A Prayer for World Mental Health Day

Tender God,

Your gentle and kind-hearted love waits for us in the darkness and shields us from the light when it feels too overwhelming.

We remember today all those who live with mental health issues.
Enable us to discover companions of compassion who will abide with us,
We ask this in the name of Jesus Christ.
Amen

Based on a prayer by Christopher Newell 2012

Dear Parents, Guardians, Students and Friends of Trinity College Colac

After a restful break, we are now back into the full swing of school again after our first week of Term 4. This term is a particularly busy, exciting and challenging time for our Year 12 students as they prepare for their VCE exams or their VCAL completion. The Year 12 students’ final day is next week on the Wednesday, 19th October.

World Mental Health Day
Today marks World Mental Health Day, a time to reflect on the growing prevalence of mental health issues in our society. Each year, around 4 million Australians suffer from some form of mental health issue, making it the third most chronic issue in Australia behind cancer and cardiovascular disease. The latest data also shows that around one quarter of all young people aged 16-24 years of age suffer from mental health issues, with it being slightly more prevalent among young women.

I have personal experience of this, with periods of anxiety and depression during my own life. From this, I understand the importance of communicating with those who can provide support and assistance. For students at Trinity who need assistance with mental health issues, support can start by talking with homeroom teachers, subject teachers, Year Level Coordinators or any other members of staff. We also have Wellbeing Officers onsite who can provide more specific and targeted support and can access other community resources. The first step on the road to recovery is to seek support and help from others.

There is also a growing body of evidence to encourage the use of mindfulness as a way to maintain balance in our busy lives and to provide resilience to overcome times of adversity. This can include focusing on our breathing, using meditation, completing specific activities (like colouring in images) or fully using our senses to hear, smell and see the world around us. There is a wealth of wonderful mindfulness resources available online, such as the Smiling Minds website and app.

ICT Device Parent Information Presentations
Thank you to all the families of incoming students for 2017 that attended the sessions after school on Wednesday, 5th October regarding the ICT device for 2017. As a College, we have decided to again choose the ACER Switch 10V Education Model (SW5-014) for student learning in 2017.

This session was a great opportunity for families to clarify the process of ordering, payment and insurance options provided by Harvey Norman Business and Education. We wish to thank Kyri Sgardelis who was able to attend and answer the related questions. Now, in its second year, Harvey Norman has made many improvements to streamline the ordering process to overcome some of the organisational and processing concerns from the first year this system was in operation.
It has also been a process of learning for the College as we enter the second year of the BYOD Windows-based device program. We are starting to see some positive gains as staff and students become more familiar with the device. For example, our students are using the stylus in classes to annotate videos of science experiments and the use of OneNote in Digital Technologies classes is opening up the amazing opportunities for new learning this program provides. We will continue the process of learning as we expand the opportunities to infuse technology into the learning of our students.

**Student Leadership Team**
We congratulate the following students on being appointed as the 2017 student leadership team and look forward to their positive influence in our College community. These students have gained the respect of the College staff and their peers, due to their ongoing positive involvement in College life. We wish them every success in their new roles in 2017.

<table>
<thead>
<tr>
<th>College Captains</th>
<th>Renee Henry</th>
<th>Scott McCarney</th>
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<tr>
<td>College Vice Captains</td>
<td>Thomas Daffy</td>
<td>Eliza O'Farrell</td>
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<td>College Prefects</td>
<td>Michael Bell</td>
<td>Laura DeLorenzo</td>
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<td></td>
<td></td>
<td>Brenden Ford</td>
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<td></td>
<td>Georgia Hogan</td>
<td>Annabelle Perrett</td>
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**HOUSE CAPTAINS**

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<tr>
<th>Gleeson</th>
<th>Ethan Hill</th>
<th>Laura McGuane</th>
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<tr>
<td>McAuley</td>
<td>Monika Hammond</td>
<td>Cooper Stephens</td>
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<tr>
<td>Rice</td>
<td>Jessie Lang</td>
<td>Bryce McDonald</td>
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**Performing Arts Captain**

Alice Kavenagh

**Lions Youth of the Year**

Congratulations to Michael Bell who represented the College on Tuesday, 4th October, at the Lions Youth of the Year evening. Michael was awarded Best Speaker, which is a wonderful achievement.

