

At Epping Secondary College our relationships and behaviours are guided by the values **RESPECT, COMMITMENT, HONESTY, FAIRNESS AND PERSEVERANCE**

BACK TO SCHOOL!

Issue 7 October 2020

Important Dates

TERM 4 NOVEMBER

Tuesday 10 - Tuesday 1 December
Y12 Exams

Thursday 12
Year 11 exams begin

Friday 13
Last day Y12 VCAL classes

Friday 20
Last day Y11 VCAL classes

Monday 23 –Friday 27
Y12 Commencement Program

Wednesday 25
Last Day Y10 classes

Thursday 26 - Friday 27
Year 10 Exams

Monday 30 - Friday 4
Y11 Commencement Program

DECEMBER

Thursday 3
Y12 Graduation 5pm
Art Expo TBA

Monday 7 - Friday 11
Y8 -10 Stepping up



CORONAVIRUS RECOVERY

Herald Sun 26 October 2020

HOME'S OUT AS LAST KIDS RETURN

ASHLEY ARGOON

REMOTE learning is officially over.

More than 160,000 Melbourne students in years 8 to 10 will finally return to classrooms this week for the first time since June.

Epping Secondary year 8 student Jamie said his mum "will be rapt". "It felt like forever being stuck at home," he said. "I reckon, because of the remote learning experience, we'll all value school a lot more."

Classmate Mitch, 13, said he'd been "a little bit jealous" watching his siblings head back to school while he continued at home for two weeks.

Mayah, 14, said seeing friends for walks just had not been the same. "I'm excited to get to see my friends again," she said.

Principal Frazer Thomas

said he couldn't wait to "have a full house" of all 1200 students from Monday.

"The last two weeks have been really good but this school is so different without all the students and you do notice it," he said.

Education Minister James Merlino said he was "thrilled" the last Victorian students were able to return to schools safely. "I'm incredibly proud of all the work our dedicated school staff and parents have done in supporting our students during their period of remote and flexible learning and getting them back into the classroom," he said.

Year 8 Epping Secondary student's Jamie, 14, Mayah, 14, and Mitch, 13, are happy to be returning to school this week. Picture: DAVID CAIRD



Principal's Report



Term 4

It is my pleasure to be appointed as Acting Principal for Term 4.

The first weeks have seen our students return to face to face teaching. Students and staff are doing an amazing job to adhere to physical distance guidelines on site each day, whilst wearing face masks.

There has been around a 93% attendance rate for Term 4 across the whole school. The return has been very positive and smooth considering the unusual circumstances we all find ourselves in again.

The staff have been welcoming back the students in line with Department priorities across all Year levels. Ms Halsall and her team planned the Year 7, 8 & 9 welcome back days with specific focus on wellbeing and engagement.

Mr Harper organised and ran a Japanese Program. It included video communication with a school in Japan. The Japanese Department of Education were present and was a very innovative idea. The Program included learning about the school structures, activities, classes and their English skills.

Our new building is progressing really well and will be an amazing addition to the school. The building is proposed to be ready for the students Term 1, 2021.

We had a very decorative Celebration Day with our departing Year 12s. They were an absolute credit to themselves and the College and demonstrated outstanding commitment and perseverance throughout this year. We wish them all the successes in their future endeavours. A special good luck message goes out to the VCE students sitting their exams in the upcoming weeks.

Frazer Thomas
Acting Principal



JAPAN CONNECT PROGRAM

Epping Secondary College students showed commitment in applying to participate in the very unique, Japan Connect Program. The program involved students from Epping SC and students from Tobu Junior High School (Japan) creating short presentations to teach each other about national and school cultures in both countries. Students also participated in a game show style quiz where they were challenged to answer questions relating to both Australia and Japan. The overall aim of the Japan Connect program was to support Japanese students in developing their English speaking skills through conversations and activities. The program was a huge success with members of the board of education from Japan attending Tobu Junior High School on the day along with the local media, both of whom expressed



Ned Harper
Acting Assistant Principal

great satisfaction in the implementation of the program. Epping Secondary College are extremely excited to see where this partnership could take us moving forward.

I would like to express a huge amount of gratitude to all of the year 7-9 students who were involved in the planning and implementation of the program.

The Japan Connect Program involved a video call to Tobu Junior High School in Japan. The main aim of the Japan Connect Program was to support and advance the English speaking skills of the Japanese students. We learnt about the culture, school and students from Japan. Through a presentation and an interactive quiz we taught the Japanese students about the schools, food, animals and sports that are



popular in Australia. I really enjoyed seeing the excited faces of the students and the fact we could help them improve their English skills.

Katy Prictor 7D

The Japanese Connect Program involved us hosting a video call with the Japanese school and presenting a power point about our school lives and the culture of where we live.

The main aim of the program was to host a call with the Japanese students and help them gain a better understanding and find out what Australia is like, as well as us gaining an understanding of Japanese culture.

The Japanese students took turns in talking about their school and quizzed us on how much we knew. They taught us that they have longer school hours and after school clubs, the map of Japan, traditional foods, etc. We showed the Japanese students a presentation about what our school is like and our routines. They questioned on Australia's landmarks, food and culture, such as Uluru, Chris Hemsworth and Tim Tams. We also talked about anime.

I really enjoyed the opportunity as a whole, as it was a once-in-a-lifetime event and extremely fun! I learned a lot and I'm sure the Japanese students had fun too. Thank you, Tobu Junior High School for the spectacular experience!



Aribah Kamal 7E



Class of 2020



Year 12 Celebration Day

Class of 2020





Trade Fair

YEAR 11 BUSINESS MANAGEMENT TRADE FAIR Our Future Entrepreneurs

This year the Year 11 Business Management classes studied that in order for a business to be successful, it is important to develop a strong customer base, meet customer needs and expectations and adapt to global issues. Students were given the opportunity to develop their understanding on what marketing encompasses. They researched a wide range of management practices, from identifying the needs of the target market and establishing a brand presence, through to considerations on price, product features and packaging, promotion, place, people, physical evidence and processes.

Our Business Management students applied their marketing theory to a real life Trade Fair. The objective was for students to know the 7ps in marketing and then apply these by developing a marketing campaign that embraced all 7ps. The competition was HOT amongst the businesses that were competing in the same market; producing a COVID 19 CARE PACK. Students had to start from scratch with their market research right through to packaging in an environmentally friendly way. The teams have set a benchmark in team work. Some students were busy collecting and analysing data, others designing websites, creating ads, designing eye catching logos, researching product benefits and ensuring their packaging was environmentally friendly. On the day all participants were ready and persuasive.

We would like to congratulate all the year 11 Business Management students on presenting a wonderful exhibition of their Marketing Project. Students produced outstanding displays of their work; spoke passionately and confidently about their products, their ideas and how these were developed. It was an absolute pleasure engaging with the different groups and learning about marketing principles from the students themselves. There was a great buzz around the school with so many staff and students coming through to see amazing displays. A brilliant showcase.

Thank you also to all the staff that offered their time to assess as well as show an interest in the students and their work.

Congratulations and well done!!!

Sue K and Ally D
Business Management teachers





ABCN FOCUS PROGRAM

Business Partnering with Education

The following are summarised student response results which demonstrate the percentage improvement from start of the program to end. (Note the rating scale is a 1 – 7 measure with 1 being lowest through to 7 being highest rating – i.e. 5 – 7 is agree to strongly agree.) These results demonstrate that overall the students gained a lot from the program and their time with you.

