle Carter as an intern for this term. Jenelle's methods are double maths and she is enjoying the classroom environment, having come from a law background in her professional life prior to education. Pre-service teachers and interns are provided with mentoring from our expert staff and university staff.

It was a great privilege to be invited to present ribbons to our swimmers at the recent Regional Swimming Sports early this month. Records were broken and while all student swimmers from the region are to be congratulated for their participation, Ringwood Secondary College swimmers fielded a very strong team and performed superbly. I am looking forward to strong participation from students and the opportunity to present ribbons at the upcoming Cross Country.

The Department of Education is providing professional learning to staff in schools on the Mental Health Planning Tool. This professional learning is designed for school leaders and school staff involved in mental health planning to use the tool to understand student needs and make the best decisions around the Schools Mental Health fund. Members of our Wellbeing team are undertaking this PL and along with the work on the new Disability Inclusion Profile, our Wellbeing office is busy and buzzing with activities and strategies supporting students and families.

Strategy	What this means	How this is shown
1. Build relationships with students	A positive teacher-student relationship plays an important role in student wellbeing and forms a foundation for effective teaching and learning. Teachers can build relationships with authentic efforts to get to know their students and their needs.	Show genuine care and respect to students. Help students solve problems and take time to help them learn. Provide students with choice, empowerment and responsibility.
2. Facilitate peer relationships	Peer relationships contribute to student wellbeing. Teachers can foster positive relationships by promoting acceptance and respect in their classrooms and provide opportunities for students to develop connections with peers.	Provide a safe space for students to develop connections with their peers. Understand differences among students and how that may affect their interactions. Model and explicitly teach social and emotional skills.
3. Establish and maintain clear classroom expectations	Teachers clearly and consistently communicate and reinforce classroom expectations and consequences to students, that are consistent with the school wide approach. Teachers model, expect and reinforce respectful behaviour. Consistent classroom expectations can be implemented in a way that is complementary to reasonable adjustments.	Discuss expectations with students and seek their input. Create a sense of order and predictability in a classroom. Uses proportionate and non-punitive responses when expectations are not met.
4. Support Inclusion and Belonging	Teachers promote acceptance, celebrate the diversity of students and their families, and develop students' capacity to respect and include others. They support all students to learn and thrive in their classrooms. They are aware of, and reflect on, their own cultures and biases. They do not attempt to minimise or dismiss inequalities and inequities.	Ensure students feel valued, accepted, safe and comfortable in the classroom. Learn from students and about their lived experience and promote an understanding of multiple and diverse perspectives. Respond swiftly and effectively to language and behaviour that is discriminatory, offensive or demeaning to others.
5. Foster student self-efficacy	Self-efficacy involves students having positive beliefs about their capabilities. Teachers foster self-efficacy by encouraging students to persist and providing feedback. Teachers can provide opportunities for students to experience success.	Encourage students to try their best and celebrate all achievements. Set work and goals that are aligned with student abilities and consider each student's progress compared to their competencies. Hold high expectations for all students.
6. Engage students	Student engagement consists of cognitive, behavioural and emotional engagement in school. Teachers can engage students by having a good understanding of their students' needs and interests and highlighting the relevance of topics and skills to students.	Tailor tasks to student interests and capabilities. Provide a variety of meaningful and challenging ways for students to complete classwork and assessments. Ensure there are opportunities for students to work in pairs or groups and to contribute to each other's learning.
7. Promote coping strategies and facilitate referrals	Teachers help students to identify and use positive coping strategies, including help seeking. They notice changes in a student, inquire sensitively and facilitate referrals for students to their school's wellbeing team if needed.	Support students to identify personal emotional responses. Promote positive coping strategies. Notice changes in student demeanor or behavior and refer for more support if necessary.

Furthering the theme of student wellbeing, the Department of Education has recently released their High Impact Wellbeing Strategies (HIWS.) These strategies have been developed in partnership with Monash University and are practical, evidence based strategies that have demonstrated a significant and positive effect on student wellbeing. As a College, we will be exploring the strategies and refining our approaches to student wellbeing. The table below is a summary of the strategies and their suggested applications.

