



# NEWSLETTER

Term 1, 2015

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As part of its standing as a Sports Academy and in preparation for their respective sports, the girls have been working on their fitness in physical education classes. All students have learnt about the different types of fitness (fitness components) and how to train to improve each particular fitness component.

As a result, all students independently developed fitness goals and subsequently, a training program to achieve their goals. The girls have been working hard in their classes to improve in their desired area of fitness. Additionally, within the classes the girls have been attempting a number of different workouts with challenging movements to improve strength and power. Each student will have a training program to follow over the holidays to continue in their quest for improved physical fitness.

## NETBALL

This year at Worawa there are four netball teams registered to compete in the local netball competition. The girls have been training on Saturday mornings and during lunchtime to increase their skills and teamwork. The teams have all had a positive start to the season with excellent displays of teamwork, encouragement, leadership and netball skills. The 13 & under Turtles have scored some great goals and shown fantastic teamwork

in their first two games of the season, without any players that have played netball before it is amazing to see the girls improving already.





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# SPORTS AT WORAWA



Similarly, the 15 & under Wallabies are an inexperienced team that has shown great improvement and enjoyment of the game already, supporting each other and working together. The 15 & under Echidnas are a very experienced team and this is definitely showing on the court with unbelievable skills and passing each game. The girls are setting a brilliant example for the other teams to aspire to each week. Lastly, the 17 & under Kangaroos have made a strong start to the season with competitive games each week and excellent endeavour to do their best. There are also a number of new girls in this team that are doing really well to fit in.

## BASKETBALL

What a way to end the 2014/2015 summer season for the basketball teams! Both the Under 16 and the Under 18 teams made the finals for their respective age groups. Due to the season crossing over the long Christmas break, and many new enrolments in 2015, both teams only had 5 girls that qualified. The girls showed what it was like to play with passion, determination and true Worawa spirit. The under 18's have made it to the Grand Final, and if the girls play with the passion, dedication and positive sportsmanship they have been all season they will certainly have a chance of bringing home the flag.



## SOFTBALL

Softball has been a highlight of the week for a number of the girls in Term 1. It has been great to see some fantastic leadership being shown to the younger members of the team by the girls who have played previously and represented Worawa in past years. The team has been competing tirelessly to do their best each game and in the final match of the season Worawa drew 8 runs a piece – what a great end to the season.

## SOCCER

The girls at Worawa also have the opportunity to compete in soccer for Saturday sport this year. Two teams have been entered into the competition and the girls are eagerly awaiting the start of the season next term. All soccer players have been training hard with the coaches and we are looking forward to seeing them out on the field soon.

## FOOTBALL

This term has seen the girls develop and consolidate some of their football skills. It has been encouraging to have students that have never played before come down and have a kick. They have been training with heart and a real readiness to learn and develop new skills, and to take their football to the next level. Next term will see the girls participate in some invitational games against other clubs and schools around the Yarra Valley region.

## TENNIS

Throughout term a number of girls enjoyed tennis lessons with Coach Wayne Broom at Healesville Tennis Club.

As the ultimate in physical challenges to conclude the term's health, physical education and sports program, the students travelled to Belgrave in the Dandenong Ranges to the Trees Adventure experience. Students were harnessed up, given some instructions and then let loose amongst the tall trees. They climbed, they swung and they glided down flying foxes. Despite the miserable weather conditions, most students braved the rain and generally had a huge amount of fun. A wonderful end of term reward for the girls' committed and consistent efforts in the term's physical education program.

Sport at Worawa is an integral part of the program and it is brilliant to see so many girls actively participating in sports that they enjoy each week. We are looking forward to seeing the girls in action next term in their respective sports. Well done to all students on a positive contribution to the sports program in term 1.

The girls each received applause from the audience and very positive feedback from staff and students at Scotch College. It was an excellent opportunity to develop skills in public speaking in a supportive environment.

# CURRICULUM HAPPENINGS

## SCIENCE

At the end of last year, Worawa Aboriginal College held its annual Community Forum. Families from across Australia travelled to Healesville to discuss what they wanted for their 'future leaders' attending Worawa. One priority that arose from the forum was a strong understanding of health and nutrition. To add to our existing health curriculum, we decided to begin the year in Science with a unit on Food and Nutrition. Students were given the opportunity to learn about healthy food and the necessity for a balanced diet through carrying out inquiry-based experiments to identify nutrients in different foods. They tested for starch, protein and glucose in various foods, both Western and traditional. Their testing enabled them to gain a concrete understanding of why foods are categorised into different groups and why we must eat from each of these groups in certain combinations. We look forward to further investigating traditional foods that have kept communities healthy.