Rating Area	Before Focus Rating 5-7	After Focus Rating 5-7
I see myself as a leader.	66%	100%
I am aware of my strengths that can make me a good leader.	66%	100%
I have confidence in my leadership potential.	50%	100%
I am motivated to become a leader.	66%	100%
I can communicate my ideas to others.	66%	100%
I am aware of a wide range of career options.	50%	100%

Student Comments –

- Learning that making mistakes is important and that it's ok to not be happy with one job as there are many others out there and that there is a whole life to live so it's ok to choose something else and it's never too late
- That life is short and you should live it, try the new things/programs/events. Believe in yourself and live every moment
- The most useful thing I learnt in this program is that you are not limited to just one destination/ career option but your life and your career will always be a journey.
- It really helps someone to learn that there are adults out there who have made mistakes or aren't perfect and they still managed to have a successful career or life and it can reassure someone in how they view themselves
- It was so inspiring and I love interacting with others and learning from other inspiring women
- I would just like to say thank you to everyone at ABCN and the mentors from both Stockland and IAG.
- It was definitely a great experience and I'm glad I was able to join it as I do believe the things I have learnt will definitely help me in my future endeavours

Mentor Comments –

- It's an opportunity to give back. To connect with young women you wouldn't otherwise have the chance to. That you may just share something that connects and makes a difference.
- You gain so much inspiration from young women as well - it's inspiring to work with future leaders
- I've been fortunate and believe in paying it forward and contribute to the empowerment of women. I want women's leadership to be normalised and seen as the rule as opposed to the exception. This was an opportunity to give back. Without this program I don't have the opportunity to connect with young women and I hope that something I shared will make a difference to the way they think about themselves and their career journey.
- Great job adapting to online - I think you did a great job
- It doesn't take much time, it's fun and you will learn something from it yourself

ABCN FOCUS PROGRAM

Business Partnering with Education

At ESC we encourage leadership across the school. We understand how important leadership qualities and skills are in all aspects of life. We are very fortunate to have a strong relationship with ABCN who have been mentoring our students for quite some time now.

Last week ABCN delivered leadership virtual sessions with our VCE girls and VCAL boys. Our students were mentored by IAG. These are their stories:



Antoinette Hooper
Acting Assistant Principal

Year 11 VCAL Boys Empowerment Session

Today I was involved in the Australian Business Partnering with Education Empowerment Program. Mentors from the business world took the time out to run a session with us via zoom to instruct us on careers, resilience, adapting to new conditions and goal setting. The mentors were from IAG, an insurance company. What I enjoyed about the program was listening to their stories and how resilience assisted them in the careers. I also learnt that being resilient helps you to achieve what you want in life and I learnt ways to improve meeting challenges positively.

Something new I learnt from this experience that I enjoyed, was that one of the ways to build resilience is to stay positive and if you're stressed there are ways to train your mind to alleviate the stress.



Alex Putra 11Y



ABCN FOCUS PROGRAM

Business Partnering with Education

VCE Girls Leadership Session

On 14th and 21st October, 12 lovely VCE female students engaged and participated in the ABCN Focus Program. It provided a great opportunity to discuss our inspirations from various female leaders with the assistance of mentors who work for the company IAG and Stockland. We were able to discover and recognise the leadership qualities in which we hold ourselves and our values, developing personal awareness and confidence.

The two sessions were taken virtually due to Covid-19 restrictions, yet every participant displayed Epping Secondary College's values of respect towards each other, commitment to the efforts of improving and building leadership qualities, honesty towards personal opinions and experiences and perseverance to make the best of the program.

The mentors assisted us in developing an improved daily routine by focusing on at least one area of our day and taking control and responsibility over that to reach our goals and dreams. This could be something as simple as a consistent and healthy amount of sleep hours or our time on the phone. Some of the aspects of our daily lives which we may ignore or not realise happen to hold a great impact on personal growth and success which can be addressed with a simple reflection.

The program reminded me how important and powerful it is to recognise one's own strengths and skills which we should be confident in expressing to the world around us and overcoming the hardships we experience in our lives. How the mere discovery of true potential through commitment and determination clears our paths to infinite possibilities. That we are all the leaders of ourselves through our characters and our decisions in every-day life; believing in this may be the only way we can lead others.

The mentors were wonderful examples of strong female figures who enabled us to express our personalities freely and confidently as we look forward to entering and approaching our own workforces, our career pathways, hopes and dreams in the near future.

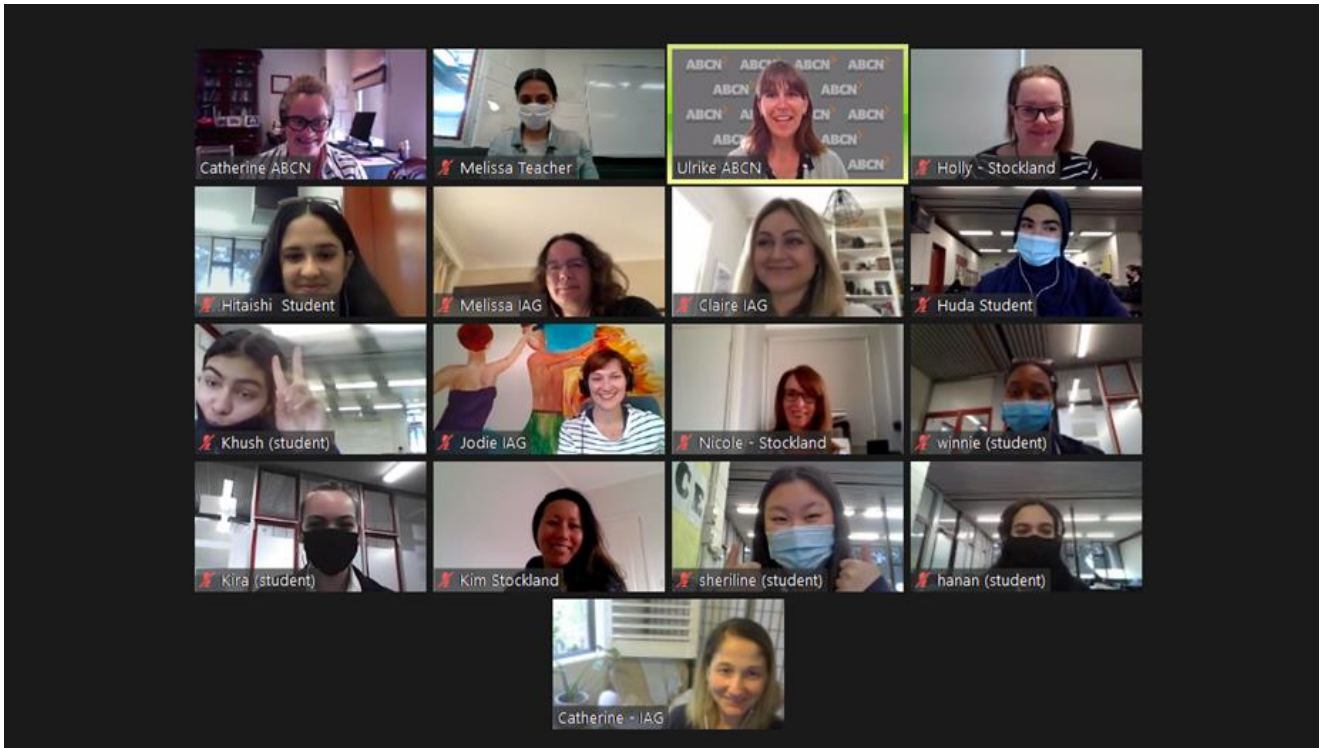
Thank you ABCN for allowing me to realise that I can accomplish and succeed as long as I carry the right mindset, strongly believe in myself and my strengths. Every participant had an area of focus, as we all should in our daily lives to continuously grow and improve our skills, abilities and performances as human beings. To strive for excellence.

Huda Mousawi 11D



ABCN FOCUS PROGRAM

Business Partnering with Education



So many times in life you will be faced with opportunities that you might just believe are useless, that don't serve a purpose. Then one day you take part in one of them and your life is changed. For me, the ABCN Program was one opportunity that changed my life.