Eleni Stathatos
Assistant Principal



From Ms Fedrizzi

The school is buzzing with activity: Year 7 camp, Year 8 Yarra River field trips, Year 9 zoo excursions, NAPLAN, VCE SACs and sporting competitions at each year level have students involved in a variety of opportunities to challenge their mind and body.

So much work goes into creating and organising activities that is often unseen by students so I would very much like to publicly thank the staff for all the extra work they do everyday to create exciting learning for students at Ringwood Secondary College. So many students are also engaging directly to organise activities at lunchtime to help students connect across classes and to discover new friends and new talents.

At this time of year our attention turns to progress reports where students are encouraged to reflect on their attitude to learning. Learning is challenging and improvement can sometimes be very slow to occur. Students often can get frustrated or upset when they study but do not get the academic payoff quickly. Sometimes, the payoff can take months but with a targeted effort, making small changes consistently, improvement will happen. Staff use these positive learning behaviours in their lessons which helps students to be more active in their learning. When students zoom into these behaviours, they are taking greater control of their lives and that feels really powerful.

Parents are encouraged to have students alongside them in the interviews and noting what they can do to support those small habits that make a significant difference. Some habits to consider include:

- Completing a daily 5 - 10 minute review of the lessons, looking at what worked well and what still needs to be done
- Using a diary or planner to record due dates and plan work before due dates
- Making a comfortable and clear space for study without distractions
- Packing a bag each night after looking at the next day's compass schedule
- Reading notes aloud whilst exercising because it can help memory retention
- Making a regular bedtime and waking time with screen free 30 minutes before bedtime

Our first Parent Connect meeting this year focused on our refugee families and helping them access Compass. Our trio of interpreters worked hard in translating and helping parents be able to use Compass absence and daily schedules. I would like to thank Lucy Moore and her crew of translators who helped our community of teachers and parents connect to support our refugee students. Stay tuned for our next Parent Connect in mid Term 2.

Staff learning this term has focused on making learning accessible for a variety of students in every class. Every Monday has had our staff collaborating to extend their knowledge in this exciting field. Our 6 learning specialists, data leader, wellbeing team and professional learning leader have worked hard in creating a program that focuses our professional discussion on how to make small changes in classroom practice that help teachers connect with a greater variety of students and how they learn. On April 24th we will have Glenn Pearsall present to the staff on our student free day. We are looking forward to working with Glenn again to design engaging work that really stretches and supports all students.

I look forward to seeing families on Wednesday 5th at the College for the Parent-Student-Teacher interviews and wish our multicultural community best wishes for the many religious celebrations and observances of Ramadan, Easter, Naw Ruz and Rama Navani.

Agatha Fedrizzi
Assistant Principal





From Mr Stirling

Benefits of students getting enough sleep

Research by the Australian Institute of Family Studies shows that many young people are not getting enough sleep on school nights. The research shows a quarter of 12- to 15-year-olds and half of 16- to 17-year-olds are not getting enough sleep.

The recommended amount of time to sleep for teenagers is 8 to 10 hours. Not surprisingly, the research concludes that not getting enough sleep can affect a student's thinking, concentration, memory, and mood, thus also affecting their schooling.

Signs of not getting enough sleep can include:

- low mood and irritability during social interactions
- reluctance or arguing about getting off devices and going to bed
- falling asleep during the day
- difficulties waking up for school and sleeping in late on weekends to catch up
- changes to communicating or interacting at home.

Parents and carers can help their child to improve their sleep by:

- establishing a regular sleep pattern and consistent bedtime routine
- supporting them to avoid using electronic devices such as smartphones before going to bed and in bed
- encouraging your child to exercise and spend time outside in daylight, steering clear of vigorous activity in the hour before sleep
- encouraging them to wind down and relax before going to bed.

If a child is still having trouble sleeping, has persistent problems with low mood, excessive daytime sleepiness, restlessness in bed, severe snoring or wakening unrefreshed, despite getting adequate length sleep, they should see a doctor.

