From the Principal

We have had an exciting and successful start to 2013. Term 1 has seen the introduction of Launch Pad, negotiated projects and modules as part of the Years F-10 curriculum. This was the culmination of a huge amount of work last year. During 2012, we used the introduction of the Australian Curriculum to review how we delivered the learning for our students. The results of the revamped curriculum have seen an improved rate of students getting started earlier and greater contact with teachers. Clearly, we have made some very important changes. As well as the structural changes we have implemented some best practice teaching and learning strategies within the learning program. We are expecting to see improved outcomes in the learning of all students.

This year has also seen the introduction of the Parent & Supervisors portals. Feedback on these has been very good to this stage. We are very keen on feedback from students, parents and supervisors. Therefore, throughout the year I hope you will take the opportunity to let us know if you have any ideas on how we can improve what we do.

Teachers have also been extending the use of technology to have ‘live’ classes which enable students to connect with their classmates. It is my hope that all students are taking advantage of these opportunities, where they are able. Also remember, that if you are not able to attend you can always go to the recording.

Attention Students... If you enjoy writing, developing new skills and friendships, why not join the Newsletter Committee at the DECV? This is a great way to be a part of the dynamic production team and to have a say in what gets published in the school newsletter. We are very interested to hear from you! If you are interested please contact the production coordinator Maya Graham mgraham@distance.vic.edu.au

Bronwyn Stubbs
Principal

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The Student Attitudes to School Survey –

Complete it and win a computer
The Student Attitudes to School Survey will be conducted in April/May 2013 for all students in Years 5 to 12. The survey assists schools to gain an understanding of students’ perceptions and their experience of school. The survey provides schools with valuable data on students’ views of their wellbeing, school in general, and teaching and learning.

Regardless of whether DECV is your home school or if you are studying one or two subjects the surveys about your relationship with the DECV. Some of the questions may prove difficult to answer particularly if you never attend in a face to face capacity, but think about the online classrooms, video conferencing, Elluminate or chat sessions as similar to face to face.

Although the survey is anonymous you have the opportunity to input your student number which will make you eligible for a free Acer NETBOOK computer to be given to a student whose student number is on the survey and is randomly selected. We are doing this simply to increase the number of responses to the survey to provide more meaningful data.

You’ll receive an invitation to participate soon. Questions regarding the survey should be directed to the Assistant Principal, Mark Kent (03) 8480 0000.

DECV NEWS

Attention Year 7-12 Students*

Have you heard about DECV Camp 2013? Expressions of interest are closing soon!

*Please note this only applies to full time DECV students.

The DECV will be holding its annual school camp from Monday May 20th until Wednesday May 22nd. In 2013 we will be based at the Lady Northcote YMCA Camp in Rowsley VIC, a 15 minute drive south west of Bacchus Marsh. The DECV camp is a great opportunity for students to make new friends and meet teachers in a relaxed and fun social environment.

The cost will be $220 which will include 2 night’s accommodation, travel, meals and activities. Things to do on the camp include: the high ropes adventure course, the giant swing, the flying fox, abseiling and rock climbing, mountain biking, the low ropes adventure course, canoeing, archery, raft building and raft carnage, scavenger hunt, and a whole lot more!

If you are interested please complete the online expression of interest form: http://bit.ly/11CCUmI or contact me, Allira Scott on 8480 0243 or at ascott@distance.vic.edu.au as soon as possible. You will then be contacted in early April when we move into the serious planning stage.

Thanks,
Allira Scott
(Camp Coordinator)

Young Parents

Young Parents is a specialised support program for DECV students who may be expecting a child or who have young children. Along with their chosen field of study, Young Parent Program gives students access to a dedicated support service designed specifically for their learning needs.

We have a team of Student Support teachers who work alongside the Student Wellbeing Coordinator to make sure that things go smoothly at the school end of things. The student support teachers can liaise with subject teachers on the student’s behalf and organise modified work loads and Special Provision for VCE students.