Over the past two weeks, my fellow female classmates and I took part in the ABCN Program where we interacted with female leaders and mentors from different fields and shared a common love for leadership and aspirations for the future. This was such an amazing learning experience as not only did we witness real females who broke barriers in different fields but we also bonded with them on a personal level, talking about things from our strengths to our weaknesses.

I personally learnt that life is not a win or lose game, it is a journey that teaches you to do things out of your comfort zone, do that thing you are most afraid of doing, try for that job and it is about enjoying both the ups and the downs. Have I all of sudden figured my life out? No. But it definitely feels less stressful and the future doesn't seem as blurry knowing that there have been people in my exact position that still made it.

So many of the mentors talked about changing career paths multiple times and as someone who is super unsure of what to do after high school, it was reassuring to know that it is ok to not yet know. Identifying the thought patterns and behaviours that limit us as individuals and especially as females, from reaching our potential is so vital because to be able to achieve your goals, you have to be ready to believe that you can achieve them.

I would definitely recommend this program to future female students who are ready to explore their potential, are ready to accept their weaknesses and strengths and are ready to collectively uplift each other and 'shatter the glass ceiling'. Even if you are someone who believes that you are not ready, then you should definitely take a part in this next year because you will learn something valuable about yourself.

Thank you to Ms. Foresio, the ABCN Team and the mentors for welcoming us on this journey. This is just the beginning of a brighter and brilliant future for many of us.

Khush Kaur 11D



Year 10 Creative Writing

During Term 3, Year 10 has worked on developing their creative writing. For many, this is in preparation for the VCE English requirements of creative writing. For this, the students read a story from our chosen text – in this case “Where the Shoreline Used to Be”, a collection of short stories, poems and songs.

They map out the ideas which the story explores, then decide how they can fill a gap in the story, tell it from another perspective, add to the beginning or end with a prologue or epilogue, or write a new story which develops the same ideas or themes from the beginning.

Students receive higher marks if they can craft their writing using parts of the original story’s “voice”; that is, similar metaphors or similes, pace or vocabulary. The following stories are all strong responses to different stories and songs from “Where the Shoreline Used to Be”.



Ric Gill-Atkinson
English Instructional Leader

Hurt

A response to “Caught in the Crowd” – original song by Kate Miller Heidke

I wasn’t very popular in school and when I say that what I mean is I didn’t have friends, that was until she came and walked with me, talked with me. Her name was Kate. I’d seen her before when I rode to school, she rode beside me and we would race down the final hill. I never thought she would try to communicate with me, I mean I was the big weird loner kid who gets picked on and bullied.

When she first came up to me at lunch I thought she was joking, that I was just the punchline of another joke but when I heard the genuineness of her words I wasn’t so tense, I showed her empathy and told her about my step-dad. We started talking about music. She told me who she listened to and I was disappointed. I told her about a Sex Pistols song and when I heard she didn’t know it or them I wasn’t surprised but I told her that her music taste was junk and she laughed but it wasn’t at me it was at what I’d said and that surprised me. I hadn’t had a friend in a very long time.

School had finished and as per usual I was trying to get out quick to avoid bullies but the halls were crowded. Deep down I knew that I was not getting away without at least a bruise. Low and behold I was right, I was so close to freedom, but it was not meant to be. I felt the concrete beneath my body as I was thrown to the ground without a bag on my back for protection. I watched as they tossed it to the side and heard my computer break. Hearing that just added to the pain. They said I had no friends but I knew that wasn’t true because I had Kate my only friend. I told them what I believed. I saw her and I tried to get up to get to her for protection but they knocked me back down. I called out for her to help me but as I looked in her eyes pleading for help she turned away, the one thing I thought friends weren’t supposed to do was turn their backs on you and that’s exactly what she did to me that day. My one and only friend turned her back on me.

I never forgot that day, I always thought about it. I could not escape it so I started taking action. The blades were cold but I felt I deserved the pain because I was weak. I never told anyone how I felt because I had no one to tell, no friends. I’ll never regret the day it became too much because for the first time I fought back and it felt good but it wasn’t enough to save me. Save me from who? You may ask well, it wasn’t enough to save me from myself. When I got home I waited for my mum and step-dad to go out to dinner as they usually would and as I heard the car get further down the street I decided to write about why I felt the way I did. As I finished writing I did what I needed to do to feel good and that was by feeling nothing. I was numb, I slowly drifted off into darkness. The last thing I heard was the door opening and my mum calling my name looking for something she had forgotten. I’m glad I didn’t hear her scream or cry because then I would have regrets and that wasn’t what I wanted.



Jessie Miller 10D

Caught in the Crowd

A response to the same song. Original by Kate Miller-Heidke

Verse 1:

There was a girl at my school when I was in high school

I grew quite fond of her, I tried to show it but she never knew

We always rode to school on our bikes together, Sometimes I missed her in the colder weather.

I was a very shy guy, never knew what to say
You asked for my name, I looked down, turned away
I wanted to get to know you better,
Could I send you a text or maybe even a letter?

Chorus:

Sometimes I look back to what we were then.
Wish we were something more than just 'friends'
I should have seen, the bigger screen, it ended.

Secrets can only be kept for a while
It just ends up adding to the pile.
Can't you see how tall its getting?

Verse 3:

It was after school in the afternoon,
Heading to your locker in search for you,
They grabbed me again, this time I couldn't run away,
Three of them, one of me, I closed my eyes in pain.
Woke up that night in a bed with strings
Didn't see it coming, where could u have been
Cause I called your name, that's when you ran away

Didn't think twice, you just watched the play
You didn't think twice, now I'm here to stay

Chorus:

Sometimes I look back to what we were then.
Wish we were something more than just 'friends'
I should have seen, the bigger screen, it ended.

Secrets can only be kept for a while
It just ends up adding to the pile.
Please, please, stop denying.

Now I'm here, but leave me be, I'm hurting.

Verse 2:

I could stare at you forever just like clouds outside a plane

I must have walked under a ladder about a thousand times that day

Talked about the sex pistols then some missiles hit again,

Didn't think that I was funny, but u laughed at me the same

We kept walking around and your laugh kept getting louder,

I asked you what was funny, your response was kinda sour

I got you a drink, bought you some lemonade, there was a seat nearby chiselled with our names.

No eyes in sight, just us and the breeze, we shared moment right under our special oak tree.

Dropped you home and wrapped up Sunday looking forward to school.

But a surprise was waiting the very next day.

Chorus:

Sometimes I look back to what we were then.
Wish we were something more than just 'friends'
I should have seen, the bigger screen, it ended.

Secrets can only be kept for a while
It just ends up adding to the pile.
Please, please, stop denying.



The Butcher's Wife

Excerpt from "The Butcher's Wife" by Tony Birch



As I walk to the corner store, carrying my baby under my arm, I see stares from left and right. I know what they're staring at and no amount of heavy foundation and layers of make-up can cover the mottled blue-yellow patches, even if some of the swelling has gone down. Although I still have a small curved cut above my eye. When I walk into the corner store, my neighbour's son was coming out.

He notices them. He notices the bruises my husband had given me less than a week ago. He knew what had happened, his mum is most likely going through the same thing after all, just as any other woman on the street is. It was always the shadows under the surface that managed to give themselves away. As he takes one last look at me, he kindly smiles. I look down at my baby rocking her in my arms awkwardly up and down. I don't know why he had smiled, maybe he felt sorry but it was at that moment that I had hope for the next generation. Hope that they would live differently.