For more information on sleep health, you can refer to:

- Sleep tips for children and facts about sleep for parents and school staff, from the Sleep Health Foundation
- Why sleep is so important from the Kids Helpline's
- Sleep explained, from the Better Health Channel

Rosewarne Lane: Student drop off and pick up

There is significant pedestrian traffic crossing over Rosewarne Lane at the peak student drop off and pick up times. Families are reminded about the importance of safety and patience if using Rosewarne Lane. Drivers can be considerate by using the designated areas in the lane to turn vehicles around to exit.

Due to how busy the lane can be, families are strongly encouraged to drop off and pick up their children at a pre-arranged place other than Rosewarne Lane. This could be further down Bedford Road or getting students to cross over Bedford Road using one of the two traffic light pedestrian crossings.

The school thanks families for their cooperation in ensuring a safe environment for our students and other members of the local community.

Tony Stirling

Acting Assistant Principal

Ringwood Training



INTRODUCTION TO WELDING SHORT COURSE

This course is designed for beginners learning how to use a welder for DIY projects and Trades people brushing up on their welding skills

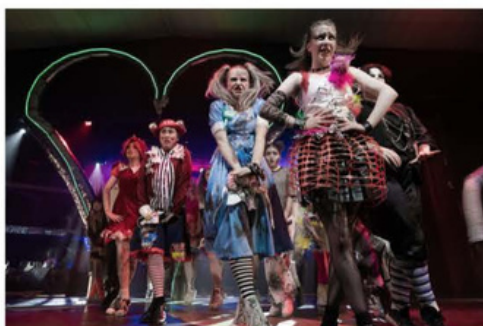
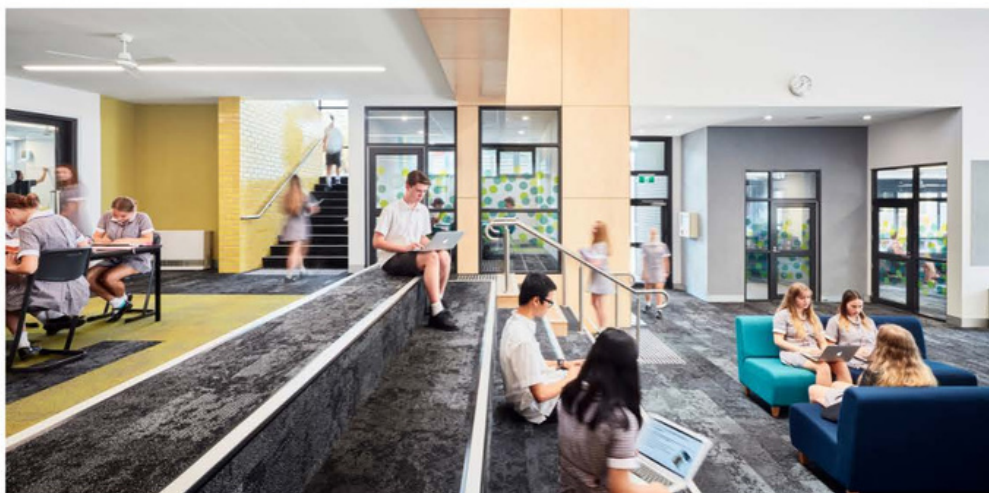
To register email admin@rt.vic.edu.au or call 03 9845 7560

DATES: 2, 9, 16, 23 May 2023
TIME: 6 - 9 PM
COST: \$420.00
LOCATION: 3 HILL ST, RINGWOOD EAST
SELECT FROM: ARC, MIG, TIG OR OXY



Required: Leather work boots, cotton drill full sleeve overalls and safety glasses

RINGWOOD SECONDARY COLLEGE



OPEN NIGHT

Discover the endless opportunities for your child

TUESDAY 9th MAY, 2023
4.30pm - 6.30pm

Information Session 1 in Hall @ 4.30pm
Information Session 2 in Hall @ 5.30pm

Guided tours run 4.30 - 6.30pm
Self Guided tours run 4.30 - 6.30pm

Register online www.ringwoodsc.vic.gov.au



FROM THE OFFICE

CSEF Applications

Applications for the CSEF (Camps Sport & Excursion Fund) are open and currently being processed. If you are a new family to the College who is eligible, or if you have recently become an eligible Health Care Card holder, please contact Linda Wheeler via email to request a form to be emailed to you.