If you are pregnant or parenting and feel that you might benefit from being part of the Young Parents program, or just want more information, please make contact with Josephine Williams
Young Parents Program Coordinator (03) 8480 0237
Careers news

The next time you’re in the online classroom, make sure to visit the Careers website.
The Careers site has a section, called Connections to Work & Community, which shows you ways to connect with the workplace. Here is a summary of key features.

Careers Coordinator
Carol Ford
8480 0120
cford@distance.vic.edu.au

As you plan your pathway you might need some advice and information along the way. You can phone, write or email for careers information, or inquire when you’re at the DECV. My contact details are above.

Uni tours & Term 1 holiday events

There’s no need to stay at home with these events and tours to choose from!

Zoos Victoria school holiday programs:
Animal Keeper for a Day: April 3, 4, 9, 10, at the Healesville Sanctuary. Young people can take part in animal keeper related activities, just as the keepers do in their working day. Talk to the keepers about their job and the training they did. Cost $103 includes morning tea and all activities. For more information and to book go to http://www.zoo.org.au/healesville/whats-on/keeper-for-a-day

Vet for a Day: April 5, 12, at the Healesville Sanctuary
Work in the vet hospital for the day, go behind the scenes and help out the vets in their daily care of animals. Cost $125 includes morning tea and all activities. For more information and to book go to http://www.zoo.org.au/healesville/whats-on/vet-for-a-day

RSPCA school holiday programs:
Learn more about animals and how they’re cared for. Costs vary between $30 and $90. Activities for all age groups.
Junior Program: for ages 5 to 14 years; hands-on activities develop experience in the care and handling of animals.

Tour of the animal shelter, become an inspector for a day, talk to the handlers and vets to find out about their work. For more information go to the RSPCA site: http://www.rspcavic.org/services/education/holiday-programs/junior-holiday-program
**Careers**

**Youth Program:** for ages 13 to 20 years: offer you a behind the scenes look at just what skills you require to work in the animal care industry. For more information go the RSPCA site: [http://www.rspcavic.org/services/education/holiday-programs/youth-holiday-program](http://www.rspcavic.org/services/education/holiday-programs/youth-holiday-program)

**Other school holiday programs:** From festivals and films to camping and sport, there are a range of activities sure to be of interest. Many activities involve new experiences that develop skills and confidence. For more information go to [www.vic.gov.au/about-victoria-tourism/holidays-daylight-saving/school-holidays/school-holiday-activities.html](http://www.vic.gov.au/about-victoria-tourism/holidays-daylight-saving/school-holidays/school-holiday-activities.html)

**UNIVERSITY TALKS AND TOURS**

Some universities give senior school students the chance to visit, tour and find out about courses and entry pathways. One of these tours may be near you.

**Experience LaTrobe** If you’re in Year 10, 11 or 12, and want to peek into university life, you can be a uni student for a day at LaTrobe. It’s a free event with lunch included.

When: Fri April 5, Bundoora Campus; June 21 Albury-Wodonga; July 12 Bendigo; June 12 – 14 Shepparton


**Experience Days at RMIT:** If you’re in Year 10, 11 or 12, a range of ‘Experience Day’ holiday programs is run by RMIT. Hands-on and interactive experiences of courses at RMIT, help you find out about careers in accounting, engineering, fashion, justice, medical sciences, media, advertising, environment, IT, and art and design. To register interest and to be notified when events are on go to: [www.rmit.edu.au/experiencedays](http://www.rmit.edu.au/experiencedays)

**Melbourne University** – ‘Access all Areas’ tours for Years 10-12 students and families. Tour the campus and gain an insight into the university. There are also information sessions on specific study areas.