Faces full of make-up don't surprise anyone in the street. Not anymore. It's common. I swear as soon as the neighbours hear my screams, they know straight away. 'It's just the butcher and his wife, that's all,' is what they would think like nothing was wrong but deep down they know what's going on in my house. Abuse accompanied by my husband's swearing and roaring. In the following days the effects of his handiwork would be displayed all over my face for the entire street to see as if it was normal.

Of course, he's not the only one who does that. Most men around here are all the same. They drink and drink and drink, then hit and hit and hit. But I guess you're lucky if the abuse only comes when the alcohol's lying around on a coffee table. Rarely, there's an occasional man around here, who did not need the alcohol, they could just hit. They'll come home from a long day of work and their wives are turned into punching bags, when the slightest thing goes wrong or sometimes they simply did not need a reason. And the next morning we would clean up any mess made, whilst the men slept in, not a single thing to worry about.

Across the street, countless women go through the same thing as I do: from tidying the house to making a blackened eye disappear, as if no damage has been done. Everyone keeps silent about it; no one speaks up as if it's a crime if they do. A while ago, I had heard my neighbour talking to an older woman at work.

"Is there anything I could do to stop him?" my neighbour had asked, her question filled with concerned and a little hopeful.

The older woman had sweetly replied, "Get used to it, love. It passes as they get older. They get slower and soften with the years. Or if you're real lucky, they drop dead."

There's no way my husband is ever going to soften. He's a hard man, with muscles to rival anyone's. After sunrise, he leaves early for work at the butcher shop and doesn't bother to come home until just after six o'clock at night. The pub would've just closed, so he looks for anything to throw a punch at, not caring who or what it is because by the morning, the mess is cleaned up by me anyway. Sometimes it scares me if he'll ever lay a hand on his own child.

It's at that time of year between Christmas and New Year, whilst schools are closed and factories are turning off their machines. As a butcher, my husband still has to work, doing the same routine he has done throughout the year. The only thing that makes this time of year different to the rest is that his work is busier, meaning he comes home angrier. It's a warm night and nearly everyone has come into the street to escape the heat consuming their houses. Whilst a radiogram is spinning rock'n'roll records, many kids are playing under water hoses, in an attempt to cool down and beer bottles are being thrown into the gutter by none other than the men themselves.

Fault

A response to "The Girls" by Felicity Castagna

Rosa and I make our way to the McDonald's parking bay to meet Arnold and his 'gang'. It's packed tonight, almost every car spot is taken. We see them in the distance. If Arnold thinks I'm going up to him first, he's got another thing coming. Paul, Kylie, Steve and Ellie start to walk our way, so this is my chance to make him jealous. I make direct eye contact with Arnold right as I get flirty with Paul. Next thing you know he walks over to me as if he's intimidating, he aggressively grabs my arm so I attempt to tug away but I can't escape. He drags me into the passenger seat of his car and slams the door shut. He leaves me in there alone while he goes back to his friends. I'm furious. I'm surprised Rosa didn't say anything to him. I see her making her way over to me. I open the door and silently tell her to get in. I notice that Arnold left his keys in the ignition, so I jump across to the driver's seat. Rosa can be boring sometimes so I need to make her life exciting. I rotate the keys and start the ignition "now this is where the fun begins". I turn my face instantly to the rear-view mirror to see Arnold's reaction. It's priceless. I lock the doors, grab Rosa's hand and reverse the car. We drive away with the music blasting.

"Now being a girl is not so bad after all!"

"I told you Rosa, you just need to let go and live a little. Want a ciggie?"

"No thanks, I'm trying to keep my lungs healthy and live a little longer unlike some people."

"Oh come on."

"Fine."

"That's the spirit."

It feels like we're driving at one million kilometres an hour. Nothing feels better than this, being in a car with your best friend especially when it's not even your car. It goes quiet and I suddenly start to think about Arnold. I look down at my wrist and notice that he left a red handprint from when he grabbed me. It confuses me how no one notices Arnold's violence; they all just ignore it. To break the silence, I was almost going to ask Rosa why she didn't stop him but instead I would rather bottle it up inside to prevent an argument from happening considering the last fight we had was about him and his violence towards me. She mentions how I keep looking down at my wrist but I just lie and say that I hit it on something today.

"Shut up Asheeka, I know you better than that."

Caitlyn Stella 10C

YOU

§

You were pretentious
But I didn't know that
You were a player
But I did know that
But I hoped I was different
I hoped I could change you and your ways
But I was so goddam naïve
You knew that
You loved them like that
Vulnerable and weak
You knew what you were doing
You were experienced, an expert
You did it best
I was stupid
I should have listened
"He's just going to break your heart"
I didn't listen
I never do
When you said
"I love you"
What you really meant was
"How stupid is she?"
I couldn't force the words out
"You're not lying to me, are you?"
So what came out was
"I love you, too"

I

I didn't scream because
I felt like it was necessary
I screamed because
I was mad
I screamed because
I was hurt, how could you do that?
I lay in bed at night, questioning where
I went wrong, what did
I do
I thought family comes first
I would do anything for you
I love you
I thought you loved me back
I was wrong, so pathetically wrong
I always wonder what it feels like to vent
I get jealous when people brag how they vent to their
families
I can't do that
I want more than anything to scream how
I am feeling
I can't, it's stupid
I know nobody will care, so
I sit there at night and write
I vent to a book

Chloe Filiposki 10L



Humanities Globalisation

Term 3 in Year 9 Humanities is focused on teaching students about globalisation – the interconnections within places.

Students were required to research a company for their global footprint; learning about their business model and evaluating their business ethics.

Lena Sebin 9B presented an exemplary piece based on extensive research and a thorough analysis of The Body Shop. Fantastic job!!

Eleni Neocleous
Humanities Teacher






LENA SEBIN

The Body Shop.

Year 9 Globalisation CAT

BUSINESS PROFILE

<h3>BRIEF HISTORY</h3> <p>The Body Shop, founded by Anita Roddick in 27 March 1976, Brighton, UK, was a pioneer using natural ingredients for its beauty products. When it started out the brand initially thrived expanding rapidly. By the 1980s, The Body Shop was one of the most well-known brands.</p>	<h3>LOGO AND SLOGAN</h3>  <p>Enrich Not Exploit.</p>	<h3>GOODS</h3> <ul style="list-style-type: none">• Cosmetics• Skin care• Perfume• Body care• Hair care 	<h3>SERVICES</h3> <ul style="list-style-type: none">• Tips & Advice from specialists 
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BUSINESS PROFILE

ADVERTISING

The Body Shop does minimal advertising because they regard stores as the most effective platform to advertise themselves. However, The Body Shop heavily promotes campaigns supporting global issues resulting into marketing their brand.

TARGET MARKET

The Body Shop's main target audience is 20-55-year-old women. Specifically, women who are beauty and health conscious and of higher income group, otherwise known as cosmopolitan customers.

COMPETITORS

Rivals of The Body Shop include corporations such as Lush, The Body Deli, Skin & Tonic and Fresh who make similar claims as The Body Shop and are benefiting from growing demand for natural-beauty products containing fresh ingredients. Also, large drugstore chains such as Walgreens Boots Alliance also offer their own 'green' cosmetic lines.

LOCATIONS & WORKFORCE

The Body Shop's soap products are made by Soapworks, a Glasgow, Scotland-based company that is owned 100% by The Body Shop. All of the company's other products are manufactured by third parties, and are outsourced.

The Body Shop has **3,000 stores** in more than **70 countries.**

The Body Shop currently works with **120 suppliers,** in **26 countries** around the world, who employ over **30,000 people.**

REDUCTION OF NEGATIVE IMPACTS

In summary, The Body Shop has several positive and negative impacts on people, the environment and animals. However, The Body Shop specifically aims to decrease and compensate for their negative impacts by the numerous campaigns and fundraisers mentioned on previous slides, unlike majority of large corporations. The negative impacts of The Body Shop are inevitable and occur for all large multinational corporations, however the actions and campaigns to reduce their harmful impacts are transparent and satisfactory in comparison to several other brands which harm people, the environment and animals and take no measures to recompense. In conclusion, The Body Shop is considered to be an ethical and environmentally sustainable brand, to an extent.