**Other Upcoming Events**

This week we have the Media Short Film Night on Thursday, 13th October and the Years 7 to 9 Socials are also coming up soon.

Love Learning!

Mr Luke Featherston

Director of Learning
HATS TO BE WORN DURING TERM 4
This is an advanced notice that the wearing of hats will be compulsory for all Years 7 to 11 students from Monday, 24th October. New hats are available from the Uniform Shop for $15. In addition, we advise all students to use sunscreen when outdoors.

Mr Brad Smith
Director of Students

UNIFORM
As the weather starts to warm up, apart from the early part of this week, we see the return of the summer dress for girls and more of the boys wearing shorts. As we know, the teenage years are a time of growth: our young people have grown quite a bit taller over the last six months. It is important that girls’ skirts are an appropriate length and should be no more than 3cm above the knee. We ask parents to please ensure dresses are lengthened to the appropriate length.

Mr Brad Smith
Director of Students

DOWN BALL
With the improvement in the weather, we have seen a large number of students gravitate towards playing down ball in the past week. It is important for our students to be busy at lunch time and being involved in these types of games is fantastic. We encourage students to be involved, but these games should not be taking place in walk ways as this makes it difficult for students and staff to get past.

Mr Brad Smith
Director of Students

PHILOSOPHY DISCUSSIONS
Students interested in having discussions with a philosophical bant are invited to R1 on Thursday (Day 9) at 1:20. Everyone is most welcome!

Dr Adam Karpala
Teacher

CHARGING ACER DEVICE AT HOME EACH NIGHT
The ACER device is an important part of the learning at Trinity College. The device provides access to internet researching, College emails, SIMON Learning Areas, Office 365 suite of products and other exciting learning programs like Quizlet and Kahoot.

Having a charged device is therefore vital to maximise the learning and participation of students.
We are asking parents and guardians to assist with the charging of devices by making sure that your child brings the device home for charging each and every night. Ideally the device should be placed in a shared space where you can make sure it is being charged correctly overnight. If it can become a part of the after dinner routine (e.g. all devices in a shared space for charging), then hopefully it will ensure that the device is regularly charged.

We thank parents and guardians in advance for supporting us in making sure that students are able to fully participate in their own learning.

Mr Luke Featherston
Director of Learning

JUGGLING!
Our students are so fortunate. There are so many extracurricular activities at Trinity: robotics, chess, shooting, equestrian competitions, not to mention footy and netball and soccer opportunities. Well, Trinity now has another amazing and learning option: JUGGLING!

Last Wednesday, the talented, very patient and encouraging Jedd Christian (Year 7 student), ably assisted by our esteemed leader, Mr O’Farrell, attempted to teach an eager group of would be circus performers in the Learning Enrichment Centre. Needless to say, we will need quite a few more lessons before we are as proficient as Jedd!

Andrena McFarlane
Learning Support Officer
MENTAL HEALTH FOUNDATION AUSTRALIA (VICTORIA)

Last term a number of students entered a Writing competition, representing Mental Health. The students reflected on their own mental health and the health of others.

On Monday the College received an email on behalf of the Board of Directors of the Mental Health Foundation Australia (Victoria) and its members to inform Trinity that our students have been awarded a certificate of acknowledgement for excellent writing in the annual Mental Health Week 2016 Schools Creative Writing Competition. The judging panel and the Foundation were thrilled that Trinity College has taken the teaching of mental health, resilience and wellbeing in schools to such a level of understanding.

The certificate of acknowledgement will be presented to the relevant students at our next Year level assembly. The Launch of Mental Health Week will occur Deakin Edge Theatre at Federation Square in Melbourne on Tuesday, 11th October 2016.

Congratulations to all students who took part in the Mental Health Writing Competition.

Mrs Caroline Grist
Teacher and Learning Enrichment Coordinator

WELLBEING NEWS

MENTAL HEALTH WEEK

Mental Health Week in Australia takes place from the 9th until the 15th of October. For us as a College, Mental Health Week takes place every week as we know that wellbeing is central to learning and learning is central to Wellbeing.