When: Fri 5 April, 9:30 am-3:30 pm

Register at [http://futurestudents.unimelb.edu.au/explore/events/victoria_and_interstate/victoria/access_all_areas/access_all_areas or contact 13 MELB (13 6352), or email via http://13melb.unimelb.edu.au/contact](http://futurestudents.unimelb.edu.au/explore/events/victoria_and_interstate/victoria/access_all_areas/access_all_areas or contact 13 MELB (13 6352), or email via http://13melb.unimelb.edu.au/contact)

‘At Monash’ seminars are held by Monash Uni faculties on various dates from March to May. The seminars run from 6.30 pm to 8.00 pm.

To see the full program and to register go to [http://monash.edu/study/options/schools/at-monash.html](http://monash.edu/study/options/schools/at-monash.html)

**Victoria University Trades College tour:** Sunshine Campus. Take a tour of the new Trades College facilities at VU’s Sunshine Campus. Learn how to start your career in carpentry, plumbing, bricklaying or in many other trades. Ask questions about the courses and discuss the best study pathways with the trade teachers.

When: April 17, 24, May 1 Phone (03) 9919 8493 or email trades@vu.edu.au to register your interest.

**TERM 2 coming up Careers Expos**

Expos bring together organisations that can help you to choose a course or career. Expos are a great opportunity to find out about courses and talk to representatives about a range of careers. Two major careers expos are coming up in Term 2. Put one in your diary now!


**The National Careers & Employment Expo,** held in May last year, is this a large exhibition with careers advice from training institutions, industries and government agencies. The date, time and venue are to be confirmed. Go to [http://www.eocexpo.com.au/melbourne.aspx](http://www.eocexpo.com.au/melbourne.aspx) and stay tuned.

**Want to study a health science?**

You may need the UMAT test

If you’re considering applying for a degree course in a health science you may need to sit the UMAT test (Undergraduate Medicine & Health Sciences Admission Test)

The UMAT is an aptitude test. It is designed to assess general attributes and abilities considered important to professional practice in health sciences. See [http://umatweb.acer.edu.au/](http://umatweb.acer.edu.au/)

In Victoria, Melbourne, Monash, and LaTrobe Universities require a UMAT result for entry to the courses listed below. If you are considering a career in any of these health sciences you must register to sit the UMAT as part of the entry requirements of these courses.

**The University of Melbourne:**

Dental Science, Oral Health

Monash University: Medicine

**Physiotherapy, Pharmacy**

LaTrobe University: Health Sciences

(Dentistry), Oral Health Science

Note that entry to Medicine, Veterinary science, Physiotherapy and Optometry at Melbourne University or Medicine at Deakin University is now postgraduate, applied for after the completion of a degree. A list of interstate universities requiring the UMAT is given on the ACER website.

When: UMAT 2013 will be held on Wednesday 31 July 2013

**Registration:** Registrations open in April 2013 and close on June 7 2013
In Week 1 of Yr 7 Science students were invited to draw their impressions of what a science teacher looks like.

by Zac N
by Catarina A
by Bernadine B
by Estelle B
by Casey S
by Samantha B
by Camryn W
by Rachael P
by Bianca D
Canoe Trip At Lake Durras

We got to Durras at 10:30 and we all got into the Canoe. Dad put life jackets on Jasper and me. It was wobbly at first but once we got paddling it was fine. When we got into the middle of the lake we hopped out and went for a snorkel. We saw some rocks, fish and shells. Paddling back to shore my arms were tired. Overall it was a great day and I can’t wait to do it again.

By Fern, Year 3. Travelling Australia
P-10 NEWS

Jack (Yr 1 Travelling Australia) Puppets

Jasmine (Yr 1 Travelling Australia) City buildings

Jay (Yr 4 Travelling Australia) Setting up the annex

Kezia (Yr 4 Victoria) Portrait

Lucy (Foundation - Solomon Islands) Night picture

How I Made Perfume

Dear Diary
Today I made perfume by myself at my house. First I picked lilac roses with a strong smell. Then I picked the petals off the roses. Next I laid the petals out on a tea towel, sprinkled water on the petals and put them in the sun to dry out. After that when the lilac petals dried out I put the rose petals in a bottle full of water, gave the bottle a shake and put it in the sun.