IL GLOBO PRESS RELEASE



Larissa Grava

“ENRICHMENT OF THE LANGUAGE PROGRAMME”

Epping Secondary College has utilised Italian assistants for 16 years. “We have had 11 in total”, reveals Antonella Taylor, one of the Italian teachers. “It is a programme that enriches considerably and helps us to practise our Italian. Assistants settle in well at ESC. We try to give them opportunities to take on different tasks and to learn.” This year it was Larissa Grava, from Varese, who supported Antonella in class and who became part of the ESC family. “She does many things; she not only prepares

materials but is a font of cultural information. She has brought a piece of Italy with her, a new energy and ideas. We are grateful to Co.As.It for the opportunity.”

“I am very happy for the experience because I work with a magnificent team and the students are enthusiastic and very interested; they ask many questions about life in Italy.” Larissa participates in all the year 11 and 12 lessons and works with the other classes at least once a week (there are approximately 600 students who study Italian). The transition to remote learning has not created any problems but the assistant does not deny the fact that, “returning to face-to-face teaching and learning is a completely different thing. It has been really lovely despite having to social distance and having to wear masks.”

Over the past 16 years the Languages Department has secured 11 Italian assistants who have contributed considerably to our Italian programmes and extension activities, enriching the language acquisition experience for both teachers and pupils. Effectively, the Languages faculty has contributed approximately \$300,000 worth of resources in the form of these vibrant, highly skilled and competent assistants.

Toni Taylor
LOTE Coordinator





Footy/Book Character Day

To celebrate the Grand Final in October, students were asked to attend school in their football colours to support their team or dress as their favourite character from a book.

A gold coin donation was asked in support of the Beyond Blue Foundation. A total of \$249.75 was raised for this great cause.

Thankyou to all staff and students who donated.



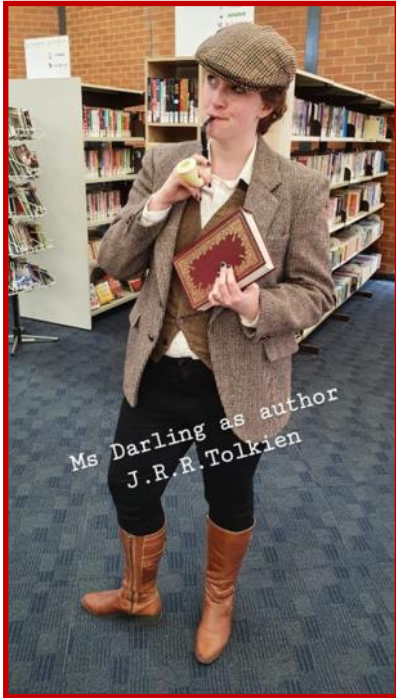
Jessica Bedelis

Student Leadership and Peer Support Coordinator



BOOK WEEK PHOTO SHOOT

Thank you to the staff and students who participated. We had some very creative characters with several genres covered.



Ms Darling as author J.R.R. Tolkien



Shakespeare's 'Twelfth Night'



The Greasers from 'The Outsiders'



Our Library staff Mary & Louise take the opportunity to add a bit of joy to our space



Harry Potter

Celebrating

DIVERSITY



At Epping Secondary College we promote a welcoming, inclusive and tolerant environment in our school community - and that includes supporting and welcoming our LGBTIQ students and staff, as well as our multicultural community.

Our school captains and the SRC decided to end last term by celebrating our difference and diversity. We wanted to send a clear and loud message that at Epping we don't tolerate discrimination and bullying. All young people have a right to feel safe at school but many young people who identify as LGBTIQ have negative experiences in Australian schools and many studies around the world show that LGBTIQ students experience higher rates of harassment, social exclusion and bullying than their non-LGBTIQ peers.

Australia is a vibrant, multicultural country. We celebrate our amazing multicultural community here at Epping - we are sooooo lucky to have so many different ethnic groups to contribute to our world and make it a more diverse, rich and interesting place.

At Epping we are a tolerant, inclusive and welcoming school. We are also a community that is proudly anti-racist and we do not tolerate discrimination or bullying in any form. We celebrate all of our students and want all of our students to feel safe, included and welcomed.

Let's be the school that makes all of our students feel welcomed and included - wherever you are on the rainbow.

Let's be the school that rejects stereotypes and discrimination.

Let's be the school that promotes kindness and acceptance of all our students.

Ms. Hart

Positive Education Coordinator



To the LGBTIQ community, you are loved and appreciated at Epping Secondary. Thank you for being yourself and know you are accepted :)

Lusani Sigwadi – Social Justice Captain



A big shout out to our LGBTIQ+ students...you are amazing and wonderful just as you are!
Be proud, and know that we are here for you.

Mrs. Kaskamanidis



I pledge to support all students and staff of Epping Secondary College, irrespective of shape, size, sexual orientation or identity, colour, race or creed. I pledge to celebrate and appreciate the uniqueness and wonder of us all!

Shauna O'Donnell



I pledge to always provide a safe space for every student, no matter their sexuality or gender identity!

Louise Krienas



I Leanne Halsall pledge to advocate for a safe, supportive and inclusive learning environment for LGBTIQIA.

Leanne Halsall



I pledge to love my fellow humans as equally as I would love myself and my family. No filtering ... just love. You are safe in our library and very welcomed.

Mary Mesquita



I pledge to make sure students feel safe and to be true to who they are.

Michael Contarin



Let the light inside you burn bright. Our actions and thoughts shape the future. May yours glow.

Antoinette Rehak

Celebrating

DIVERSITY



Adam Compton-Robins

[Rainbows in Schools](https://www.rainbowsinschools.org/)

<https://www.rainbowsinschools.org/>



Ms Gallina's dog *PIP*



Zaahra Awar Subhan

I have a dream
 So said Martin Luther King,
 You may be white as cream
 But all of us as one we sing
 I see no difference in my dream
 We may be white
 or we may be black
 But racism is what we should attack
 For God created us all the same
 And the only difference,
 is in our name.

On the last week of Term 3 Epping Secondary College celebrated Diversity and Multiculturalism. Students were invited to take part and play a Kahoot that the School Captains had created.

The Winners of the Kahoot were:

- 1st place** Fatima Faili
- 2nd place** Sukhman Bains
- 3rd place** Faith Toleafoa

Thankyou to all students who participated.



Jessica Bedelis
 Student Leadership Coordinator

Celebrating

DIVERSITY



My name is **Daniel Hakim Badrul Nizam**. I was born in Alice Springs and my parents are originally from Singapore and we are proud to be Malays.

I am wearing my traditional clothes called Baju Kurong and donning the Kain Songket, a sarong with golden thread weavings.



Satay is a popular dish in South East Asia but there is a slight variation to how we prepare and consume this dish. In Singapore and Malaysia, the meat is marinated with herbs and spices. It is then skewered and cooked over a charcoal grill. The Satay is then eaten with Peanut Sauce. Chopped onions, sliced cucumbers and ketupat (Rice Cake) accompanies this dish. In Indonesia, the Satay is eaten with Kecap Manis (Sweet Soy sauce). In Thailand they grill their Satay with Peanut Sauce.



Ingredients:

Coriander, Cumin, Fennel Seeds, Chili, Garlic, Lemongrass, Ginger, Salt and Sugar

Preparation

Celebrating

Method:



All spices are grounded and blended together to make a paste.