This week sees a range of activities taking place that involve our students. The Year 11 VCAL students have produced a documentary on domestic violence which is being screened at COPACC on Friday. Mr Brian Crook and his VCAL students have worked tirelessly over the course of the year in raising awareness about domestic violence in the community.

Another group of students are renovating a wellbeing chair that will be on show on Sunday in Memorial Square. The purpose of the chair is to provide a place in the school that is recognised as a space for students to chat and discuss any concerns they might have.

Stress management

School can be quite stressful at times, particularly towards the end of the year for our Year 12 students. Our Wellbeing Officers, Kate and Jeremy, are running some lunchtime sessions to help students cope with the stress of upcoming examinations. All the details are available on SIMON for students to access.

Motivational Media Presentation

Monday saw a presentation from the Motivational Media group to all students from Years 7 to Year 10. The theme of the presentation was about inspiring students to be their best and do their best at school. Please see below for a further description of what was in the presentation:

The Motivational Media presentation, both challenged and inspired our young people to develop strategies that will enable them to reach their true potential so that their life choices will not be diminished through avoidable, reckless and harmful behaviours.

Motivational Media's programs are high impact presentations delivered in schools and other organisations. The presentation took place on three large, panoramic screens, along with state of the art synchronised projectors and produced an image 13 metres wide. This was combined with amplified sound, current popular music and inspirational stories that created an experience that grips students’ attention like no other programs.

Wishing you a week of Wellbeing!

Mr Brad Smith
Director of Students
Remember to **restart your device** if something strange occurs, such as the keyboard not working or if you see a black screen or if you can’t connect to the wireless network. Try holding in the top and bottom buttons on the side for about 60 seconds.

Start the day at school by **opening email** (via Office 365 shortcut) and visiting a website (via SIMON OR USING MICROSOFT EDGE) and entering your password for the firewall. This is especially important for using OneNote and for synchronising teacher files.

**Computing students** are able to get a copy of the Adobe suite for free by visiting the technology centre via the library before Homeroom or during lunch and leaving the device for a couple of lessons. This can only be done for four students at a time (8 students per day) so get in first! Many students have Adobe Illustrator already and can start using the stylus pen for drawing. Try it you might enjoy it!

Mr Graeme Stewart
Digital Learning Coordinator

**TECHNOLOGY UPDATE**

**EXTRA CURRICULUM**

**JUNIOR CHOIR**

It has been a great year for the Junior Choir (students from Year 7 to Year 9). We have had the opportunity to perform throughout the year at Mercy Place with the residents, just recently for the Colac Otway Shire Australian Citizenship ceremony at COPACC and also OCR FM Open Mic. We have really enjoyed singing at these places and are especially looking forward to our next performance at Colac Carols by Candlelight in December.

On behalf of Junior Choir, I would like to thank Miss Bates for her ongoing support with Junior Choir: without her, it would not be possible!

Well done to the Junior Choir and keep up the great singing!

Chelsea Sharp (Year 9 student)
Choir Captain

**EVENTS**

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<tr>
<th>Date</th>
<th>Event</th>
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<td>Wednesday, 12th October</td>
<td>Top End Tour 2017 Meeting, 7.30pm</td>
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<tr>
<td>Thursday, 13th October</td>
<td>Media Short Film Night</td>
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<tr>
<td>Monday, 17th October</td>
<td>SSV State Athletics</td>
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<tr>
<td>Wednesday, 19th October</td>
<td>Year 12 Final Day</td>
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<td>P &amp; F Meeting, 7.30pm</td>
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<tr>
<td>Thursday, 20th October</td>
<td>Year 8 &amp; 9 Social</td>
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<tr>
<td>Friday, 21st October</td>
<td>Year 7 Social</td>
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**P & F MEETING**

The next P & F Meeting will be held on **Wednesday, 19th October at 7.30pm** in the Gleeson Building. Everyone is most welcome to attend.
TOP END TOUR
2017
INFORMATION NIGHT
IN THE LIBRARY

Wednesday, 12th October
7-30pm
FOR YEAR 9 STUDENTS

It is a requirement that all interested students must be in attendance at the meeting accompanied by a parent or guardian.