What a beautiful smell when I opened the lid.

By Claire, Year 4, Travelling Australia
**Brooklyn’s Diary** (Yr 3 Victoria)
On Sunday we got back from New Zealand. On the Sunday before we came home it was my Nannie’s birthday. She was turning 70. We had a big party. Two hundred people came. It was at a hall at Mangere Bridge, New Zealand. It was fun.

**Isabella** (Foundation - Travelling Australia) Under the Sun

**Matthew** (Foundation - Travelling Australia) Sun

**Hayley** (Yr 4 Sailing around Indonesia)

**Laura A** (Yr 9) Headphone sketches for Logos and Advertising Week 3

**Maya** (Yr 5 Macedonia) My Favourite Thing

**Shahla** (Foundation - Travelling Australia) Sun

**Isabella** (Foundation - Travelling Australia) Under the Sun

**Matthew** (Foundation - Travelling Australia) Sun

**Hayley** (Yr 4 Sailing around Indonesia)

**Laura A** (Yr 9) Headphone sketches for Logos and Advertising Week 3

**Maya** (Yr 5 Macedonia) My Favourite Thing

**Shahla** (Foundation - Travelling Australia) Sun
Worried William
By Jasmine, Year 4, Travelling Australia

Dear Worried William,
Yes, it is silly to smoke and here is what you should try to do:
If your friends’ parents know your parents talk to mum and Dad and suggest that they let your friend’s Mum or Dad know what they are planning to do, and ask them to try and sway their minds.

If your friends are just school friends, get their phone number off your teacher and call your friends’ parents or ask your Mum or Dad to do it. Then tell them to try and switch their choices. If they succeed your friend will probably feel ashamed and won’t call you ‘Chicken’ any more.

Here is a map of everywhere we have been in Australia, The red line is our first year and the blue line is the second year. The white line is when we flew home from Alice Springs on a plane.

Will
Dear Linda,

How are you? My name is Zach and I’m 9 years old. I currently live in Budapest and travel around Europe with my family. I have a brother and sister who are twins. I like to play football, skateboard and ride my scooter. Back in Australia, I have swimming lessons every Monday and I play Aus-Kick every Saturday.

About four weeks ago, we went snowboarding in St Moritz, Switzerland. I went with my mum, dad, brother and sister. I had a Burton snowboard and it was black and white. At the start of the week I didn’t know how to snowboard so I had some lessons.

After St Moritz, I had my birthday in Lichtenstein. We went real tobogganing and at dinner, the owner of the restaurant surprised me with a five-layered cake.

Next stop was Germany. We went to the castle that inspired Walt Disney and the castle that the King of Bavaria lived in. The king drowned before the castle was finished. On the way back from the castle we rode in a horse carriage.

Before returning to Budapest, my family and I went snowboarding in Kitzbuhel, Austria. My snowboard was brown with two snakes that had huge fangs on them. On the last day we went to a pool with two awesome water slides.

Back in Budapest we went to a fancy dress party and Xavier and I played backgammon and checkers. This week, the twins are having their birthday and on Friday we’re going bowling.

From Zach
Launch Pad and Discovery Learning

DECV students from Years 3 to 10 were enrolled in our new Launch Pad and Discovery Learning modules this year and they have been a resounding success, with strong student engagement and participation. These new modules were designed to encourage stronger relationships between our students and their teachers and to support their transition to our distance learning environment.

Engaging students in their learning programs and ensuring that they are aware of the support mechanisms available to them is important throughout the year, but particularly crucial at the beginning of first term. These programs present students with an extensive range of learning activities designed for formative assessment, to build resilience and to inform students about the numerous resources available to them at the DECV and much more.

We sought extensive feedback from all students that participated in these programs, as we’ve been keen to ensure that we were delivering a program that supported and encouraged them, and that also met their expectations! Some of the comments from our student feedback are below:

What they liked...