Please also attach a copy of your Health Care Card (This can be a photo attached or a scan or your card)

If you claimed in 2022, this will have been automatically processed for you in 2023, and will be done ongoing each year your child attends RSC. There is no further action required. Please call the College when you wish to use your CSEF towards any Camp Sport or Excursion that appears on Compass which requires a payment.

Linda Wheeler
Accounts Receivable
lwheeler@ringwoodsc.vic.edu.au

Athletics Carnival - 5th May, 2023

The school's Athletics Carnival will be held on Friday 5 May at Proclamation Park, Ringwood.

Parents/carers and students will receive full details shortly.

Parent consent through **Compass will be required.**

Facilities

Thanks to all who attended our first Facilities Meeting of the year.

Recent activities

- Servicing of ovens and A/Cs
- Installation of Rooms 1-5 Sail
- Installation of carbon filters on Rooms 1-5
- Completion of fencing behind the hall and at the new grass entrance area



The STEM Centre is coming on in leaps and bounds. It really is looking great now the bricklaying is taking shape and the roofing is very close to being complete. Looking forward to completion around the end of July this year.



Chris Salisbury
Facilities Manager

AROUND THE SCHOOL

RSC HERITAGE & ALUMNI GROUP

Ringwood High School (RHS) opened in 1954, and when our inter-house sports started in that year, it wasn't long before students discovered the sporting abilities of their classmates. There were four houses initially called, Red, Blue, Yellow and Green. Later they were re-named using the Aboriginal words for their colours, the new names being Noorook, Woorkarrim, Karalla and Wooroa, respectively.

Our first inter-school competition was against Stawell High School in August 1955. Teams were formed and after many practice sessions the selected teams left for Stawell. No-one remembers who won, but for RHS the important thing was this was the first of many sporting outings; participating in sporting competitions against other schools in the area. In December 1955 there was a reciprocal visit from Stawell High School.

The range of sports played at school increased as the student population increased, now over 600 students in 1955. Another, 3-day sporting trip to Stawell was arranged in 1955. When other schools like ours opened in the area the competition between schools became more common, with pennants being awarded to winning schools.

As the years passed RHS proved to be quite successful at sporting competitions, bringing home many pennants which were displayed in the school to show which events they had won. When the name changed to Ringwood Secondary College (RSC) in 1991, now with 1060 students, it had a good sporting reputation. With an ever-increasing range of sporting activities available to encourage all students to play, RSC brought back many more pennants to the College inter-school sporting events.

The number of pennants increased as RSC proved to be formidable opponents over many years.

Those winning pennants were stored in the school archives. But sadly, there is no space to store them indefinitely, so in this digital age of sharing information, those pennants have been digitised, and their images added to the archives, which will be available for all to see on the RSC Heritage website. But what about the pennants?

At our Open Day on Saturday, 16th March 2024, those pennants will be given away to those who participated in those winning teams and to those who would just like to have a souvenir of the events in which they were earned. The pennants will be set out on tables at our Open Day in March 2024 and be there for the taking. Our gift to you from the Heritage and Alumni Group and RSC, sharing fond memories of those exciting times.

If you have family members or friends who were in the winning teams, please let them know of this offer, or make plans to collect pennants on their behalf.

Our 70th Anniversary celebrations will be held on Saturday 16th March 2024 at Ringwood Secondary College. There will be plenty of things to see on the day. This College has gathered a lot of history in those seventy years. Make a note of this date in your diary.

Barry Ring (Convenor)
RSC Heritage and Alumni Group

Year 12 - VCE Vocational Major



The Year 12 VCE-VM students wore a splash of orange to celebrate Harmony Day and raise awareness and money for Mutual Aid Myanmar. The money will help with shelter and food in Myanmar. They also handed out easter eggs as random acts of kindness. Great job everyone.

Ms Margellis
Yr 11 and 12 VCE-VM Personal Development Skills Teacher

SUB SCHOOLS

JUNIOR SCHOOL



Year 7 Camp

Week 6 saw 280 Year 7 students venture into the wilderness and spend time getting to know each other and challenging themselves in the great outdoors!