Diced meat (lamb/chicken/beef) is added to the paste and mixed thoroughly. For this dish, we used lamb. Cover the meat with a plastic wrap and leave it in the fridge overnight.

After 24hrs, take out the marinated meat and start skewering. We used Bamboo Skewers.



But the heat from the hot ember is enough to cook the Satay i.e. not a blazing, open flame. So, remember not to overcook it or else the meat will not be tender.

After cooking the Satay, you can enjoy this dish.

Disclaimer: Do not leave the Satay out too long, as the meat will begin to rest and will result in a tougher Satay. This dish may cause fights between family members if there is no more Satay.

This is one of Singapore's favourite beverages. In Australia, you would call it a Flat White. But in Singapore, this is called Kopi Gau- meaning strong brewed coffee with sweetened condensed milk.

We always have this at the Local Hawkers Centres and Kopi Tiams (Coffee Shops). The coffee ground that they use is a mix of Robusta and Arabica coffee beans, locally blended and roasted.

Instead of fresh milk and sugar, we use sweetened condensed milk. By using fresh milk, this will make the coffee diluted thus making the coffee weaker .



Thank you for reading this and gaining knowledge of my culture.

CASIO fx-CP400 calculator PLUS for students studying VCE General Maths, Math Methods or Further Maths in 2021.

Any students who have selected to do VCE General Maths, Math Methods or Further Maths in 2021 are required to have the **CASIO fx-CP400 calculator PLUS**.

(**Note:** This calculator is **NOT** required for VCE Foundation Maths).

Atlas is selling this calculator for \$255. However, parents can purchase this calculator for \$242 (protective padded case included) through ABACUS if they wish to. See details provided on flyer.



**EPHING
SECONDARY
COLLEGE**
Learning for Life

Calculator Orders for Epping Secondary College Students

Please place your order online between:

1st October 2020 – 10th January 2021

***** Please note:** Once the portal expires you will need to order directly from the Abacus website and pay a delivery fee of \$14.95 (incl. GST). Orders will then be sent to your nominated address via Toll Priority Couriers ***

Step 1: Go to the Abacus website: <http://www.abacuscalculators.com.au>

Step 2: Enter the School ID code and type into box as shown on Homepage:

↓
EPHINGVIC



Please Note: You must do this step first to avoid the delivery fee. Please do not search for the product before entering the School ID code.

Step 3: Select the product/s you want to order.
(Please note: No refunds given on incorrect purchase.)

- **CASIO fx-CP400 calculator PLUS**
A **Free Protective Padded Case** \$ 242.00 (incl. GST)
- **STYLUS PEN (Spare)** \$ 5.00 (incl. GST)



Step 4: Calculators ordered by the **10th January 2021** will be available for collection from Epping Secondary College week beginning **1st February 2021**.

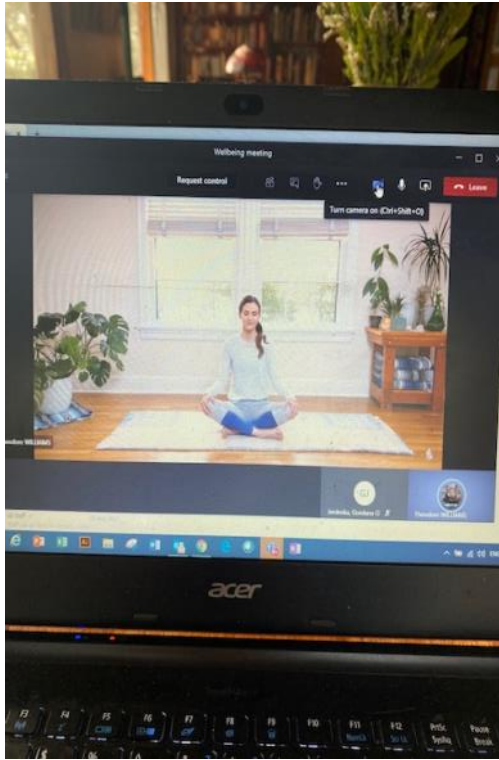
If you have any queries, please call **1800 998 424**.

Please see conditions below:

CASIO fx-CP400 calculators are covered by a 2-year repair / replacement warranty.

Warranty: Please keep a receipt copy as proof of purchase. The student's name will also be registered at Abacus.

Company Policy: No refunds given on incorrect purchase.



Teacher Meditation Sessions



A special mention to **Theodore Williams of 7F** for organising a meditation session for teachers last term. I was particularly impressed with his commitment to the well-being of others during this difficult time. Utilising Microsoft Teams, Theo organised a 10 minute guided meditation session for all staff to participate in, which were held at different times across each week. My session started at 8:50am which really helped me clear my mind and was a great start to my day.

I have been so impressed with the genuine care and consideration students have had in keeping our college community connected and cared for throughout remote learning. My deepest gratitude also to your families who have supported you both personally and in your learning. Stay safe and be sure to check in on your friends and family. Looking forward to zero cases and seeing you all back at school at some point. (9/11/20 now 10 days of 0 cases.....)



Sincerely,
Mr Kaska

quicksmart

Congratulations to the following students for excellent results in QuickSmart OZCAAS testing:



Haider Albadran 9G



Mohammad Al Roubaai 8D



Nathan King 9C



Hayden Mckernan 9C



Davide Pollina 9B



John Bongailas 9F



Mehdi Al Khamas 9H



Karla Roets 8A



Jordan Aliadas 8G



Joshua Taleski 8H

Wellbeing Report

Finally, we have all year levels attending school and it is great to see all the students face to face again. The theme for Term 4 is, Re-set, Re-focus, Re-ignite and Re-energize. There is also a focus on staff and student wellbeing. Students in years 7 – 9 started onsite learning with Wellbeing days and participated in activities such as; class step challenge, yoga, mindfulness, gratitude messages, reflection on remote learning, passion project and a Kahoot quiz. I was so impressed with students' behaviour, effort and attitude on their return to onsite learning.

New Chapter Psychology

New Chapter Psychology will no longer provide a service to Epping Secondary College. I would like to acknowledge the support Dr Helen Cisternino and Daiva Verbyla gave to students and families over the years. Dr Helen Cisternino contacted families to inform them about New Chapter Psychology ceasing services as of Term 4, 2020. The school will miss Helen and Daiva and we wish them all the best in the future.

I would like to welcome Georgia Tziros our Mental Health Practitioner to the Wellbeing Team. Georgia will be working 5 days per week and support students by counselling, running programs and organising professional development sessions for staff and workshops for students.

Wellbeing Team:

Leanne Halsall – Student Wellbeing Coordinator
Tiffany Griffith – Senior School Counsellor
Carly Young – Art Therapist
Mona Botros – Multi-Cultural worker
Debra Shepherd – Counsellor
Georgia Tziros – Mental Health Practitioner






Leanne Halsall
Student Wellbeing Coordinator



WELLBEING Year 7 WELLBEING DAY Welcome to Onsite Learning for term 4, 2020

**TIME TO
RE-SET
RE-FOCUS
RE-IGNITE
RE-ENERGIZE**

OPTION ONE Physical Health & movement	OPTION TWO Cognitive, Mind & Self Spiritual, Community & school Values	OPTON THREE Creativity
<p>Walking for 1 hour The class can go outside for some fresh air and sunshine. It will help improve your mood, energy and motivation. Even if you feel tired make the effort. The class can go for a walk. Practice Social distancing & wear a mask.</p> <p>Class Step Challenge: The teacher or a nominated student can measure steps by using the app on your mobile phone. You then report back to the class after the walk How many steps did you walk with your class today? 10,000 steps per day or set your own target How many more steps do you need to achieve 10,000 steps today?</p> 	<p>SURVEY ALL CLASSES PERIOD 1 How have you been going during remote learning? Teachers would like you to give feedback on what has been happening during your time at home. It is important to be honest with how you are feeling</p> 	<p>Find Your Passion Project Term 4 TIME TO RE-SET RE-FOCUS RE-IGNITE RE-ENERGIZE</p>  <p>Some students may have started the Passion Project in LFL classes. Your teachers will give you instructions today if you have not had a LFL class yet.</p>