“I loved the journal tasks, they were fun.”

“I liked that uploading files so you could do your work on Microsoft Word was extremely easy and quick. Working online does have its challenges but this time I really enjoyed it.”

“I liked the activities, finding out more about myself, my strengths and abilities and passions. I also loved writing in the journal! I think that it is an awesome thing to have!! ;))”

What they found useful...

“I think the teachers and especially my support teacher was most helpful, i think that the fun activities helped me to not lose interest.”

“All of the lessons helped me learn in some way. But writing in my journal made me think best. I don’t know what it was I just loved writing in my journal.”

“I guess all of them helped me to get used to the DECV lifestyle ... Launch Pad really helped me onto my efficient feet once more.”

The Launch Pad and Discovery Learning programs will continue to be made available to students as they enrol with us throughout the year.
Welcome from the 11-12 Sub school leadership team!
Welcome to the DECV!
For some of you, the process of studying by distance is new, others are returning to the DECV after one or more years. There are a number of people here at the DECV who can support you at any time during your studies, in addition to your subject teacher and student support teacher (DECV based students only have access to the student support teacher). We appreciate that studying by distance can present some challenges, and can also be a rewarding process.
Here are some other names and contacts you should keep handy:

<table>
<thead>
<tr>
<th>Year 11 Coordinator</th>
<th>Year 12 Coordinator</th>
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</thead>
<tbody>
<tr>
<td>Sia Papapetrou</td>
<td>Silvia Preac</td>
</tr>
<tr>
<td>Phone 8480 0200</td>
<td>8480 0012</td>
</tr>
<tr>
<td><a href="mailto:spapapetrou@distance.vic.edu.au">spapapetrou@distance.vic.edu.au</a></td>
<td><a href="mailto:spreac@distance.vic.edu.au">spreac@distance.vic.edu.au</a></td>
</tr>
<tr>
<td>VCAL Coordinator</td>
<td>Careers Coordinator</td>
</tr>
<tr>
<td>Melek Tekin</td>
<td>Carol Ford</td>
</tr>
<tr>
<td>Phone 8480 0234</td>
<td>Phone 8480 0120</td>
</tr>
<tr>
<td><a href="mailto:mtekin@distance.vic.edu.au">mtekin@distance.vic.edu.au</a></td>
<td><a href="mailto:cford@distance.vic.edu.au">cford@distance.vic.edu.au</a></td>
</tr>
<tr>
<td>Enrolments</td>
<td>VCE Exam Centre Coordinator</td>
</tr>
<tr>
<td>John Voglis</td>
<td>Kate Gilmartin</td>
</tr>
<tr>
<td>Phone 8480 0000</td>
<td>Phone 8480 0005</td>
</tr>
<tr>
<td><a href="mailto:jvoglis@distance.vic.edu.au">jvoglis@distance.vic.edu.au</a></td>
<td><a href="mailto:kgilmartin@distance.vic.edu.au">kgilmartin@distance.vic.edu.au</a></td>
</tr>
<tr>
<td>11-12 Leading Teacher Pathways and Transitions (includes VET enrolments)</td>
<td>11-12 Leading Teacher Student Learning</td>
</tr>
<tr>
<td>Ken McDougall</td>
<td>Antoinette Hooper</td>
</tr>
<tr>
<td>Phone 8480 0218</td>
<td>Phone 8480 0158</td>
</tr>
<tr>
<td><a href="mailto:kmcdouga@distance.vic.edu.au">kmcdouga@distance.vic.edu.au</a></td>
<td><a href="mailto:ahooper@distance.vic.edu.au">ahooper@distance.vic.edu.au</a></td>
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<tr>
<td>11-12 Leading Teacher Student Engagement and Wellbeing</td>
<td></td>
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<tr>
<td>Lee-Anne D’Agostino</td>
<td></td>
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<tr>
<td>Phone 8480 0211</td>
<td></td>
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<tr>
<td><a href="mailto:ldagosti@distance.vic.edu.au">ldagosti@distance.vic.edu.au</a></td>
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Please don’t hesitate to call any one of us to assist you with your studies. The 11-12 Leadership team wish you the very best for your studies in 2013.