They enjoyed canoeing, raft making, damper cooking, flying fox, archery, yabbing and campfire singalongs with marshmallows, to name but a few! On behalf of all students, thank you to those staff who came along and ensured the camp ran smoothly.

Student reviews:

“One of my favourite things about camp was the modern cabins. My previous camp had really terrible cabins and to have a nice one this time definitely made me happier. I also loved their delicious food and activities. My favourite activity was definitely the flying fox. The staff was super nice and very helpful. It was also a great opportunity to make a lot of new friends which I did.”

“What I liked about being able to go to camp was that I was able to do fun activities with my friends and classmates. I experienced a lot of stuff that I haven’t done before like yabbing and roasting marshmallows. The best part of the camp that I really enjoyed would be the night time activities on the last night. We played games then went on a night walk with Mr Taylor on the lead and we were all sitting on the ground, listening to nature. Then we were roasting marshmallows and a few of my friends burnt theirs, which was pretty funny. I hope we have these opportunities again.”



Year 8 Geography Fieldwork Excursion

This week all Year 8 classes went to four points along the Yarra River to study the similarities and differences and how each section is used by industry, recreation and nature. The Year 8 ACE class even tested the water quality at each point. They went to Fisherman’s Bend in Port Melbourne, Dight’s Falls in Abbotsford, Wombat Bend in Templestowe and finished at Pound Bend in Warrandyte. It was a very fast paced day for all involved, but they have now gathered data first hand for their major fieldwork report assessment task. Well done, Year 8!

Mental Health Carnival

The annual Mental Health Carnival was held on Monday and boy did our Junior School students shine bright like diamonds! Dressed to suit the theme, Year 7s and Year 8s had a period each to enjoy all the carnival had to offer. Some of the things on offer were the many food stalls and food trucks, face painting, mosaic, down ball comp, dunk-the-teacher, local mental health providers and music! Thank you to Wellbeing for working hard to put on such a wonderful whole-school event!

NAPLAN

Year 7s showed their Resilience during weeks 7 and 8 when they participated in state-wide NAPLAN. 94% of students from Years 7 and 9 were present, which is a great achievement. Congratulations on your immaculate behaviour and maturity displayed.

Year 7 and 8 Round Robin Sport

Our Year 7 and 8s went out on Baseball, Cricket, Tennis and Volleyball over the last couple of weeks. We congratulate them for the respect and sportsmanship shown and wish the teams who are going through to the next round, the best of luck!

Kathryn Mahoney

Junior Sub School Leader

MIDDLE SCHOOL



Well done to all of our Middle School students for getting involved in some great events this month! We had plenty of teams out representing our school for Interschool Sport and plenty of success being achieved on these days also!

Our Year 9 InterGREAT program excursions have been going well with our students representing the school in great fashion when out in public. They have all shown such respect to our speakers and respect to the school when walking around the different parts of the CBD.



Also a big well done to all of those Year 9 students who have completed their NAPLAN testing for 2023 and did so in a positive manner to make the sessions run as smooth as possible

Our Year 10 students have been quite vigilant in their organising of Work Experience coming up next term and I encourage you all to try and find some placements or chat to Careers if you need further assistance.

Well done to all who dressed up and got involved in the Mental Health Carnival. It was an awesome day and was great to see students from the Middle School engage in the theme of 'Shine Bright Like A Diamond' this year.



I am looking forward to seeing our Middle School students running at the upcoming Cross Country Carnival on the 31st March and getting through to represent the College at the next level. We wish all student running the best of luck!

Again another reminder that some lunchtime clubs/activities are starting to happen, 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. We are keen to help you with this!

Rhett Jordon

Middle Sub School Leader

SENIOR SCHOOL



As we approach the end of Term 1, students across both Year 11 and 12 have been working steadily to achieve the best possible results in their school-based assessments.

The holiday break will not only provide students with an opportunity to relax, but also to complete any required work and reflect on how successful their current study habits have been.

I encourage students to identify where improvements can be made in their preparation for future assessments and how these can be effectively implemented upon return, for what will be another busy term.

A few weeks ago, we had the opportunity to formally introduce and acknowledge the Year 11 student leaders in front of their peers.

The staff look forward to working with these students within their different portfolios throughout 2023.

