



## Principal's Report

### Welcome

The welcome back to Term 4 has certainly been tempered by the GAT COVID case which has meant for our Year 12's, that their last week of secondary schooling has not been as we would have wished. However, having said that, the support from the staff, students and families of those directly affected has been incredible, in another shining example of resilience in the 'Wellington Way'. On Wednesday you will have read the Newsfeed updating that situation.



### SWOTVAC

It is critical that Senior Students are diligent in following all the "sign in" protocols if they are intending to attend school during 'SWOTVAC' prior to the exams. This will include social distancing, mask wearing, QR Coding, and Compass login and logout requirements. The Senior School will be sending separate, specific instructions to all students and their families.

We have set up specific COVID Safe spaces in the Vanellus Centre for quiet study and larger meeting rooms in the M Block precinct for students and their teachers or tutors to meet and revise together. As was the case last year, this opportunity made a significant difference in the performance and results of many of our students. I wish everyone facing VCAA exams all the best.

### GAT



As outlined above, our first key event back onsite was the General Achievement Test (GAT) for the majority of our VCE students, held at school last Tuesday. Physical distancing preparation made this an extraordinarily complex event; however, it was organised brilliantly by Ms Kylie Cotter and the Senior School Team. The students presented very well throughout the 3-hour test

and all were encouraged to view this as preparation for the processes they can expect at the end of year exams in November. Well done everyone.

### Valedictory Season

Our Year 12 cohort is embarking on the last phase of their formal schooling before they face the final examination hurdles; and what a year it has been. I am confident that they have been well prepared and that they will continue to conduct themselves in the "Wellington Way" over the next few weeks. Unfortunately, the Covid rules preclude some of the traditional "rites of passage". However, as we did last year we are working as hard as we can to make the experience as memorable as possible. Key features include:

- The Valedictory/Awards Night function, after exams on November 18
- The SWOTVAC Tutoring and Study Program in the Vanellus Centre during exams
- Deferring the "Formal" to February 2022

**Remember, if you experience any symptoms at all, please get tested as soon as possible and DO NOT RETURN TO SCHOOL UNTIL YOU GET A NEGATIVE result from the Health Department.**

### Parent and Staff Surveys

During Term 3, DET Staff and Parent Opinion Surveys were conducted. Results should be available soon – In the meantime I thank the 123 Parents / Caregivers (19%) who completed the Parent Survey.

### Facilities and Master Plan

The opening of our Wellbeing Centre and Senior School Centre is not too far away. The timeline has been pushed out a little given the recent two-week covid shut down of the building industry. However, we are inching our way towards the opening of the new buildings, and we are hopeful that the Year 12 Class of 2021 will have the honor of celebrating their Valedictory/Awards Night in the new spaces.

Mr Hugh Blaikie  
Principal

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# 10 Mental Health Tips

There are lots of different ways to look after your mental health. Stuck for ideas? These ten tips are a helpful starting point.



## 1 Stay active

Exercise increases wellbeing and helps reduce symptoms of common mental health concerns. Your gym may have closed or your fitness groups may be cancelled, but that doesn't mean you can't exercise! Yoga, Pilates, HIIT routines – all can be done in a relatively small space and with no equipment. Have a search on the internet for free workout videos and guides.



## 2 Eat well

Eating a nutritious diet is great for both your physical and mental health. As much as possible, try and stick to a healthy diet even as your activities and environment change.



## 3 Connect with others

COVID-19 has made connecting with others trickier, but social connection is more important than ever. When many of us face lockdown, physical distancing, and travel restrictions, we may need to rely on technology to talk to our friends and family. Where possible, we can also connect with others by going out for a coffee or meal together, seeing a film, or going to an event. Reach out to your neighbours and community. Share how you're feeling, and invite others to share with you.



## 4 Do something you enjoy each day

Do things that make you feel physically and emotionally comfortable, engaging in activities that make you feel safe and calm. Continue to do the things you enjoy as much as possible.



## 5 Limit media consumption (and choose trusted sources)

Choose how often you engage with news and social media, and be sure to find news sources that are trustworthy and factual. Add in some content that makes you laugh and feel comfortable wherever possible.



## 6 Keep to a routine

Keep to your regular routine as much as possible, including exercise, sleep, daily chores, work, recreational activities and connecting with others.



## 7 Get an early night

Prioritise getting enough sleep each night to help you feel more energised and focused during the day. Getting enough rest is the foundation to protecting your mental health.



## 8 Be kind to yourself

Remind yourself that there is no right or wrong reaction to the uncertainties of the pandemic, or to worrying events. Allow yourself extra grace if your productivity and motivation have been impacted by the changing environment.



## 9 Maintain perspective

While this is an uncertain time, try and view these changes with openness and acceptance. Remind yourself of things you're grateful for and things you've learned.



## 10 Seek help

It's normal to experience anxiety and stress resulting from the pandemic. Talking to trusted friends, family, or your GP can help you through it. There are also many online and telehealth resources available.



Check in on your mental health

[lookafteryourmentalhealthaustralia.org.au](https://lookafteryourmentalhealthaustralia.org.au)

**WORLD  
MENTAL  
HEALTH  
DAY**

10 OCT

Look after your mental health, Australia