Later Years news
The 11-12 Leadership team this year have devised a later years communication that specifically highlights key administration information to the school community. This information is particularly relevant for students enrolled in Years 11-12, their families, and school supervisors. The first edition covers important information on Special Provision, Student Management Action Plan, key events, the submission timetable, information for parents and school supervisors and message for you from the principal. Please visit it at http://www.distance.vic.edu.au/ later-years-newsletter-1/
Excursions and seminars are a great way for DECV students to meet their teachers and fellow students.

On the 18th March Design Technology, Media and Visual Communication students met their teachers at Top Designs, Melbourne Museum, Carlton Gardens.


All works are accompanied by folios and design plans that document the students’ development of ideas, production stages, client feedback and evaluation of results. The strength of this unique exhibition is the opportunity to view developmental folios and design plans alongside the finished work – from furniture to fashion and film to food menu plans.
BULLETIN BOARD

DECV invites and encourages you to participate in the

2013 AUSTRALIAN MATHEMATICS
COMPETITION

When: Thursday 1st August 2013
Where: DECV, 315 Clarendon Street, Thornbury, 3071
Time: 10.00 – 11.15
Duration: 75 minutes
Cost: None - DECV will pay for the registration fee

Closing date for registration is Monday 6th May 2013

The Australian Mathematics Competition has run every year since 1978 and is now a significant international event. It is designed to be a fun event, removed from the pressures of formal assessment.

There are three categories of entry:
• Junior (years 7 and 8)
• Intermediate (years 9 and 10)
• Senior (years 11 and 12)

All students receive a personalised certificate award for their performance and participation, showing their level of achievement. Students may qualify to receive a Certificate of High Distinction, Distinction or Credit.

For more information contact your Mathematics teacher.

Enjoy and have fun!!

Premiers reading challenge
The current and past premiers proudly support this important literacy initiative and declare the ninth annual Victorian Premiers’ Reading Challenge open.

In 2013, for the first time infants and pre-prep children are being encouraged to join the Challenge.

Last year over 220,000 Victorian students read more than 4 million books. Hopefully this year’s Challenge will inspire even more children and young adults than ever before to foster a love of reading.

The Challenge is not just about reading in English. The Challenge is open to reading in any language. Students can read, or be read to, children’s stories in Arabic or Spanish, classic comedies in French, the Ramayana in Hindi, Chinese poetry and more.

Let the reading adventure begin. For more information see http://www.education.vic.gov.au/prc/
Competition Details:

Cost to Join: Free!

Weekly Prize: The weekly winner receives a $10.00 gift voucher to spend on their favourite team’s merchandise.

Winner’s Prize: The overall winner will receive a footy jumper in their favourite team’s colours.

Condition of Entry: To be eligible for the major prize, the winner must be submitting work on a regular basis.

How to Join

2. Register by clicking on ‘Join Now’. You will need to enter your details and create your own personal user name and password to enter your footy tips each week. Agree to the ‘Terms and Conditions’ and then join!
3. Join our competition by entering the following details in Find a Competition:
   - Competition Name: DECV Students 2013
   - Password: decv13

Don’t forget to enter your tips each week.

Make sure you check with your parents to get the okay to join!

Please email Sally Trotter when you have joined or if you have any queries, strotter@distance.vic.edu.au

Join Now!

http://www.footytips.com.au
BULLETIN BOARD

De Cv Camp 2013
Lady Northcote YMCA
Rowsley, Vic

High ropes, adventure course
the giant swing, the flying fox
abseiling and rock climbing
the low ropes adventure course

Mountain biking, canoeing, archery
raft building & raft carnage

The De Cv Camp is a great way for students to make new friends and meet teachers in a fun and relaxed social environment.