We also recently had the chance to invite selected students and families from the Class of 2022 back to the College to celebrate their accomplishment of obtaining an ATAR of 90 and above.

This required a great deal of commitment and resilience throughout last year, so it was fantastic to formally acknowledge their efforts and achievement in front of their families.



I wish all our Senior students and their families a great Easter break and look forward to their return for Term 2.

2023 Year 11 Student Leaders:

- Imogene P (Year Level & Philanthropy Leader)
- Mandana S (Year Level & Wellbeing Leader)
- Ciara W (House Captain – Frazer)
- Grace S (House Captain – Freeman)
- Chevina B (House Captain – Jackman)
- Jai L (House Captain – Jackman)
- Matthew R (Performing Arts)
- Mia G (Performing Arts)
- Caitlyn E (Dance)
- Taylor W (Sport)
- Hannah D (Sport)
- Isobel R (Environmental)

Matt Tucker

Senior Sub School Leader



SPORTS

DIVISION SWIMMING

On the 6th of March our RSC division swimming team made their way to Aquanation to compete in the Maroondah Division Swimming competition. It was a great day and the students were excellent. Special mention to the students who helped out by swimming in an event covering a sick or injured swimmer, as well as students who swam up an age group/s to fill spots.

The majority of our events were filled and it was nice to see the pool being bombarded with Ringwood swimmers across the whole day.

I would like to congratulate all students who came along, these being the swimmers and helpers. The effort and behaviour was outstanding and we couldn't have asked for a better result.

At the end of the day it was announced that Ringwood were once again Division Champions! After a superb display of swimming, Ringwood finished on top clearing second place by 400 points. Students, you should be extremely proud of your efforts. Well done!

Finally congratulations to our individual age group champions:

13yr Male – Byron G

14Yr Female – Lucy D

14yr Male – Joel M

15Yr Female – Teah S

16 yr Female – Emily D

16 Yr Male – Bryan W

17 Yr Female – Betty G

20 Yr Male – Luke B



Huge thankyou to Mr Ingleton and Mr Parker who organised everything for Ringwood swimmers as well as Mr Burkitt, Ms Clarke and Mr Yim who came along and helped on the day. Without all of you the day would not be possible. Also, massive thankyou to our student helpers who had the job of timing.



YEAR 8 TENNIS

On Friday the 17th of March the Year 8s had their Summer Sport Round Robin against Norwood, Mooroolbark and Melba. Thank you to Ms Hilet who took some team great photos of the tennis team. The girls tennis team were crowned Division Champions and will make their way to Region in Term 4.

Well done to the boys team who although won't be going to Region, still played extremely well as a team! You should all be very proud.



Jai Edwards
Sports Intern

PERFORMING ARTS

'ALL SHOOK UP' CAST ANNOUNCED



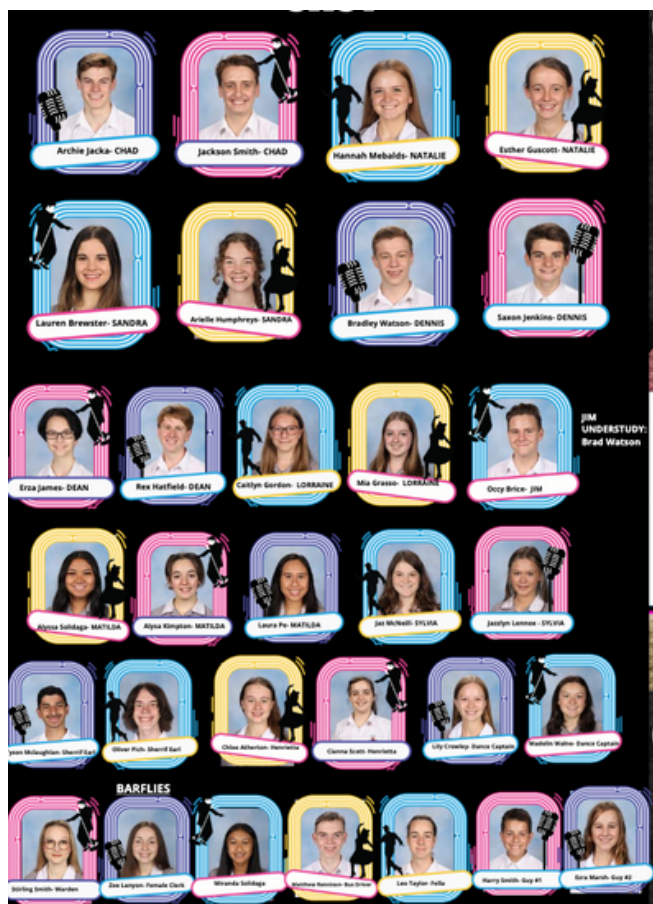
CONGRATULATIONS, to all those who were selected for the 2023 Production - **All Shook Up!!**