## MATHEMATICS

What is average? How do we calculate an average, and, how do we represent data? These are some of the questions that the students have been attempting to answer in Mathematics this term. The girls have learnt that there are actually three measures of average commonly used: the mean, the median and the mode. They have learned how to calculate each of these measures for ungrouped and grouped data. The students have also been learning how data can be presented in different ways. These ways have included tally and frequency tables, bar charts, histograms and pie charts, as well as stem-and-leaf and box-and-whisker plots. The students returning from last year have continued to enjoy participation in Mathletics and the girls that have joined Worawa this year have also enjoyed the benefits



Above: students returning from last year have continued to enjoy participation in Mathletics.

of this self-paced online learning environment. Students are awarded certificates for participation if they get more than one hundred correct answers in a week. An added incentive this year is for girls who achieve twenty certificates they are awarded a prize in a school assembly. It has been wonderful to see the girls working hard at improving their skills in mathematics by completing the assigned activities on Mathletics.

## ICT

Collaboration is a powerful process that can lead to new and creative solutions to problems. Developments in digital technologies have expanded possibilities for collaboration, meaning that people living in far-away places can instantly share information, communicate and make decisions, as well as creating in ways never before possible. Five classes of students at Worawa this term took advantage of these possibilities by joining Edmodo, an online classroom environment that enables students to practice collaborating online in a safe and supported manner. This required them to think about how communicating online can be different from communicating face-to-face in terms of respecting ourselves, others and our communities and communicating with larger audiences. Students practiced working collaboratively

online, without the necessity for face-to-face interaction, to research diet-related health issues through Edmodo's 'small groups' function. Skills learnt can be taken back home over the holidays with students and even applied to social media contexts. We look forward to exploring other exciting collaboration tools throughout the year.

## PHYSICAL EDUCATION AND HEALTH REPORT

Participation in physical activity for our students has so many benefits, including increased fitness levels, decreased chance of developing illness, increased concentration levels, increased self-esteem and increased mental health. To prepare for participation in the Victorian Premier's Active April, all students have registered as part of their physical education studies. Premier's Active April is an online activity tracker which allows each student to record their level of physical activity as a means to see their progress towards achieving their fitness goals. Each student should be aiming to complete at least 30 minutes of physical activity each day, to give themselves the best opportunity to win heaps of great prizes such as AFL grand final tickets, an iPad and Sports-mart vouchers. The more activity each student participates



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in, the more likely that Worawa will receive a personal visit from an elite sportsperson from the Victorian Institute of Sport. Students need to remember to keep a record of physical activity they complete over the term break, if they are unable to update their physical activity on the Active April website.

### CIVICS & CITIZENSHIP

Civics and Citizenship is a new class at Worawa this term, forming part of the Humanities curriculum. The purpose of this class is to introduce students to the process of law making in Australia, how governments operate and who conducts which area of business and decision making, and how the court system works. The final component of the course is investigating our rights and responsibilities with regards to the police. This was discussed during a guest visit by Acting Superintendent Steve Noy who visited the class to discuss different aspects of policing and citizens interactions with police. Students had many questions about what they should do if they were arrested (which we hope they won't be) but also about the role of police in society. We look forward to him returning again to speak to other classes.

### LANGUAGE

This term we have been focusing on translation in the First Languages class. Students have worked hard at translating "The Very Hungry Caterpillar" into their first language. By using this childhood classic as inspiration we have been able to explore a variety of different topics. We have covered bush foods, numbers and days as well as looking at a range of animals that are local to the girls' communities. Students have developed their sight words, vocabulary, phonetic awareness and grammatical awareness in both English and their first language throughout this process. The class is looking forward to taking their stories home to share with family and friends.

### ART

This term, Worawa students were able to explore their ideas through drawing, painting and designing. Green, Red and Yellow groups started the term with designing an animal and putting lots of thought and detail into how they expressed their ideas. Black and Blue group have been working on representing their homes in their own way. All of the girls have been able to expand their creativity with short tasks such as "Draw the scariest monster you can think of" which encourages generating many ideas, and making specific creative choices. We have been emphasising planning and sketching ideas before creating final artworks. Students are now starting to plan and paint their first canvas for the year, they have started by writing their stories before they paint them.