20th-22nd May

For more information contact Allison Scott 8480 0243
ascott@distance.vic.edu.au
ASSISTANCE FOR ISOLATED CHILDREN (AIC) CENTRELINK

The Assistance for Isolated Children (AIC) Scheme helps the families of primary, secondary and under 19 years old tertiary students who are unable to attend an appropriate government school on a daily basis, primarily because of geographic isolation. The payment may also be available to some students who are enrolled under the Medical Category at the Distance Education Centre Victoria.

One of the four types of AIC allowances is Distance Education – for families of students who are enrolled in an approved distance education course. Distance Education Centre Victoria is an approved distance education provider.

HOW YOU CLAIM

Step 1
Obtain a Claim for Assistance for Isolated Children form from any Centrelink office. If you need help completing the form phone Centrelink on 13 2318.

Step 2
Fill in and sign the claim form. The parent/guardian who cares for the student must complete the form. You will find many answers only need a yes or no tick. Depending on your answer you may also be able to skip some sections.

Step 3
Include all relevant documents. If Centrelink does not get all your documents, you might not get paid. There is a checklist at the back of the claim form to check that you have not missed anything.

Step 4
You can lodge your claim form at any Centrelink office. Victorian residents may post it to:
PO Box 1122
Lismore NSW 2480
...or fax it to (02) 6626 5979

Education Maintenance Allowance

The Education Maintenance Allowance (EMA) is a State Government allowance to help low-income families meet the cost of their child’s education.

See the following site for eligibility:

Non School-Based Students: Get Your Concession Card Now

If you are 17 or over, it is illegal to travel on a concession fare unless you are carrying a Victorian Public Transport (VPT) Student Concession Card. Ticket patrols will continue throughout the year, so be prepared by getting a Student Concession Card in four easy steps:
• Pick up a VPT Student Concession Card Application Form from one of the train stations below, or download it from the web: http://www.victrip.com.au
• Complete the form and attach two current passport size photographs. These can be obtained from a chemist, photo processing shop or passport photo booth.
• Have the form signed and photographs officially stamped by your friendly DECV Enrolments Staff
• Return the form to the station with the appropriate fee and your VPT Student Concession Card will be issued on the spot. For further information visit www.victrip.com.au or call 131 638.

Apply at any of the following metropolitan railway stations:

Apply at any of the following country stations or agencies:
Ararat, Bacchus Marsh, Bairnsdale, Ballan, Ballarat, Benalla, Bendigo, Bright, Camperdown, Castlemaine, Cobram, Cohuna, Colac, Cowes, Deniliquin, Dimboola, Donald, Drouin, Echuca, Euroa, foster, Geelong, Gisborne, Hamilton, Horsham, Kerang, Kilmore East, Korumburra, Koo-wee-rup, Kyabram, Kyneton, Lara, Leongatha, Macedon, Maryborough, Melton, Mildura, Moe, Morwell, Myrtleford, North Geelong, Orbost, Ouyen, Portland, Redcliffs, Robinvalle, Rochester, Sale, Sea Lake, Seymour, Shepparton, South Geelong, St Arnaud, Stawell, Sunbury, Swan Hill, Toora, Traralgon, Wangaratta, Warracknabeal, Warragul, Warrnambool, Wodonga, Wonthaggi, Woodend, Yarrawonga


HELP WHEN YOU NEED IT!

Research shows that students are better prepared for learning when they are physically and emotionally healthy and have the capacity to bounce back from problems or issues.

Student wellbeing is an important aspect of school life and the Distance Education Centre Victoria (DECV) aims to maintain a caring, supportive and inclusive school community for ALL students.