If you would like to see the full list head to rscproduction.com.au and if you wish to apply to be part of the off stage crew, backstage crew or technical crew there is a link to apply at the bottom of the page.

Gaynor Borlase

Director Of Performing Arts

VCE Dance and VCE VET Dance Teacher

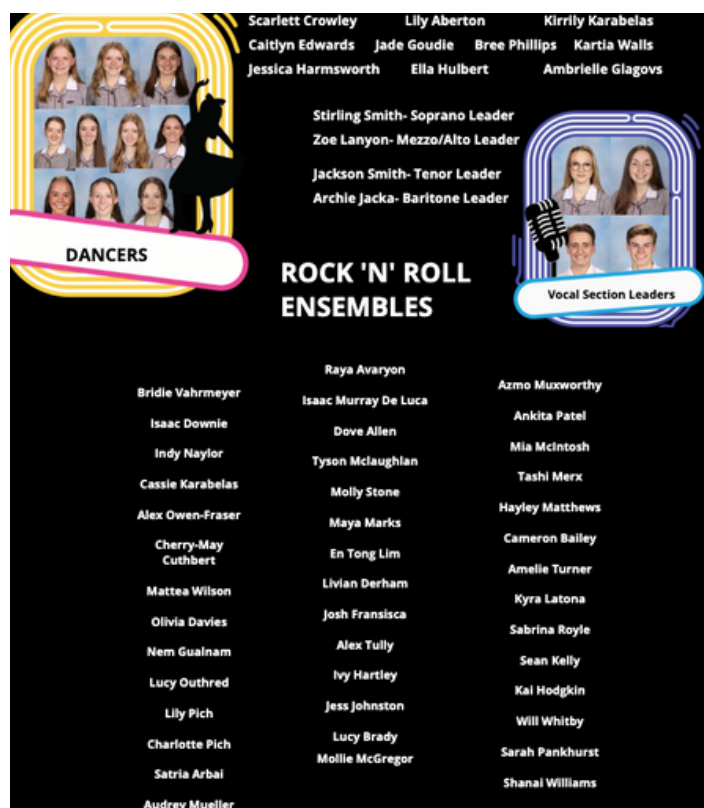


VCE DRAMA TOP CLASS EXCURSION

VCE Drama went to see the Top Class Performances.

Hannah Walne performed her solo from last year and was fantastic.

Lauren Rowe
English/Drama Teacher



WELLBEING

On 20th March 2023, The RSC Wellbeing team held its annual whole school Mental Health Carnival to raise awareness and reduce stigma around mental health. This year's theme was 'shine bright like a diamond'. The carnival hosted a range of carnival style games, activities, stalls, food trucks, as well as youth services. A big well done to the VCE-VM students for their level of involvement on the day. It was a highly successful, fun and happy day for the whole staff and student community.

The RSC Wellbeing team would like to extend our warmest thanks and gratitude to Bendigo Bank Ringwood East and the Ringwood RSL for funding this year's carnival – we look forward to partnering with these organisations again into the future.

RSC Wellbeing would also like to thank the following vendors for their attendance and involvement this year:

Twisted Temptations
Poncho FoodTruck
Dandee Donuts
Mr WonderWhip
All Fun Parties
Action Events
Maroondah Youth Services
EACH
Headspace

We would also like to extend a massive congratulations to the following staff and students on winning this year's dress up competition:

Daisy - Year 7
Avin - Year 8
Leaim - Year 9
Mary - Year 10
Maya - Year 11
Alysa - Year 12
Kathryn Mahoney - Overall Staff Member
Middle School Team - Overall Faculty

Thanks again to all of the students and staff involved for making this amazing day happen – until next year, shine bright like a diamond!