### ENGLISH/HUMANITIES

In History this term, Black group students discussed the historical events and factors that led to the contemporary issues confronting Aboriginal Australians today. They researched a community of their choice, gathered information about how it had been impacted by white settlement, government policies and legislation, displacement and loss of land rights, forcible removal of children, environmental degradation through farming, mining and introduced species, etc.

In English this term, Red and Black group students read *The Rabbits* by John Marsden and Shaun Tan, an allegorical fable based on the history of European settlement in Australia from the perspective of Aboriginal Australians. Students in Black group discussed audience, purpose and the layers of meaning in this text, and used their historical research projects to create an illustrated children's story about the community of their choice. Students in Red group researched and compiled PowerPoint presentations about an Indigenous Australian hero of their choice.

### PARTNER SCHOOL ACTIVITY

Our Transitions class were asked to give a presentation to grade 5 at Scotch College. The topic was on Worawa's Possum Skin Cloak, the result of our Indigenous partnerships program with the senior school at Scotch College during 2011. Alliyanna and Regina were part of that project in 2011, so it was an opportunity for them to pause and reflect on the project and to share their memories with the other class members.

Each student was given a topic to research and prepare a presentation for the students. Alliyanna spoke about the connection that communities in Southern Australia have to Possum Skin Cloaks, Jefferina spoke about the tradition of creating possum skin cloaks and the locations of the traditional possum-skin cloaks around the world, Narissa spoke about the recent revival of community projects and the use of cloaks in the Commonwealth Games opening ceremony in 2006, Susannah spoke about symbolism in Aboriginal art, and Regina spoke about the connection between Scotch College and Worawa Aboriginal College for the project in 2011.



## FASHION ON TARGET

Worawa has an exciting developing relationship with Target and a number of lucky girls were invited to attend the Target Runway Fashion as part of the Melbourne Fashion Week. The event was held at Melbourne's Docklands precinct and was attended by around 500 guests. Special Guest Star of the event was Jessica Mauboy. Worawa students were privileged to have a photo shoot with Jessica and a highlight was breaking into a spontaneous a capella rendition of Ngarra Burra Ferra, a Yorta Yorta song featured in The Sapphires.

Students were awarded VIP treatment and seated close to the runway, enjoyed the parade of new seasons fashions. The event closed with a lively performance by Jessica of her latest release. We are grateful to Target for making it possible to students to have such a wonderful experience and a memory they are sure to treasure.



## STUDENT HEALTH & WELLBEING

Term 1 has been a busy one for the Wellbeing Team at Worawa. The College has a strong network of health providers that come on site to provide various modalities of care for the students. We have had the dental van from EACH community health on site providing dental check-ups and treatment as required. We have had weekly visits from female General Practitioners who have provided medical care for the students. The Immunisation team from Yarra Ranges Council have visited and provided immunisations to the students who were due their vaccinations. Dr Simone Aybar has conducted a clinic providing chiropractic care for the students. Early next term the optometrists from the Australian College will be visiting to conduct eye examinations. While it has been a very busy term, it is great to see students learning to take responsibility for their health and wellbeing and engaging in the various services provided by the College.

We are pleased to introduce Jenni Armstrong, who at the beginning of the year commenced as the College's Wellbeing Coordinator. Jenni is a Registered Nurse and Credentialed Mental Health Nurse with a number of years' experience in primary health care organisations, managing



adolescent mental health programs and working with Indigenous adolescents.

Jenni's focus is working with students to support their social and emotional wellbeing, building resilience to enhance their learning experience and help support the "Worawa Way" of Relationship, Responsibility, Respect and Rigour. Jenni has introduced a number of different therapeutic modalities and has many new and exciting plans in development to work with students on both an individual and group level during Term 2. We also welcome Charlotte Powell who is with us one day a week in a School Chaplaincy role to assist and support the student community. Plans are underway to re-introduce Drumming and a return to Equine or Animal assisted therapy programs, art therapy, mindfulness training, resilience and self-esteem training – all to support the students of Worawa to develop the skills and confidence to assist them to focus on education.

## BOARDING PROGRAM

One of the weekend activities that the girls experienced this term was the 'Friends, Foes and Superheroes' sand sculpture exhibition on the Frankston waterfront. The exhibition included massive sand sculptures of some of the girl's favourite Disney, Pixar, Marvel and Star Wars characters.