**Jo Miller** is the Acting Leading Teacher of Student Wellbeing at the DECV. She can be contacted through your Student Support Teacher or Student Coordinator. Alternatively, she can be contacted directly on:
- **Phone:** 8480 0206 or 1800 133 511
- **Email:** jmiller@distance.vic.edu.au

**Donna Axton** is a Caseworker. She can be contacted directly on:
- **Phone:** 8480 0115 or 1800 133 511
- **Email:** daxton@distance.vic.edu.au

**Lidia Manov** is a Caseworker. She can be contacted directly on:
- **Phone:** 8480 0149 or 1800 133 511
- **Email:** lmanov@distance.vic.edu.au

**Chrissie McMahon** is a Caseworker. She can be contacted directly on:
- **Phone:** 8480 0146 or 1800 133 511
- **Email:** CMcMahon@distance.vic.edu.au

**Marg Safron** is a Psychologist who works at the DECV one day per week. She can be contacted directly on:
- **Phone:** 8480 0102 or 1800 133 511
- **Email:** MSafron@distance.vic.edu.au

**Will Byron** is a Special Needs Program Coordinator. He can be contacted directly on:
- **Phone:** 8480 0163 or 1800 133 511
- **Email:** wbyron@distance.vic.edu.au
Cybersmart Kids
Important Tips for Parents and Families

Children need parents and carers to teach them how to make smart choices about who and what they find online. Here are some tips to help you guide your kids experience online:

Spend time online with your kids. Check out good sites together. The Internet can be a fun family activity!

Help your kids use the Internet as an effective research tool - learn about handy homework tips for kids and also good searching ideas.

Be aware of online stranger danger, particularly in chat rooms. Set house rules about what information your children can give out and where they can go online.

Put the Internet computer in a public area of the home, such as the living room, rather than a child's bedroom.

Talk to your kids about their Internet experiences, the good and the bad. Let them know it's OK to tell you if they come across something that worries them. (It doesn't mean that they're going to get into trouble.)

Teach your kids that there are ways they can deal with disturbing material - they should not respond if someone says something inappropriate, and they should immediately exit any site if they feel uncomfortable or worried by it.

Teach children that information on the Internet is not always reliable.

Encourage children to treat others in the same way they should in real life by giving them an understanding of Netiquette.

Know the best ways of avoiding spam. Consider using filters, labels and safe zones.

REMEMBER: Children need parents and family members to help them become cybersmart.

FOR MORE HELP AND INFORMATION CHECK OUT - www.cybersmart.gov.au

Tips for Supervisors

We are often asked by Supervisors as to what their role should be. The Supervisor is not supposed to be the teacher as students have a teacher for every subject. So we see your role as supporting and encouraging your student and ensuring they have the very best environment in which to learn.

Here are a few ideas that may be useful in helping you to assist your student in managing their work load.

Have a good study plan in place

- Have a set time and place for doing schoolwork each day.
- Ensure the student can study where there is a desk or table with good light and it is quiet. Try to avoid TV or social phone calls during study times.
- Encourage your student to try and maintain a sense of order. For example, have adequate folders to file each subject’s material separately and get them to organise their work so that they keep all the work from one subject together. This makes it easier to find information and to review work when necessary. A week by week checklist will help you to keep track of when work has been sent and returned.
- Check your student’s completion of set subjects. Encourage them to have a balance with their work so that they do not spend too much time on a particular task. This may mean there is little time left for other subjects. Balance is the key to avoid letting the student get behind and feeling like they can’t catch up.
- Encourage your student to tackle more challenging subject areas early in the day.
- If your student has trouble sitting still for an hour, it might be useful to break the work hour(s) into 20-minute chunks with 5-minute breaks in between. You might find a timer useful to keep track of time.
- If there is less work in a given week you can encourage your student to go over work they have already covered in subject areas that might have been more difficult for them.
- Reward your student for completing work with privileges such as computer, hobby and phone time, or a special time with you. Work out with your student how they will earn these privileges and what they would like for rewards.
- Many students will need ongoing help with managing their work time. Be aware of your own time management skills and keep in mind that “Rome wasn’t built in a day.”

Remember that any time you need help you can contact your Student Support or Pastoral Care Teacher, Subject Teachers and Student Manager for assistance.