Emily Collett
RSC Wellbeing



COMMUNITY NOTICES

JOIN JETTS RINGWOOD TODAY!

14-19 year olds receive a
discounted youth
membership!*

Join with a friend and receive
\$50 cash back to share!*

*Terms and conditions apply

Text "Youth
Membership" to
0482 076 919

jetts
24 hour fitness

SOUTH CROYDON JUNIOR
FOOTBALL CLUB

WE WANT YOU!

**GIRLS
&
BOYS**

JOIN THE PUPS

#EFNLJUNIORCLUBOFTHETHEYEAR
#WHEREYOUWANNABEIN2023

Contact Belinda 0407 297 777
registration.scjfc@outlook.com

HEATHMONT

Rookies, U13, U15, U17

REGISTER TODAY!

**PLAYERS
WANTED!**

HEATHMONT BASEBALL CLUB
WATERLOO ST, HEATHMONT
www.heathmontbaseball.com.au
Contact Jenna on 0423 330 604

Come & join
KATE WILDE
& the team at

the human development
WORKSHOP

We deliver a wide range of fun programs that promote the social development of young people as individuals, as responsible family and community members, and as citizens.

School Holiday Workshops

For Ages 10 to 13 years old (Grade 5 & 6)

Positive Brain Boosting!
Activity & games based program
13th April - 9:30am - 1:00pm \$40pp

Workshop Focus:
-Confidence building
-Talking and listening to others
-Teamwork in harmony
-Friendship management

Confidence through Creativity!
Art & craft based program
14th April - 9:30am - 1:00pm \$50pp

Workshop Focus:
-Expressing and celebrating
personal creativity
-Working together to achieve
goals
-Communication and confidence

For Ages 13 to 17 years old

Study Skills (Students Studying
VCE subjects)
18th April - 9:30am - 1:00pm \$40pp

Workshop Focus:
- Balancing mental health
- Managing anxious thoughts
- Avoiding avoidance
- Keeping balanced when faced
with life stressors

Confidence through Creativity!
Art based program
19th April - 9:30am - 1:00pm \$50pp

Workshop Focus:
-Expressing and celebrating
personal creativity
-Working together to achieve goals
-Communication and
self-confidence

Workshops are held at
Central Ringwood Community Centre
Bedford Park, Rosewarne Lane, Ringwood

Bookings are essential. REGISTER YOUR PLACE at
<https://www.trybooking.com/1038609>

Or contact us directly at
www.theworkshop.org.au



theworkshopmelbourne

**WOMEN'S
WINTER
BASEBALL**

SAINTS

This season the Saints are
again entering a team in the
Women's Winter Competition.
Our team is open to women of any age, ability or experience.
At the Saints there is a new team for anyone and everyone
who just want to have a go and "Play Ball!"

Pre season training and come & try sessions starting soon - Dates & times on website.
All games are played on Sundays (times tbc). Season starts late April.
Register your interest on our website and follow us on facebook or instagram to stay upto date with
further announcements. Please contact our Women's coordinator
Emily Rogers: rbcwomen@gmail.com for further information.

www.ringwoodsaints.com.au @ringwoodsaintsbtc

**KNOX
FALCONS**

PLAY BASEBALL THIS WINTER

We invite you to our "Come and Try" days at Gilbert Park,
Ferntree Gully Road, Knoxfield on:

25 March: 9:30-11am
30 March: 5-6:30pm
1 April: 9:30-11am

Tee Ball: Ages 4-8
Rookie Ball: Ages 8-11
U/13: Ages 11-12 | U/15: Ages 13-14
U/17: Ages 15-16 | Seniors: Ages 17+

**YOU'RE INVITED
TO COME & TRY**

Sausage Sizzle Provided!

REGISTER HERE

IF YOU ARE UNABLE TO ATTEND BUT WISH TO DISCUSS FURTHER, PLEASE CONTACT
BEL SADLER AT JUNIORS@KNOXFALCONS.COM.AU OR 0439 733 731