Yoga-
Yoga for the classroom with Adriene 10 min
<https://www.youtube.com/watch?v=Td6zFtZPkj4&t=44s>
<https://www.youtube.com/watch?v=Td6zFtZPkj4&list=PLui6Eyny-Uzx96yT2Ok7I6SGcxSxXigUI>

Yoga for Teens with Adriene 20 min
<https://www.youtube.com/watch?v=7kgZnJqzNaU&t=33s>

Chair Yoga for Beginners 4 min
<https://www.youtube.com/watch?v=CJnMvM6eDA>

Chair Yoga for Slowing down 10 mins
<https://www.youtube.com/watch?v=x9X4Y47DBdl>

Chair Yoga for better balance 10 min




Clips:
What are the benefits of Mindfulness? students perspectives 5 min
<https://www.youtube.com/watch?v=cOGM-zKPTE>

Guided Meditations:
Classroom meditation – Grounding & relaxation 5 min
<https://www.youtube.com/watch?v=eYm9FkWQc0Q>

Mindful meditation Clip with Adriene 5 min
<https://www.youtube.com/watch?v=vYQy8-7Ut1E>

Mindful breathing 5 min
<https://www.youtube.com/watch?v=SEfsTJZ6Nk>

This is optional and staff can use the meditations at the start of the sessions.



You have a choice of Activities:

1 Vision Board – create a vision board with your favourite quotes and goals that you would like to achieve. You can use your laptop or do it on a piece of paper. Needs to be for 2021



2 Gratitude Letter:
Write a thank you note to someone and let them know how much you appreciate what they have done for you



3 Inspirational quotes
Choose one or two that you love and create a poster for your room



4 Motivational messages
Design a poster for your Homegroup room with a motivational message



Drama Dialogue

Andre: How have you been feeling during stage 4 lockdown?

Psalm: I've been feeling pretty anxious about a lot of things and I feel like I'm trapped.

Andre: Honestly same though, do you remember those times when we used to walk along the beach and go to parks? Now I feel like we can't do any of those things for a while.

Psalm: YESS! Those were the greatest times of our lives and now we are living like puppets waiting for lockdown to be over so we can relive all those memories.

Andre: How do you feel about wearing masks and social distancing for 12 months extension?

Psalm: I personally feel like it's a bad idea because if the virus has cleared everywhere and cases are dropping then that means we should at least have some freedom and rights in what we can and can't wear.

Andre: OMG I was legit thinking the same thing. We need to let these people know that it's okay!!! And not to panic during this world pandemic and hopefully it will go away soon.

Psalm: I'm so lucky to have someone who understands my mentality and what I think.

Andre: Same, thank you for this talk and for understanding.

Mustafa Khallouf 9F



Props: phone, car

Characters: Atena, Shima and Leilani.

Emma Vojdani 9D



Atena: (on the phone) When are you guys getting here?

Shima: I'm 5 minutes away.

Leilani: I'll be there in a couple minutes!

Shima: I can't wait to see you guys, I've been waiting months for this moment.

Atena: (sighs) I can't believe that we lost 7 months of our lives because of corona.

Leilani: I was so stressed for school.

Shima: (loudly) Same! I was supposed to be in the Middle East two months ago but corona ruined our whole year.

5 minutes later.

Atena: OMG you guys are finally here!

Shima: (screams as she walks out of her car) I can't believe I can finally talk to you in real life and not through a screen.

Leilani: (hugs both of the girls) We need to plan to do everything we wanted before the year ends!

Shima: (excitedly sequels) We have to make our "End of 2020 bucket list"!!!

Atena: (laughs and takes out her phone) What's the first thing on our bucket list ladies?

Leilani: We have to go stargazing, have a picnic, go shopping, have a photo shoot....

Atena: (nervously chuckles) This is going to be a long list...

Shima: The more the better ladies, keep them coming. There's no time to lose!

Drama Dialogue

Props: mask, mobile phone

Characters: Rob, 17, Henry, 17, Hensley, 17

Henry: Finally, I get to see you guys, it feels like it's been years since I've seen you both!

Hensley: (excitedly) I know right! You have to catch me up on everything that has happened.

Rob: (confused) What do you mean everything that's happened? We've all been in lockdown.

Hensley: (giggles, turns to Rob) Well, Henry has been talking to someone over quarantine and they have been getting really close.

Henry: (embarrassed, slightly mad, turns to Hensley) I told you not to tell him yet!

Pause....

Rob: (mad, looks at Henry) Why won't you tell me who it is? You told her, why not me?

Henry: (looks to Hensley then turns to Rob) Promise you won't get mad (takes his phone out)

Rob: (really confused) Mad, why would I be mad?

Hensley: (faces all) Calm down, Henry is going to show a picture of her to you in a second.

Rob: Well hurry up, I don't have all day.

Henry: (Shows Rob the photo) So...

Pause....

Rob: I think I need a lot of air.

(Takes mask off)

Hensley: I think he just needs a moment

Rob: (smiling) My sister! Of course I'm not angry that you're talking to her, though I'm kind of mad that you didn't tell me earlier.

Hensley: See Henry, I knew he would be okay with it!

Henry: So does that mean I have your blessing?

Rob: Of course you do.

Hensley: Aww!

Rob: Just whatever you do, don't hurt her.

Henry: You have my word.

Everyone smiles at each other.

Eve Stephens 9A



MUSIC NEWS

Hi all and welcome back to term 4. This has undoubtedly been a challenging year for us all and one that has greatly challenged all sectors of society, especially the Music Industry. This year we have had enormous interruptions and my heart goes out to our Instrumental Music students who have experienced enormous disruptions. In fact the whole Music Industry has suffered as a result of this Global Pandemic. We have had numerous students who experienced online delivery with their Instrumental Music teacher even though this has been challenging for many.

This is a call out to any students who would like to enrol in Instrumental Music lessons in 2021. Lessons will be offered on site and parents are able to pay \$62.50 a term. Payments can be made on a term basis and enrolment forms are available at the office. Alternatively you can email Mr Ross Talarico on ross.talarico@education.vic.gov.au who can email you a form with information. We will always do our best to accommodate students first choice of instrument and students will be rotated across the timetable and attend classes during class. Lessons are for 35 minutes and are taught by highly experienced musicians.

I know this has been an uncertain year but Music has become a popular hobby in 2020 allowing people to nurture their creative abilities. I am looking forward to seeing as many students enrolled in what is an enjoyable and rewarding experience for all. No doubt we will all bounce back and enjoy the opportunities awaiting us as the industry bounces back to action.

EPPING SECONDARY COLLEGE MUSIC PERFORMANCE HUB

In addition to our music news this year Epping Secondary College received a music grant funded by the Local Schools Community Fund. I made an application to DESE and was granted \$20,000 which was used to refurbish and renovate our Music room. This included the construction of a stage with high tech digital equipment and sound reinforcement.

I am pleased to advise that the project has been completed with students now able to use the latest addition to the Music wing. Many thanks to Sam Bonanno, our Instrumental teacher and Tim Anders for being selective with the equipment to be purchased and for their expertise in setting up a hub that truly replicates a real life music industry experience.

Works undertaken was the construction of a large stage in the Music Room, new carpet and stage curtains, electrical work and reinforcements, new high tech digital mixer with wireless mixing abilities and state of the art sound equipment and accessories.

This has been an exciting project amidst an uncertain time however we are looking forward to having our Music students use this space and make the most of this performance hub.