The girls enjoyed looking at the artwork and were excited to have photos taken with sculptures from their favourite movies. The most popular sculpture by far with the girls was the one from the movie Frozen, followed closely by Guardians of the Galaxy. The Girls were amazed at how the artists had perfected the characters faces. The students also had the opportunity to ask experts questions about the sculptures like

'How are the sculptures made?' and 'How are they protected from the wind and rain?'

The outing also included a hands-on activity for the girls to make their own multi-coloured sand bottle to take home. This was a chance for the girls to explore their own creative side, mixing different colour sands and making different patterns within the glass bottle. After exploring the exhibition the girls made the most of the fantastic weather and went for a swim before enjoying some fish and chips for lunch.



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### SANDRA BARDAS ART GALLERY

Worawa is proud to have our own art gallery situated on our beautiful campus. The Sandra Bardas Art Gallery specialises in authentic, high quality Aboriginal paintings, carvings and fibre craft.

Currently we have on exhibition a vibrant display of art produced by the students attending Worawa. With our students' homes and communities stretching far and wide across Australia, the display is a most thorough and varying example of the exquisite art work created by students. Reflecting stories of community, family, land, and lore the designs of wonderfully expressive paintings are an excellent example of the holistic approach to learning at Worawa.

On exhibition also is an outstanding collection from established artists from communities that our students come from, notably Yuendumu and Milingimbi. We are proud of the magnificent display of creative and cultural works on exhibition including bark paintings, carvings and weavings. The "Sharing our Stories" publication is a catalogue of student art produced by the College for broad distribution which has exceeded all expectations. The gallery has been inundated with interest and enquiries

from art enthusiasts, educators, corporate organisations, as well as the general public – all enthusiastic and keen to view the stunning works.

Our friendly and informative staff are available to assist with any enquiries including selection, gift wrapping, packaging and worldwide delivery options.

Due to public demand the College is in the process of setting up online art sales that will be linked to our website – further details to be announced soon!

We welcome visits from the public to the beautiful Sandra Bardas Art Gallery. **Please note that it open to the public by appointment only.** Telephone 59 624344  
email: [artgallery@worawa.vic.edu.au](mailto:artgallery@worawa.vic.edu.au)

Visit our website: [www.worawa.vic.edu.au](http://www.worawa.vic.edu.au)



## YAPANEYEPUK

COMING TOGETHER / JULY 27-29, 2015

As part of Worawa's ongoing work to develop an International First Nations Education Network, the College will host 'Yapaneyepuk- Walking Together to Make a Difference' an Indigenous Education Symposium an interactive, two-day program of keynote presentations and panel discussions. The Symposium will include a Youth Forum followed by an optional day of innovative professional learning site visits to local icons.

The symposium seeks to provide research, best practice and inspiration for a global group of delegates who are passionate about walking together to make a difference. This gathering will take place 27 – 29 July 2015 at the Pullman, Albert Park. The Symposium will contribute to new partnerships and improved outcomes whilst showcasing the importance of the connection between culture, wellbeing, social and economic wellbeing.

These connections will be explored with the experience of a global group of First Nations educators through the lens of key Aboriginal values.

### 'Walking Together to Make a Difference'

An Indigenous Education Symposium

Keynotes by Leading International First Nations Educators

#### First Nations Educators invited to lead the themes of the Symposium are:

- Rigoberta Menchú Tum; Laj Chimel, Quiche' Guatemala, Activist & Politician; Goodwill Ambassador, Nobel Peace Prize, 1992,
- Professor Kerry Arabena, Director, Onemda VicHealth Koori Health Unit, Centre for Health and Society, Melbourne School of Population and Global Health, University of Melbourne, Australia
- Jana Harcharek, Director of the North Slope Borough School District's Iñupiaq Education Department, Alaska
- Distinguished Professor Graham Hingangaroa Smith, Vice-Chancellor/Chief Executive Officer, Te Whare Wānanga o Awanuiārangī, New Zealand.

**To Register for the Symposium** and for further details please visit [www.yapaneyepuk.com](http://www.yapaneyepuk.com) or alternatively please contact Rebecca Hammond, Symposium Coordinator on 0407 325 735 or at [rebeccalouisehammond@icloud.com](mailto:rebeccalouisehammond@icloud.com)

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