Mr Ross Talarico
(Music Coordinator)

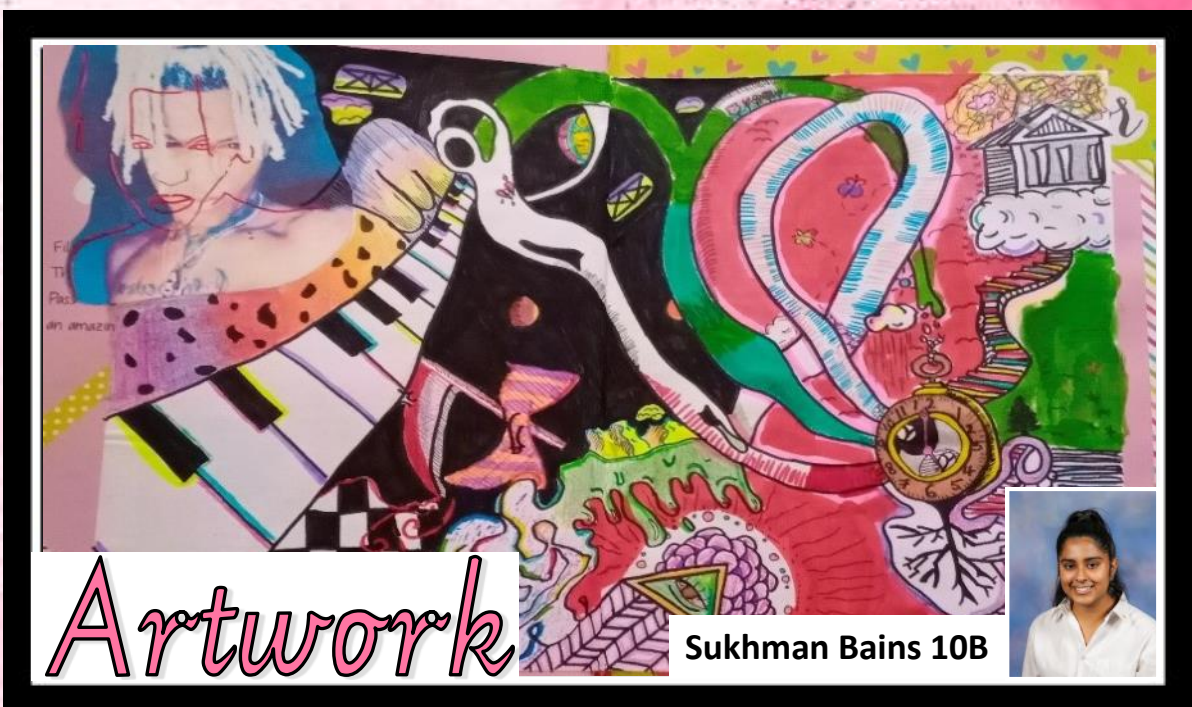




Desk Tidy Project



Esther Stark 9C



Artwork

Sukhman Bains 10B





Artwork

Julia Di Mauro 9C



Eliza Putra 9H



Eman Abdul Kareem 9G



Artwork

Khy Strappazon 7E

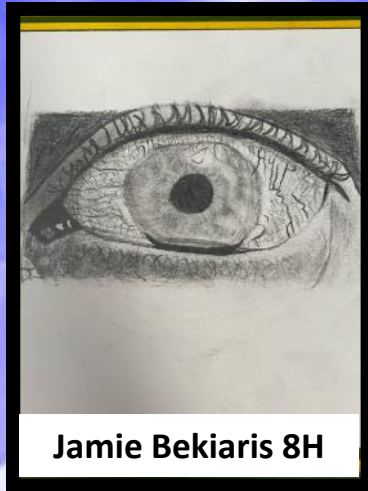


Lena Sebin 9B

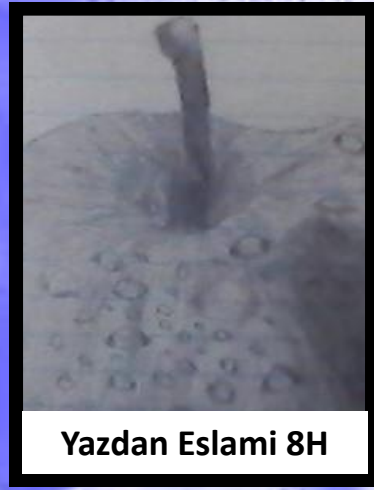




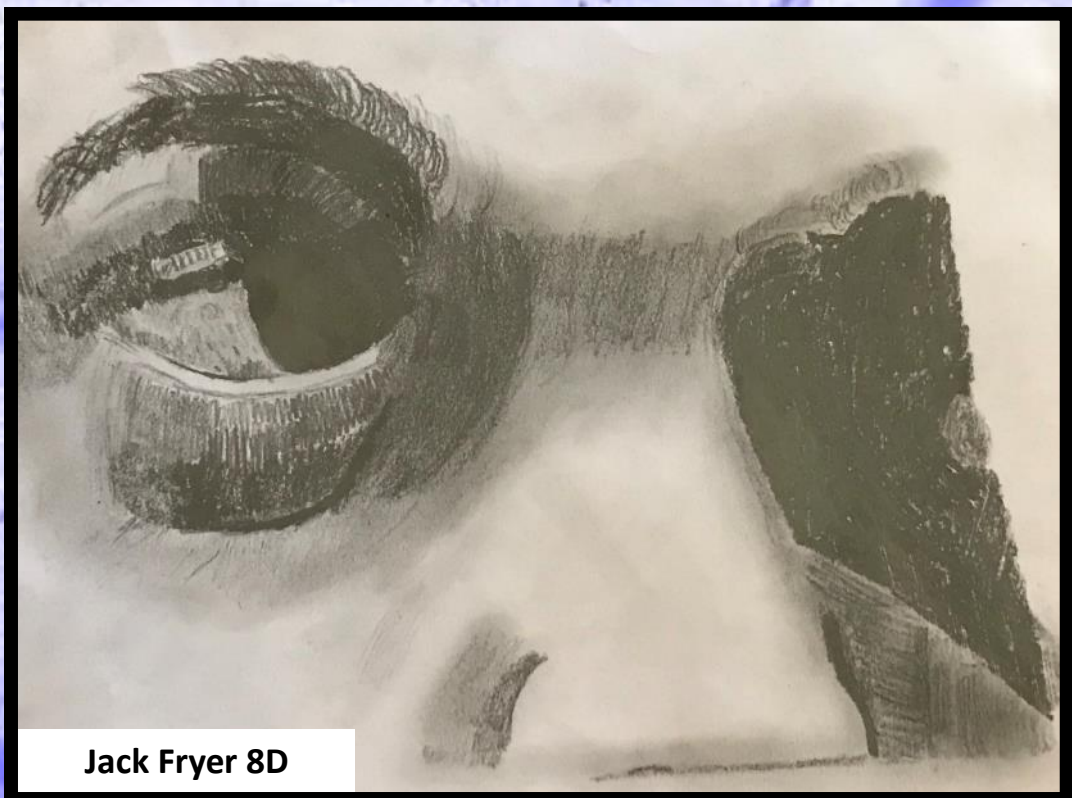
Stephanie Janevski 9H



Jamie Bekiaris 8H



Yazdan Eslami 8H



Jack Fryer 8D



**Always Was,
Always Will Be.**



naidoc.org.au

NAIDOC WEEK

8-15 NOV 2020

#NAIDOC2020
#AlwaysWasAlwaysWillBe

The National Aboriginal and Torres Strait Islander Day Observance is a time to celebrate the achievements of our people and to reflect on the challenges we face. It is a time to honour our ancestors and to look to the future with hope and determination. We invite you to join us in celebrating our people and our nation.

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